

# calendar of events

**NOTE: All Calendar events & Special Offers must be received by September 5<sup>th</sup> (for October issue) and adhere to our guidelines. Visit [MileHighNaturalAwakenings.com](http://MileHighNaturalAwakenings.com) for guidelines and to submit entries. All entries will be edited.**

## septemberspecialoffers

*You must mention Natural Awakenings to receive these freebies and discounts.*

### FREE 1-HR CONSULTATION

Create a nourished life and transform your health through one-on-one coaching, personalized nutrition plans, and expert guidance. Daybreak Holistic Nutrition, Elaine Brogan, Integrative Nutrition Health Coach (INHC), 720-256-1336 or [elaine@daybreaknutrition.com](mailto:elaine@daybreaknutrition.com)

### FREE AURA CLEARING AND CHAKRA BALANCING FOR FIRST-TIMERS

Every Wednesday 6-7 pm, open to everyone. Repeats \$5/pp. Journey Within, 777 S Wadsworth Blvd., Bldg 2-108, Lakewood. Anita Destino, 720-413-7303

### FREE 20-MIN CONSULTATION-PHONE/SKYPE

Deep healing at the physical, emotional, mental and/or spiritual levels of your being. 679 W Littleton Blvd, #205 Littleton. Marie Adams EEM-AP, CHT, PT, Healing Change, 303-668-0299

### COMPLIMENTARY CONSULTATION

Live Your Knowing Counseling, Creekside at Highline Office Park, 1211 S Parker Rd, Denver. Renee Ellis, MA RMT, 720-984-9575

### \$30 OFF INITIAL HEALING

Reiki, vibrational healing & intuitive reading for first-time clients. In person or phone. 700 E 9th Ave., #9, Denver. JoAnne Palladino, Reiki Master-Teacher, Channel, & Intuitive. 303-263-0679

### FREE DIVORCE SURVIVAL KIT

Clarify and evaluate your options and decisions as you move through the storm of divorce. Download at [Kellychisholm.lpages.co/na-opt-in-download](http://Kellychisholm.lpages.co/na-opt-in-download). Coaching by Kelly with Kelly Chisholm. [Info@CoachingbyKelly.com](mailto:Info@CoachingbyKelly.com) or [CoachingbyKelly.com](http://CoachingbyKelly.com)

## SAT SEPT 1

**Boulder YogaHike™** –9-10:30am. Arrive 8:45. Meet at Settler's Park Trailhead (Pearl & Canyon). 30 min hike; 1 hr yoga. Info Andrea Martin, Selah | Holistic Wellness, 720-739-0422 or [PracticeSelah@gmail.com](mailto:PracticeSelah@gmail.com). [PracticeSelah.com](http://PracticeSelah.com)

## MON SEPT 3 *Labor Day*

### TUES SEPT 4

**SPARK!**–10-11:30am. In partnership with the Colorado chapter of the SPARK! Alzheimer's Association, Denver Botanic Gardens offers an opportunity for participants with mild memory loss to enjoy hands-on garden-related projects. Free. [Botanicgardens.org](http://Botanicgardens.org)

**Columbine Communicators Toastmasters Club**–7-8:30pm. 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays ea month. Toastmasters is a nonprofit, educational organization that operates clubs worldwide for the purpose of promoting communication, public speaking, and leadership skills. Multiple leadership opportunities to grow personally and professionally. Jefferson County Sheriff Station, 11139 Bradford Rd, Littleton. Guests welcome. Info Jillian Gibson at [jilliancasler@gmail.com](mailto:jilliancasler@gmail.com) or [Columbine.toastmastersclubs.org](http://Columbine.toastmastersclubs.org)

### WED SEPT 5

**Tantric Potluck & Movie Night**–6:30-9pm. Share in Tantric community, get to know others on the Tantric path & deepen your knowledge of Tantra. \$5. Osho Leela, 1025 Rosewood Ave, Boulder. Journeys to Tantric Bliss, Judith Anne Condon 303-630-9479 or [journeystotantrictbliss@gmail.com](mailto:journeystotantrictbliss@gmail.com)

**Animal Communication 101**–5:30pm. 4-wk phone class; deepen your interaction with animals. Fine-tune your communication skills, explore the significance of species, work with totem animals, more! [BoulderPsychicInstitute.org](http://BoulderPsychicInstitute.org)

