

# calendar/specialoffers

**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 AURA CLEARING AND CHAKRA BALANCING FOR FIRST-TIMERS

Each 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 15-MINUTE STRATEGY SESSIONS

For cancer wellness, chronic pain/illness, women's issues, insomnia, stress/weight management. Dr. Sujatha Reddy, counselor, coach and Ayurvedic practitioner. Heartland Wellness, 12157 W Cedar D, #200, Lakewood. 303-325-5617

### FREE 30-MIN CONSULTATION-PHONE/SKYPE

Healing Change: 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, 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 or [joanne@joannepalladino.com](mailto:joanne@joannepalladino.com)

### 20% OFF NEW PATIENT EXAM AND X-RAYS

South Lakewood Dental, 2525 S Wadsworth Blvd, #11, Lakewood. Scott Stewart, DDS & Naturopathic Physician, 303-988-4338

## FRI SEPT 1

**First Friday Relaxation Lounge**—7-7:45pm. 45-minute class combines restorative yoga, guided breathing and hands-on massages to help you relax. No yoga experience needed. \$16 PranaTonic Yoga Studio 2600 East St Golden. [Info/RSVPpranatic@gmail.com](mailto:Info/RSVPpranatic@gmail.com)

## SAT SEPT 2

**Darshan with Sai Maa: An Enlightened Experience with a Divine Master**—5-9pm. Experience the Divine touch of a Master, a moment of Oneness between the Enlightened Master and you. FREE. First United Methodist, 1421 Spruce St, Boulder. [sai-maa.com/en/programs#darshan](http://sai-maa.com/en/programs#darshan)

## TUES SEPT 5

**Group Goodwill Meditation**—7:30-8:30pm. Bring the energy of goodwill to our world by participating in a guided group goodwill meditation. Althea Center, 14th & Williams, Denver. Donation. [InfoIrinelli@juno.com](mailto:InfoIrinelli@juno.com)

**Imagine a Life Free of Self Judgment...Healing the Sore Spots That Run Your Life**—7-9pm. Transformational speaker and author Randy Ferguson shares insights on dismantling self-judgment. \$25/door Rocky Mountain Miracle Center Denver [Info/LCAProject.com](http://Info/LCAProject.com) or 303-989-2605

## FRI SEPT 7

**Open Meeting with Gangaji**—7:30-9:30pm. An invitation home to yourself. An evening with Gangaji- spiritual teacher- invites you to discover your true home- as peace itself. \$20. Unity Church, 2855 Folsom St, Boulder. For more info visit [Gangaji.org](http://Gangaji.org), events page

## FRI SEPT 8

**How, When & Why to Enter into a Sexual Relationship...the Tantric Perspective**—7-8:30pm. The spark of attraction is, in itself, conception. Refreshments incl. \$30 Osho Leela Center, 1025 Rosewood, #106, Boulder. Judith Anne Condon Conscious Relationship & Tantra Coach 303-520-8829 [journeystotantriclebliss@gmail.com](mailto:journeystotantriclebliss@gmail.com)

## SAT SEPT 9

**Weekend of Inquiry with Gangaji**—also on 9/10. We willingly ask our deepest questions and commit to facing what arises, whatever that may be. \$225/\$250 door. Boulder Marriott. [RSVP/infoGangaji.org](mailto:RSVP/infoGangaji.org), events page

**Intro to Meditation**—1-3pm. Explore how meditation is an invaluable tool for self-healing. And we will share the little known universal aspect of the trivium. \$30 Spirit and Stone Gifts, Englewood. 720-609-6173 [phil@spiritandstonegifts.com](mailto:phil@spiritandstonegifts.com)

**Yoga: Discover Your Chakras**—3:15-5:30pm Practices to enhance the flow of energy, loosen the grip of fear and suffering, and increase joy, wisdom, and healing. \$30 Embody Your Life, 607 10th St, #109 Golden [RSVPreq'dembodyyourlife.org/book-online](http://RSVPreq'dembodyyourlife.org/book-online)

