

## STRESS RELIEF NOW WITH BILL BERGMAN, MD

Thursday, January 26, 6:45-8 pm



Are you feeling anxiety and stress that's affecting your quality of life? Are you feeling pessimistic about your future and where your life and the world are heading? Do you know that it is widely accepted in scientific circles that 95% of illness is stress-related? Learn practical ways of addressing stress, improving your body's ability to heal, reducing the risk of serious disease and greatly enhancing your quality of life! Complimentary; bring your friends and family!

Location: St. Anthony's Hospital- Media Center/Conference Room, 11600 W. 2nd Place Auditorium B & C Lakewood, CO 80228. RSVP required; call 303-934-3600. LifeSourceHP.com.

## BECOME A CERTIFIED REFLEXOLOGIST!

TRAINING BEGINS FEBRUARY, 2012



Comprehensive 305 hour, weekend classes. "Professional Foot, Hand and Ear Reflexology" prepares for rewarding career as a clinician who can make a difference. Just for Health School of Reflexology and Healing Arts, Englewood. State Approved and ARCB CE Provider. Rachel Lord or Luke Terry, 303-320-4367 or Health.on.all.levels@gmail.com. JustforHealth.net.

## BECOME A CERTIFIED MASTER HERBALIST!

COMPREHENSIVE TRAINING BEGINS FEBRUARY 2012



Gain skills and expertise needed for clinical practice in our 17-month, 450 hour, case-based program. Weekend classes on theory, medicine making, herb walks, student clinic. Just for Health School of Reflexology and Healing Arts, Englewood. State Approved. Rachel Lord or Luke Terry, 303-320-4367 or Health.on.all.levels@gmail.com. JustforHealth.net.

## TAKE A PAUSE & NAVIGATE THE NATURAL JOURNEY OF MENO-PAUSE

Saturday, February 4, 9:30am-12:30pm



Join this therapeutic yoga workshop and uncover natural wellness strategies to manage menopause. Be empowered through knowledge and awareness of body, mind and spirit, experience a yoga practice to cool your central nervous system, learn soothing breathing techniques and participate in creative expression. Led by Troy Krebs - a 200HR PYT, acupuncturist and Chinese Medicine Doctor. \$39. NamasteWorks Yoga + Wellness,

5860 S. Curtice St, Littleton. To register, visit [www.namasteworksyoga.com](http://www.namasteworksyoga.com) or call 303-725-1434.



## Metaphysical Fair

Saturday February 4, 10am - 4pm

Free Admission

Astrology, Tarot, Palmistry, Mediums  
Workshops too!

303-691-8824 1939 S. Monroe St.

## THAI YOGA MASSAGE LEVEL 1, 2 & 3

March 30-June 3



Our Thai Yoga Massage classes can be taken as part of the 600-Hour CMT program, or they can be taken separately as Continuing Education for licensed therapists. This is fabulous news because if you just want to take an Intro to Thai Massage class, Thai for the Table, or Levels 1 - 3, then you can take those separately from the other programs. Two weekends/month. Call or email for exact dates. Level 1: \$850; Level 2: \$850; Level 3: \$700. Denver Integrative Massage School, 2414 w 32nd Ave, Denver. Info 720-316-8888 or [danielle@dimassageschool.com](mailto:danielle@dimassageschool.com). [www.dimassageschool.com](http://www.dimassageschool.com).

# calendar of events

**NOTE:** All Calendar events must be received by January 10<sup>th</sup> (for February issue) and adhere to our guidelines. Visit [MileHighNaturalAwakenings.com](http://MileHighNaturalAwakenings.com) for guidelines and to submit entries. All entries will be edited.

## Happy New Year!

**Non-Denominational Church Service**—11am. Doors open 10:40-11am. 1<sup>st</sup> Sunday ea month. Celebrate the journey of life with meditation and a spiritual message. Service followed by free aura healing/chakra balancing clinic. Rev. Lauren Skye, Officiating Minister. Church of Infinite Spirit / Inner Connection Institute, 2755 S Locust St., Ste 213, Denver. 303-282-9439. [InnerConnection.org](http://InnerConnection.org).

**Letting Gratitude Flow Into Your Life**—10:30-11:30am. Understand how Divine Spirit (the ECK) works in our lives. Short reading, HU Song, quiet contemplation, music, stories and connectio with others. Free. ECKANKAR Center of Boulder Valley, 1800 30th St., Ste 208, Boulder. 303-443-1610 or [eck-colorado.org](http://eck-colorado.org).

**Meditate in the New Year with Dr. Bob Mishcke & musician Rebecca Gale**—5-6pm. Begin the New Year in a beautiful sacred space with music and meditation. Donations welcome. St. Paul United Methodist & Inter-Spiritual Community, 1615 Ogden St., Denver. Rev. Jessie Nelson 303-832-4929, [stpauldenver@yahoo.com](mailto:stpauldenver@yahoo.com) or [StPaul-Denver.com](http://StPaul-Denver.com).