## THURS SEPT 6

**Lavender-Lemon-Peppermint "Beat the Bugs" Inhaler Party**–5-7pm. Promotes easy breathing, helps dripping, clears a plugged-up nose, and boosts immune system. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or [aromatherapistevie@gmail.com](mailto:aromatherapistevie@gmail.com)

**Beauty of Pressed Flowers**–6-8:30pm. Discover how to collect and preserve summer flowers and fall leaves for use in creating floral masterpieces. Learn the best flowers to grow and how to press for optimal color, durability and longevity. \$50-\$55. [Botanicgardens.org](http://Botanicgardens.org)

**How to Plant a Tree**–6-9pm. Trees and shrubs are one of the greatest property investments and can greatly increase a home's value. Trees are also expensive, so learn how to determine what species is best for your yard, where and when to plant it and how to care for it. \$39-\$44. [Botanicgardens.org](http://Botanicgardens.org)

**Aperitifs & Digestives: Herbal Concoctions for Cocktail Parties**–6-8pm. Learn recipes for making herbal drink concoctions inspired by the aromatics of the mountain woods. Experience the essence of osha, fir, pine, rose, aspen and more. Craft herbal cocktail blends to take home. \$45-\$49. [Botanicgardens.org](http://Botanicgardens.org)

### FRI SEPT 7

**Photography Zen: Cultivating Creativity Through Mindfulness**–9am-1pm. Through the practice of mindfulness and a series of exercises in contemplative photography you will experience a deeper connection to your photography as a true expression of yourself. \$48-\$55. [Botanicgardens.org](http://Botanicgardens.org)

**\$15 Christ Force Healings**–Drop in between 7:30-9pm. Lay on a massage table while a student healer channels the energy of forgiveness through your body. 1st Friday ea month. [BoulderPsychicInstitute.org](http://BoulderPsychicInstitute.org).

## SAT SEPT 8

**\$25 Pet Readings**–11am. Improve your relationship with your companion animal! Clarify relational dynamics and negotiate issues. All species welcome. Over phone 2nd & 4th Sats. Schedule online [Boulderpsychicinstitute.org](http://Boulderpsychicinstitute.org).

**Bilingual Yoga**–8-9am. Cultivate presence through breath-linking movements in vinyasa yoga class cued in English and Spanish. Cues will be the same, and those familiar with yoga will find a common language through the traditional Sanskrit names of the poses. \$10. [Botanicgardens.org](http://Botanicgardens.org).

**Edible Flower Feast**–10am-12:30pm. Learn how to safely grow, harvest and use flowers for tasty and beautiful culinary creations. Discover how to candy flowers and herbs for elegant garnishes. Lunch, edible flower list and recipes incl. \$50-\$55. [Botanicgardens.org](http://Botanicgardens.org)

**Citrus Rosemary Sugar Scrub Party**–3-5pm. Get the secret recipe and make it with your friends. Invaluable tips on essential oils from Certified Aromatherapist Evie Yang. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP 858-922-2964 or [aromatherapistevie@gmail.com](mailto:aromatherapistevie@gmail.com)

## SUN SEPT 9

**Bega Park Live Music Yoga**–10 am-noon. Soak up the sun and live music in this all levels class. LIVE music from Marco DiFerreira. Kids' yoga available. Donation. 2250 W Main St, Littleton. [Outlawyogalittleton.com](http://Outlawyogalittleton.com)

**Potluck and Movie: The Starbeing ETs: Our Friends and Teachers**–1:30-3:30pm. Watch documented evidence of the Starbeing ET make contact in 1956. Bring a dish and discuss discoveries. Donation. St. Anthony Hospital, 11600 W 2nd Pl, Lakewood. Info [constancecoo@gmail.com](mailto:constancecoo@gmail.com) or [Meetup.com/Paranormal-Talks/events/251195450/](http://Meetup.com/Paranormal-Talks/events/251195450/)

## MON SEPT 10

**Grief Recovery Educational Seminar**–6:30-8:30pm. 8 wks; deal with unresolved emotions that are causing you pain & sorrow. \$199. Healing Heart Center of Littleton, 5808 S Rapp St. Info Laurie Freeman 720-841-4137 or [ljfreesmanllc@gmail.com](mailto:ljfreesmanllc@gmail.com)