## SUN SEPT 10

**I Survived Beyond and Back: The Near Death Experience**—1:30-4pm. Ms. Deirdre's remarkable story and new insights on life beyond the veil. Donation, open to public. Greenwood Village City Hall, 6060 S Quebec St. Denver Near Death Studies [www.meetup.com/Denver-IANDS](http://www.meetup.com/Denver-IANDS)

## TUES SEPT 12

**Akashic Records Practitioner Level I Certification**—5:30-9:30pm. 2-day program. Info/RSVP [www.dysg.eventbrite.com](http://www.dysg.eventbrite.com). \$300. Discover Your Spiritual Gifts 5808 S Rapp St, #265 Littleton Violet Rayne 303-257-2276 [violet.rayne@gmail.com](mailto:violet.rayne@gmail.com)

## WED SEPT 13

**Branding Your Spiritual Business**—7-9pm. Learn about how to develop your brand so that your marketing is consistent and attracts the right audience. \$30 Discover Your Spiritual Gifts 5808 S Rapp St, #265 Littleton Violet Rayne 303.257.2276 [violet.rayne@gmail.com](mailto:violet.rayne@gmail.com)

## THURS SEPT 14

**Is Your Child Struggling In School?**—6:30-7:15pm. Free workshop! A holistic and drug free approach for supporting children with neuroacademic disorders and learning disabilities. 8601 W Cross Dr #B6-2 Littleton. [RSVP.Dr.Stef@ConnectLittleton.com](mailto:RSVP.Dr.Stef@ConnectLittleton.com)

## FRI SEPT 15

**Sacred Drumming Circle, Sound Celebration & Meditation**—7-9pm. Enjoy celebration using sound, breath, mindfulness and meditation in the energy of the circle. Bring snack to share and instruments. \$10. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695.

## LASTING RELIEF | 2 PRACTICES • 1 GOAL

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### Dr. Jessica Riechert, D.C.

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### Veronica Schulz

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## SAT SEPT 16

**Archangels and You: Connecting to the Divine**—3-5pm. Experience the love, healing and protection of the strongest angels- the Archangels! Connect for messages and assistance. \$30 Discover Your Spiritual Gifts 5808 S Rapp St, #265 Littleton Violet Rayne 303-257-2276 violet@discoveryyourspiritualgifts.com

**How to Stay Above the Chaos!**—1-3pm. Maintain peace and joy in your life with Mary Soliel, channel of Archangel Michael, award-winning author. Live Gazing. Book signing. \$33. Full Moon Books 9106 W 6th Ave. Lakewood RSVP MarySoliel.com or Walk-ins cash/check only. 303-233-MOON or alighthouse@mac.com

## TUES SEPT 19

**Protecting Your Family's Future**—6-7:30pm. A free educational presentation for families of children with special needs. Three disciplines impact your family's quest to protect your assets and children: Disability Benefits, Financial Planning and Legal considerations. The Joshua School Boulder. RSVP Betty Lehman, betty@lehmandp.com, 720-259-6073. More presentations available at lehmandp.com

## FRI SEPT 22

### *First Day of Fall*



**Angelic Reiki Level 1 & 2 Weekend**—Become a certified Practitioner of Angelic Reiki. Info/RSVP www.dysg.eventbrite.com. \$222 Discover Your Spiritual Gifts 5808 S Rapp St, #265 Littleton Violet Rayne 303-257-2276 violet@discoveryyourspiritualgifts.com

**Red Tent 5 Wks: Women's Gathering Sacred Sexuality**—7-8:30pm Fridays. Feed your femininity, emerge refreshed, empowered by what is shared. Bring Friend for Free. \$300 Osho Leela Center, 1075 Rosewood, #106 Boulder Judith Anne Condon Conscious Relationship & Tantra Coach 303-520-8829 journeystotantricliss@gmail.com

## SAT SEPT 23

**6 week Basic Obedience class for Dogs**—check specific dates. Basic training such as sit, stay and come; modify common behavior issues. \$125 in Lakewood. Email mishamayfoundation@gmail.com for registration/info. Free spots for foster dogs / active fosters from rescues and shelters. MishaMayFoundation.com

## MON SEPT 25

**We Are Change Open Mic Night**—6-10pm. Share the power of uniting our local grassroots activist community for an evening of food, music, interviews, headliners, poetry and dancing. Details wearechangecolorado.com

## WED SEPT 27

**Beginning Mindfulness & Meditation Workshop**—7-9pm. Learn about mindfulness and meditation, and practice some techniques that will lead you to a more balanced life. \$10. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695. J4CL.com.