### TUES SEPT 11

**The Women's Way to Health, Wealth, and Happiness Meetup**–7-9pm. Join Kathy Mason and Tryna Cooper for informative presentations and discussions on heart-based business and conscious, healthy lifestyles. Available live stream on Zoom-RSVP req'd. Donation. Info Tryna 303-550-4223 or Kathy 720-938-2536

**Begin Your Qigong Lifestyle**–6-8 pm, 9 wkly classes. Build a heart-centered, intentional practice in the wholeness of proper qigong self-care, inner alchemy and chi nutrition. Eliminate stress's harmful impact on health, reverse aging and thrive in vibrant health and joy! Prereq for Professional Medical Qigong Practitioner training. \$495. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, [DebraLin.ChiWellness@gmail.com](mailto:DebraLin.ChiWellness@gmail.com)

**Shmaya Gathering w/JoAnne Palladino**–7-8:30pm. Experience Shmaya, an illumined, channeled presence that attunes you to the love and light within. \$20. First Spiritual Science Church of Denver, 3375 S. Dahlia, Denver. RSVP 303-263-0679 or [joanne@joannepalladino.com](mailto:joanne@joannepalladino.com)

## THURS SEPT 13

**The Way Of Mastery**—6:30-8pm. 7 wks on Thursdays. Embodiment and ground yourself in the foundational teachings and self-healing practices offered in the first 3 lessons in “The Way of Mastery.” Gain a deeper understanding of yourself and others, free yourself from unhelpful beliefs and behaviors, learn forgiveness. \$150. 2055 S. Oneida St., Ste 330, Denver. RSVP Coly 303-476-8402 or coly@parallerealitiespractice.com

**Lavender-Lemon-Peppermint “Beat the Bugs” Inhaler Party**—5-7pm. Promotes easy breathing, helps dripping, clears a plugged-up nose, and boosts immune system. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com

## FRI SEPT 14

**\$15 Trance Medium Healings**—Receive a channeled healing from our post graduate students. Come with a healing intention and release pain, mental blocks, and spiritual imbalances. Offered in-person & over phone. Schedule online BoulderPsychicInstitute.org

**Self Healing 101**—Learn how to meditate and heal yourself with easy to use visualization techniques. Check out the first class for FREE. Offered in-person & over phone. BoulderPsychicInstitute.org

## SAT SEPT 15

**36th annual Fall Holistic Fair**—10am-5pm. Explore alternatives to caring for your body, mind, spirit and environment. Children 12 and under FREE. FREE Parking! FREE Lectures! \$7/day; \$12/weekend. The Ranch/Larimer County Fairgrounds, South Hall, 5280 Arena Circle, Loveland. Carol 970-472-0200 or holisticfairs@gmail.com. Holistic-fairs.com

**Advanced Animal Reiki Certification**—Experience the world from the animal’s perspective. Attendees will learn Reiki practices, emotions, physiology, and psychology. Animal lovers, incl rescue personnel, holistic practitioners and owners will find useful. In Lakewood. Reg req’d at mishamayfoundation@gmail.com

**Soul Lessons, Soul Patterns with Peter Woodbury**—9am-4:30pm. Awaken to past, future, and present lives through Edgar Cayce’s workshop. Gain experience to personal enlightenment and self-exploration. Lowry Conference Center, 1061 Akron Way, Denver \$79 A.R.E members/\$99 nonmembers/\$20 xtra at door. Pre-reg 800-333-4499

**Usui Reiki Level II/III Training Weekend**—thru Sun. Train in advanced levels of Usui Reiki, including teachings, symbols, attunements, table work, and certificates. Snacks/drinks provided. \$195 level II/\$390 level III/\$540 both. Register Bit.ly/2Aimfgc. Info Myrrh de Marmion 720-526-9986, creativedivinestudios@gmail.com

**Autumn Zen Golf Afternoons**—3-workshop series. Finding power and distance as we relax into our golf swing heightens awareness of the subtlest subconscious tensions and mind chatter in health, work, relationships and other life aspects. \$200. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

**Holo-Synchronous Energetic Technology Systems Seminar**—Presented By Dr. Richard Bartlett, Founder Matrix Energetics & Master Energy Dynamics. Embassy Suites, 7001 Yampa St, Denver. Info 800-368-0973. Presented by The Institute for Harmonic Resonance Technology. i-hrt.com, info@i-hrt.com. Learn more at i-hrt.com/event-detail.php?id=252

**Mediumship Demonstration**—7-8:30pm. Experience spirit communication up close. Los Angeles-based psychic medium Zach Loeb delivers messages from your friends and family on the other side. \$20. Full Moon Books, 9106 6th Ave, Lakewood. Tickets: Mediumshipwithzach.eventbrite.com.