## THURS SEPT 28

**Meditation for Beginners 5Wks**—7-9pm Thursdays. Meditation can transformation your life and create change. Meet your Guardian Angel or Spirit Guide. Let go of negativity and make room for the positive. Feel your health improve. Early \$185, Regular \$200. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303, journeywithin@hotmail.com

# savethedate

## FREE HEALING CIRCLE WITH HEALER-INTUITIVE, MARK EARLIX FRIDAY, SEPTEMBER 15, 7-9PM



Experience profound mental, emotional and physical healing. For over 40 years Mark has worked with many thousands of people with his Gift of Healing and Intuition. The Healing Circle is your opportunity to become free from your body's distress, aches, pains or sickness. Personal more intensive healing may be experienced in personal sessions which you can book directly with Mark. Unity Spiritual Center Denver, 3021 S University Blvd, Denver. For more information or to register Unitydenver.org/featured-events. Markearlax.com

## CANNABIS CEREMONIES: A JOURNEY OF DEEP RELEASING AND RENEWAL SATURDAY SEPT 16, 7-10PM



Join me for an exceptional evening of inner exploration, ancient wisdom and personal renewal. I guide Elevation (Cannabis) Ceremonies to support people in awakening experiences that enrich and heal their lives. In a safe, legal and sacred environment you will be nurtured into uncovering and releasing destructive and self-defeating emotions. My gatherings are plant medicine-optional and all levels are welcome. Complimentary CBD-dominant strains that offer a relaxing and focused dimension are provided. Ceremonies are followed with an optional tea service and conscious connection and sharing. In Denver's Cherry Creek North. \$30. Limited space. Contact Becca at BWilliams@MJStraightTalk.com

## DIVINE GUIDANCE: LISTENING TO THE INNER VOICE, SEPT 16-17 2017 Colorado Regional Eckankar Seminar



Guest Speaker Bob Lawton has spoken internationally on past lives, dreams, soul travel, and out-of-body experiences. A former firefighter, he offers insights on death, dying, and extreme life experiences. His inspirational talks will help you to gain insight into your own spiritual experiences and recognize yourself as Soul. Sat, 9/16: 1-4:30pm and 7-8:30pm; Sun, 9/17: 9am-noon at the ECK Temple of Colorado, 7100 W. Mississippi Ave, Lakewood. Free admission for guests! Information and registration at Eckankar-colorado.org, or 303-756-9287.

# looking ahead 2017

## OCT 5-8

**Emerging Women Live 2017**—Looking to lead from the truth of who you are? From money to mindset, passion to purpose, sex to self-concept: it's ALL HERE. Join Elizabeth Gilbert, Alicia Garza, Sera Beak, Esther Perel, Amanda Steinberg and more in keeping the HEART in impactful leadership. EmergingWomenLive.com

## OCT 8

**Love is Our True Identity: A Soldier's Story**—1:30-4pm. Veteran Robert Caplan's NDE revealed purpose, meaning, and four aspects of love. Donation, open to public. Greenwood Village City Hall, 6060 S Quebec St. Denver Near Death Studies meetup.com/Denver-LANDS

## OCT 17

**Beginning the Qigong Lifestyle**—6-8 pm. This course is 1 of 2 prerequisites for qigong practitioners for Professional Medical Qigong Practitioner Certification training in mid-Oct 2018. \$495. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

## OCT 21

**Anxiety, Trauma, P.T.S.D Training for Dogs**—11:15-12:45pm. Prepare your dog for thunderstorms and fireworks, and address general anxieties and fears. NO DOGS PLEASE. \$25/class or 5/\$100 in Lakewood. mishamayfoundation@gmail.com registration/information. Free spots for foster dogs. MishaMayFoundation.com