## save the date

### 36TH ANNUAL FALL HOLISTIC FAIR SEPT 15-16, 10 AM - 5 PM

Explore alternative choices for taking care of your body, mind, spirit & our environment. Bring a canned food donation & receive \$1 off admission. FREE Parking! FREE Lectures!! \$7/day, \$12/weekend; children 12 & under FREE. Tickets at the door. The Ranch / Larimer County Fairgrounds - South Hall, 5280 Arena Circle, Loveland. For more info, see Holistic-fairs.com or contact Carol at 970-472-0200 or holisticfairs@gmail.com.



### INDIGENOUS REIKI™

REIKI I 9-29 & 9-30 OR 11-10 & 11-11; REIKI II COMING IN 2019

Dr. Sofia Chavez of Estara Health and Wellness teaches Indigenous Reiki by tapping into the Meridian Labyrinth of the Body using the Curanderismo perspective™. This is Modern Medical Knowledge combined with Culturally Based Care of Indigenous Traditional Medicine, Complementary and Alternative Therapies. \$100. RSVP Pearl 310-947-4409 or EstaraPrograms.com



### EMPTY ARMS - BROKEN HEARTS

Fri 10/5 5:30 - 8:30pm;  
Sat. 10/6 9am - 5pm; Sun 10/7 2-5:30pm

An experiential workshop designed for women healing from pregnancy and loss. Explore the pain of loss, and using tools of recovery, start to put your life back together again. There will be sacred time to share your story & open to healing. Learn the power of re-framing our stories, journaling, eating, laughing and moving together. \$250. Pre-registration required LoraneWilson.com.



### ONENESS WITH SPIRIT CAMPING RETREAT OCTOBER 6-7



Fall camping-style retreat on 100+ acres of beautiful private land surrounded by national forest. Through messages from our spirit guides and group journey work, we will grow beyond what we think is possible for ourselves and embrace an identity of oneness with the natural world and our Higher Selves. Oneness with spirit will carry you forward to new heights, new pleasures, and new freedoms! Join us as we explore the deeper realms of “who you really are.” \$275. Registration now open: Fun-freedom-oneness.com

### LOVE MESSAGES FROM ABOVE: ALL SOULS DAY EDITION

WITH LYNN VAN PRAAGH-GRATTON & ELISA MALANGONE  
THURSDAY NOV 1ST, 6-9 PM

Gifted and heart-centered spiritual mediums Lynn Van Praagh-Gratton and Elisa Malangone deliver powerful and purposeful messages from beyond; an opportunity for magnificent healing, love and compassion. Lynn features her new book “The Hand II” and her Spiritual Tea line. Dinner/appetizers/cocktails available for purchase. Recommended arrive 6pm to ensure all ordering complete before readings begin. Mercury Cafe 2821, 2199 California St, Denver. Tickets ElisaInsight.com or Lynnvannpraagh-gratton.com



## SUN SEPT 16

**36th annual Fall Holistic Fair**—10am-5pm. Explore alternatives to caring for your body, mind, spirit and environment. Children 12 and under FREE. FREE Parking! FREE Lectures! \$7/day; \$12/weekend. The Ranch/Larimer County Fairgrounds, South Hall, 5280 Arena Circle, Loveland. Carol 970-472-0200 or holisticfairs@gmail.com. Holistic-fairs.com

**Meet Spiritual Medium and Author Josie Roase**—2:20-4pm. Readings from “Greetings from the Afterlife” and discussion. Full Moon Books, 9106 W. 6<sup>th</sup> Ave, Lakewood RSVP mybooks2@comcast.net. Josieroase.com

## TUES SEPT 18

**Columbine Communicators Toastmasters Club**—7-8:30pm. 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays ea month. Toastmasters is a nonprofit, educational organization that operates clubs worldwide for the purpose of promoting communication, public speaking, and leadership skills. Multiple leadership opportunities to grow personally and professionally. Jefferson County Sheriff Station, 11139 Bradford Rd, Littleton. Guests welcome. Info Jillian Gibson at jilliancasler@gmail.com or Columbine.toastmastersclubs.org