# Publish One of the Nation's Leading Healthy Living Magazines

**Natural Awakenings Magazine** is ranked 5th Nationally in Cision's® 2016 Top 10 Health & Fitness Magazines list

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3. Men's Health – 1,852,715
4. Prevention – 1,539,872
5. **Natural Awakenings – 1,536,365**
6. Women's Health – 1,511,791
7. Weight Watchers Magazine – 1,126,168
8. Dr. Oz The Good Life – 870,524
9. Vim & Vigor – 789,000
10. Experience Life – 700,000

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## Contact us about acquiring an existing publication **FOR SALE** highlighted in **RED\***

*Natural Awakenings* publishes in over 80 markets across the U.S., Puerto Rico and the Dominican Republic (listed below).

- Gulf Coast AL/MS
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- Tucson, AZ
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- San Diego, CA
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- **Washington, DC\***
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- NW FL Emerald Coast
- Ft. Lauderdale, FL
- Jacksonville/St. Augustine, FL
- Miami & the Florida Keys
- Naples/Ft. Myers, FL
- **North Central FL\***
- Central Florida/Greater Orlando
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- Peace River, FL
- Sarasota, FL
- Space & Treasure Coast, FL
- Tampa/St. Pete., FL
- Atlanta, GA
- Hawaiian Islands
- Chicago, IL
- Chicago Western Suburbs, IL
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- Boston, MA
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- Western MI
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- Lehigh Valley, PA
- Northeast, PA
- Philadelphia, PA
- Rhode Island
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- Columbia, SC
- **Greenville, SC\***
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- **Austin, TX\***
- Dallas, TX
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- **North Texas\***
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- Richmond, VA
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- **Seattle, WA\***
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- Milwaukee, WI
- Dominican Republic
- Puerto Rico

\*Existing magazines for sale

## Start a magazine in an OPEN TERRITORY

- Los Angeles, CA
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- Santa Clara Co., CA
- Southern, MA
- Annapolis, MD
- Baltimore, MD
- Kansas City, MO
- Saint Louis, MO
- Bronx, NY
- Brooklyn/ Staten Island, NY
- Cincinnati, OH
- Cleveland, OH
- Pittsburgh, PA
- Nashville, TN
- Ft. Worth, TX
- Salt Lake City, UT

Inquire about other open areas



# ongoing

## sundays

**Free Outlaw 1 with Ty Ortiz**—5-6pm Outlaw Yoga is a contemporary power vinyasa, physically challenging and technically simple practice. Outlaw Yoga Littleton, 2590 W Main St. [outlawyogalittleton.com](mailto:outlawyogalittleton.com) or [Carly@outlawyoga.com](mailto:Carly@outlawyoga.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

**Sunday Morning Tai Chi**—9-10:30am. Set a peaceful and productive rhythm for the new week, moving your chi in Tai Chi foundations, increasing balance and flexibility. \$20 drop-in or \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406 [ChiWellness.net](http://ChiWellness.net).

## tuesdays

**Wheatridge Spiritual Transformation with Transmission Meditation**—6pm. 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

**Psychic Readings**—7-8:30pm by appt/also on Thursdays. Learn about your soul essence, past lives, and aura. Ask questions about relationships, career, money, and health. Free. 1332 Pearl St. Boulder. 303-530-0920.

## wednesdays

**ParaYoga Class**—Noon-1pm. ParaYoga integrates movement, breath, chanting and meditation: balance your nervous system, clear your mind, brighten the light of your Soul. \$15 Embody Your Life, 607 10th St, #109, Golden. RSVP/info [Embodyyourlife.org/book-online](http://Embodyyourlife.org/book-online)

**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

**Empath Meetup**—7-9pm. Many of us can feel overwhelmed in our hectic modern society. Commune with us in our safe space to share our tips for embracing the strength of sensitivity. FREE At Spirit and Stone Gifts, Englewood 720-609-6173 or [phil@denverbubblehouse.com](mailto:phil@denverbubblehouse.com)

## thursdays

**The Way Of Mastery Practice Group**—6:30-8pm. Study the channeled words of Jesus offering self-healing teachings that evoke complete, unconditional love and self-acceptance. \$25 drop-in; \$120/6 Sessions. Coly Vulpiani, Facilitator. 700 E 9th Ave, #9, Denver. RSVP 303-476-8402 or [coly@parallelrealitiespractice.com](mailto:coly@parallelrealitiespractice.com)

**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

**Aura and Chakra Healings**—Drop-In between 6-7pm. Receive a 10 minute cleanse and release negative thoughts, emotions, pain and fear. Get replenished with positive energy and feel great. Free. 1332 Pearl St. Boulder. 303-530-0920

## saturdays

**Qigong Movement**—1-2:30pm. Stillness within cleanses and builds your chi for stamina, flexibility, health, life balance. \$20/drop-in or \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406 [ChiWellness.net](http://ChiWellness.net)

**Qigong-Tai Chi Push Hands**—2:45-3:45pm. Physical and energetic health strengthen, develop keen sensitivity to yin-yang shifting to eliminate obstructions to the natural flow of life's essence. \$20/drop-in or \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406

**Fencing for Chi Fitness**—4-5:30pm. Olympic Foil, Saber and Epee skills and techniques heighten the pace of qigong exercise into spontaneity, mental flexibility, chi and physical endurance. \$50 drop-in or \$120/3 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406

# 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

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**Private Practitioners Paradise for whole person wellness:** Fully-furnished, rent-free office spaces as low as \$12/hr and \$50 membership. Private office rental spaces as low as \$425/month, lease free month to month. Membership includes: Online Scheduling System; Internet; Printer/Scan/Fax; Client Kiosk and Conference room. Sondermind Lakewood. Contact Sujatha Reddy 303-325-5617 or [Sreddy@sondermind.com](mailto:Sreddy@sondermind.com)

## HEALTHY PRODUCTS/SERVICES

**Relax and Unwind Massage Discount:** Rejuvenate mind, body & spirit! Call for more info at Northern Lights Massage Therapy. Mon-Sat appts. 1-70/Wadsworth. 15 years exp. Angie 303-475-6937

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**What's missing in your life?** Is it metaphysical? Swing by Spirit & Stone Gifts and receive a free mystery gift when you spend \$50 or more. Feel your energy. 3745 S Broadway, Englewood. 720-609-6173 or [Spiritandstonegifts.com](http://Spiritandstonegifts.com)

**\$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@joanepalladino.com](mailto:joanne@joanepalladino.com)

**Remove Toxic Amalgam (Silver) Fillings:** Denver's first holistic, naturopathic dentist offers mercury free AND mercury safe amalgam (silver filling) removal. *Financing available. 20% off new patient exam and x-rays when you mention Natural Awakenings.* SOUTH LAKEWOOD DENTAL, Scott Stewart, DDS & Naturopathic Physician, 2525 S Wadsworth Blvd, Ste 11, Lakewood, 303-988-4338.

**Multi Pure Drinking Water Systems:** Rated for most toxic chemicals removed by NSF. Solid carbon block technology. Under-the-counter, counter-tops, travel unit, the only rated shower unit in the country, and whole house units. Call or email [Karen@karenriceking.com](mailto:Karen@karenriceking.com) or 303-665-0175. Business opportunity available also.

**Free Chi Gong Sessions:** With a student studying the very powerful and transformational energy healing technique of Yin (Red Hat) Chi Gong. Call Sam at 720-260-3778 to set up your free session.

**Psychic Readings:** Direct from New Orleans, meet Aina, a genuine Creole priestess and the most powerfully gifted psychic we've seen in over 30 years. Book your session with Aina now, only at Spirit and Stone. 720-609-6173 or [Spiritandstonegifts.com](http://Spiritandstonegifts.com).

**Earth Acupuncture for your Home:** Testing in Denver \$100 and Boulder area \$50. Karen will test your home and discuss various options to remove Geopathic and Hartmann stress lines from your life! Fee is applied to confirmation of installation. Change your health and life before the snow flies! See [KarenRiceKing.com](http://KarenRiceKing.com) for more information or call 303-665-0175.

## JOBS AVAILABLE

**Distribution Driver for Highlands Ranch/GV/Lone Tree & Metro Denver 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; 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.