## WED SEPT 19

**Brewing Herbal Kefir**—1-3pm. Learn to brew herbal water kefir. Understand the difference between kombucha and kefir; why kefir is a great choice for improving gut health. Sip on bubbly herbal kefir blends; take home a starter culture. \$50-\$55. Botanicgardens.org

## THURS SEPT 20

**Out of the Shadows: Courageous and Rebellious Acts of Herbalism**—1-4pm. Herbal medicine is often considered alternative or controversial. Learn about plant remedies that cultivate courage and action and highlight the teachings and influential teachers of Western herbal medicine. \$51-\$56. Botanicgardens.org

## FRI SEPT 21

**Sacred Drumming Circle, Sound Celebration & Meditation**—7-9pm. Fill yourself with appreciation and celebration using sound, breath and mindfulness in the energy of the circle. \$10. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695 or J4CL.com

**Lunar Living: How Real Women Can Balance High Standards & Self-Care**—3-5pm. Embrace your natural hormonal rhythms to enhance productivity, increase your creativity, eat, exercise and create a self-care routine to nourish yourself. \$40-\$44. Botanicgardens.org

## SAT SEPT 22 *Fall Equinox*

**Citrus Rosemary Sugar Scrub Party**—3-5pm. Get the secret recipe and make it with your friends. Invaluable tips on essential oils from Certified Aromatherapist Evie Yang. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP 858-922-2964 or aromatherapistevie@gmail.com

## MON SEPT 24

**Selah® Tantric Healing Arts Training**—thru 9/27. Authentic Tantra Training to anyone intrigued by the Tantric Healing Arts. Enhance understanding & application of Tantra as well and/or pursue professional Tantric practice. Non-sexual. Tantric philosophy, technique, and our progressive session framework. No exp nec. \$1000 (chk for waivers). Selah | Holistic Wellness 2346 Broadway, Boulder. Info Practiceselah@gmail.com or 720-739-0422. Practiceselah.com

**We Are Change Open Mic Night**—6-10pm. Uniting our local grassroots activist community for an evening of food, music, interviews, headliners, poetry and dancing. This is powerful! Wearechangecolorado.com

## TUES SEPT 25

**Learn to Heal with Angels; 5 Wks**—7-9 pm. Meet your Guardian/Healing Angels. Guided meditations help you heal, release grief, guilt, addictions and habits to create the life you desire. Early/\$235, Reg/\$250. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303 or AnitaDestino.com

**\$15 Trance Medium Healings**—Receive a channeled healing from our post graduate students. Come with a healing intention and release pain, mental blocks, and spiritual imbalances. In-person & over phone. Schedule online BoulderPsychicInstitute.org

## SAT SEPT 29

**Indigenous Reiki™**—Reiki I 9-29 & 9-30 OR 11-10 & 11-11; Dr. Sofia Chavez of Estara Health and Wellness teaches Indigenous Reiki by tapping into the Meridian Labyrinth of the Body using the Curanderismo perspective™. This is Modern Medical Knowledge combined with Culturally Based Care of Indigenous Traditional Medicine, Complementary and Alternative Therapies. \$100. RSVP Pearl Lopez 310-947-4409 or EstaraPrograms.com

## on going events

### daily

**Free Healing Therapy for Individuals with Cancer**—Reiki and Healing Touch support relaxation and balance on physical, mental, emotional and spiritual levels. Sign up for free sessions at one of our partner locations, or in-home for those too sick to travel, at LifesparkNow.org

**Intuitive One-One Support for Empaths**—By appt. Channel your unique gift of sensitivity so it will support you in every area of your life for ultimate health, flow and empowerment. 2.5 hr session, plus 30-min follow-up \$350. 3 sessions \$485. In person (Santa Fe, NM) or phone. Chantal Fidanza 505-438-1074, Info@YourDivineLight.biz, YourDivineLight.biz.

### mondays

**Longmont Spiritual Transformation with Transmission Meditation**—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Connie 303-834-0526

**Free Outlaw 1 Yoga Class**—5:30-6:30am. All levels power vinyasa; technically simple, but physically challenging. 2590 W Main St, Littleton. Outlawyogalittleton.com

### tuesdays

**Wheatridge Spiritual Transformation with Transmission Meditation**—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Tim 303-239-8101

**\$30 Psychic Readings**—7-8:30pm Performed by grad students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! Schedule at BoulderPsychicInstitute.org

### wednesdays

**Energy Healings/Aura Clearing/Chakra Balancing**—6-7pm. A healing is an energy clearing, release negative energy blocking growth and create the life you desire. \$5/healing. Free for first timers. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303 or journeywithin@hotmail.com

**North Boulder Spiritual Transformation with Transmission Meditation**—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Lon 303-746-7118

### thursdays

**\$60 Home & Business Healings**—7-8:30pm. Got ghosts? Sleepless nights? Consistent household/business conflict? These are great in times of transition! In Boulder or phone. Schedule Boulderpsychicinstitute.org

**\$30 Psychic Readings**—7-8:30pm. Performed by grad students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! Schedule BoulderPsychicInstitute.org

**FREE Aura and Chakra Healings**—Drop-In betw/ 6-7pm. Receive 10 min cleanse and release negative thoughts, emotions, pain and fear. Get replenished with positive energy and feel great. BoulderPsychicInstitute.org

### fridays

**Free Healing & Meditative Services**—6-7pm. Celebrate being yourself, living life, and cultivating community. Enjoy weekly themes such as Chakra Balancing Singing Bowls, Channeled Angel Healings, Singing & Storytelling, and Meditative & Shamanic Journeys. BoulderPsychicInstitute.org

### saturdays

**Citrus Rosemary Sugar Scrub Party**—3-5pm. Dry skin be gone! Get the secret recipe and make it with your friends. Invaluable essential oil tips from Certified Aromatherapist Evie Yang. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP 858-922-2964 or aromatherapistevie@gmail.com

**Qigong Movement**—1-2:30pm. Fun group experience increases flexibility, strength, endurance, mental focus and calm. Suitable for folks healing & athletes seeking internal fortitude. \$20/drop-in; \$90/6 classes. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

## looking ahead

### OCT 2 & 16

**Columbine Communicators Toastmasters Club**—7-8:30pm. 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays ea month. Toastmasters is a nonprofit, educational organization that operates clubs worldwide for the purpose of promoting communication, public speaking, and leadership skills. Multiple leadership opportunities to grow personally and professionally. Jefferson County Sheriff Station, 11139 Bradford Rd, Littleton. Guests welcome. Info Jillian Gibson at [jilliancasler@gmail.com](mailto:jilliancasler@gmail.com) or [Columbine.toastmastersclubs.org](http://Columbine.toastmastersclubs.org)

### OCT 4

**A Basic Meditation for Beginners Over the Phone**—7-9 pm. Feel your health improve and meet your Guardian Angel or Spirit Guide to let go of negativity and make room for the positive. Meditation can transform your life and create change. Early/\$210 Reg/\$225. Journey Within; 777 S. Wadsworth Blvd Bldg 2#108, Lakewood. Anita Destino 720-413-7303 or [AnitaDestino.com](mailto:AnitaDestino.com)

### OCT 5-7

**Empty Arms-Broken Hearts: Workshop on Pregnancy and Loss**—Explore the pain of loss, learn tools for recovery, and start putting your life back together. \$250. Healing Heart Center of Littleton, 5808 S Rapp St. Info Lorane Wilson 970-903-5889 [wilsonlorane2017@gmail.com](mailto:wilsonlorane2017@gmail.com)

### OCT 12-14

**Awakening Healing Energy Retreat**—Your energetic blockages are the conditions that keep healing energy stuck & it is the perfect opportunity for healing to occur. Activate and learn how to use the healing energy that is already within you to awaken. 2055 S. Oneida St., Ste 330, Denver. \$575. RSVP JoAnne and Coly 303-263-0679 or [joanne@joannepalladino.com](mailto:joanne@joannepalladino.com)

### OCT 13-14

**Master Animal Reiki Certification**—Experience the world from the animal's perspective. Attendees will learn Reiki practices, emotions, physiology, and psychology. Animal lovers, incl rescue personnel, holistic practitioners and owners will find useful. In Lakewood. Reg req'd at [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com)

### OCT 19-21

**3 Days of Tantra**—Be more present, radiant, and aware in your sexual life and in your relationships. Blissful experience that teaches you how to remove barriers to manifest joy and find healthy boundaries. N.A readers discount: Single \$197/couple \$397. RSVP Judith 303-630-9479 or [Journeytotantricbliss.com](http://Journeytotantricbliss.com)

### OCT 27-28

**Autumn 5 Virtues Qigong Self-care Retreat**—Join medical qigong practitioner-qigong teacher Debra Lin Allen for soulful program of qigong health exercises and practices for emotional balance and soulful harmony, to healing from illness and injury, nourishing whole health and unending vigor and empowering joyful, conscious self-expression. No exp nec. \$350. 720-427-0406, [DebraLin.ChiWellness@gmail.com](mailto:DebraLin.ChiWellness@gmail.com)

### JAN 5, 2019

**Intuitive Guide/Empath Support Training**—8-month training via weekly tele-classes, 12-2pm + 2 retreats in Santa Fe, NM with equines. Deeply transformational training perfect for anyone who wishes to start their own intuitive practice as well as empaths seeking support. Limited spaces, Early bird discounts. Chantal Fidanza 505-438-1074, [Info@yourdivinelight.biz](mailto:Info@yourdivinelight.biz) or [YourDivineLight.biz](http://YourDivineLight.biz)

## classifieds

### BUSINESS OPPORTUNITIES

**Looking for a way to bring in extra money** but don't want to get "another job"? Need something flexible to fit it into your life? What if you could transform your health and your wealth in the next 90 days by partnering with us? What if you could work a handful of hours each week and bring in a nice side income? We are looking for people who want the above and want to make a difference in the world while having FUN! WHAT IF YOU COULD? Please call for more info @ 303.903.8248

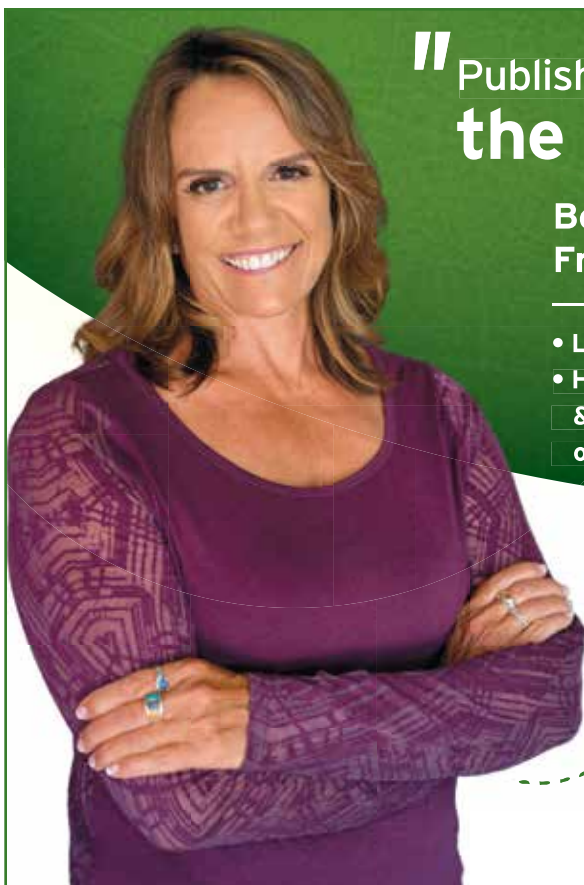
### HEALTHY PRODUCTS/SERVICES

**NEW CLIENT MASSAGE SPECIAL \$40/HOUR!** Relax & rejuvenate! Swedish & sports massage. Wheat Ridge location 16 years exp. Mon-Sat Call Angie 303-475-6937

**\$30 Off Initial Healing Session:** Reiki, vibrational healing & intuitive reading. In person or phone. 700 E. Ninth Ave., Suite 9, Denver. JoAnne Palladino, Reiki Master-Teacher, Channel & Intuitive. 303-263-0679 or [joanne@joannepalladino.com](mailto:joanne@joannepalladino.com)

### JOBS AVAILABLE

**Earn Extra Spending \$\$ as a Distribution Driver for GOLDEN/ARVADA & HIGHLANDS RANCH/LITTLETON Areas:** *Natural Awakenings* is looking for a reliable, conscientious, honest delivery driver with a good driving record and car, who lives in the area. Must have own insurance; basic ability to work with Excel/email; be available for a day or three between the 25<sup>th</sup>-1<sup>st</sup>; ability to take on side jobs for extra \$\$ on same route. No phone calls please. Email [Doug@MileHighNaturalAwakenings.com](mailto:Doug@MileHighNaturalAwakenings.com) with your qualifications.



"Publishing *Natural Awakenings* has been by far the best lifestyle business.."

Become a *Natural Awakenings* Franchise Owner and make a difference!

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**Elaine Russo**  
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