**Drum Circle**—5:30-7:30pm. Chanting 5:30-6pm, drumming 6-7:30pm. No exp nec. Donations welcome. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303-237-8851 or [milehichurch.org](http://milehichurch.org).

## JANUARY 4, WEDNESDAY

**Yoga for Weight Loss**—6:30-8pm. 4-week series teaches yoga and Ayurveda to gain and maintain optimal health. Incl workbook, shopping lists, recipes. RSVP Req'd Jan 1. \$55. Yama Yoga Village, 6818 S Dallas Way, Greenwood Village. 303-790-6081, [info@yamayogavillage.com](mailto:info@yamayogavillage.com) or [YamaYogaVillage.com](http://YamaYogaVillage.com).

**Prayers for World Peace**—7:30pm. Interfaith Prayers to join in one heart and mind to create peace in our world. Free. Center of Light, 2300 Forest St., Denver. 720-308-9944 or [Denver@CentersOfLight.org](http://Denver@CentersOfLight.org).

**Monthly Free Aura Clearing and Chakra Balancing Healing Clinics in Denver**—12:15-1pm AND 5:45-7pm. A healing is an energy clearing, like a psychic shower. During a healing, unneeded energy is cleared, including blocks to growth and flow. Clarity and contentment are restored. Donations apprec, not req'd. First Wednesday of ea month; day and eve times. Inner Connection Institute Denver location: 2755 S Locust St., Ste 213 Denver. 303-282-9439 or [InnerConnection.org](http://InnerConnection.org).

**CCC: Consciousness Conversations & Contemplations**—6:45-10pm. CCC hosts monthly

meetings to share a common desire to raise the consciousness of our planet through presentations, discussion, interaction, and networking. First Wed ea month. Donations welcome. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303-731-6695. J4CL.com.

**Oneness Blessing**—5:30-6:30pm. A team of certified blessing givers will be offering *Oneness Blessings*, a non-denominational benediction and Oneness Energy transferred. The blessing can accelerate spiritual growth and deepening. Love Offering. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303-237-8851 or MileHiChurch.org.

## JANUARY 5, THURSDAY

**A Healthy, Happy New Year!**—1pm. Also on 1/11 and 1/17. Come learn an easy, simple, affordable way to get more fruits & veggies in your diet EVERY day! Learn how to prevent illness and disease and how to be healthy all year long! Free. RSVP Heather for address or questions 303-753-2665

## JANUARY 7, SATURDAY

**Create Your Vision for 2012**—2-4pm. An afternoon of creativity and community while creating your vision for the new year! Bring photos, magazines or images you might like to use. \$20. Dancing the Soul, 950-C Jersey St., Denver. 303-502-4586 or DancingTheSoul.com.

## JANUARY 8, SUNDAY

**Tea Talks for Women Presents** Revealing Your Extraordinary Essence: Practical Tools for Empowered Living with Rev. Cynthia James—2:30-4:30pm. Learn to be joyous, fulfilled and mindful of your thoughts and behaviors. Be awake, available, authentic and leap into the extraordinary life awaiting you! \$10. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303-232-4079 or milehichurch.org.

**Astrology Series Begins**—3-5:00pm. 4-week program for beginners, with something for everyone. Explore your own natal chart and enhance your knowledge of astrology. Inner Connection Institute, 2755 S Locust St., Ste 213, Denver. More info 303-282-9439 or InnerConnection.org.

## JANUARY 9, MONDAY

**Full Moon Ceremony**—7-9pm. Full Moon Ceremony with drumming, dance, ceremonies, teachings, and networking. Bring a snack to share and love offering. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303-731-6695. J4CL.com.

**Evening Meditation Series**—6:30-8:30pm. A 6-week program to explore the benefits of meditation and your spiritual essence. Harness the Law of Attraction and experience your own intuition to create real and lasting change! Learn easy, effective skills to relax and recharge. Inner Connection Institute 2755 S Locust St., Ste 213, Denver. More info 303-282-9439 or InnerConnection.org.

**Introduction to DBT for Teens**—4:30-6pm. Dialectical Behavior Therapy (DBT) can help with different problems such as stress and anxiety, self-esteem, sibling rivalry, grief, drugs and alcohol, and other self-destructive behavioral problems. RSVP Littleton DBT, 720-490-6227.

# savethedate

## DANCING AROUND THE MANDALA

Saturday, March 31, 9am-12pm



Experience a fusion of creativity, quiet self-exploration, relaxation and movement as we discover how a mandala provides insight, healing and form to our inner dance. Our pilgrimage will include an hour of drawing and interpretation, a yoga practice and a meditative Yoga Nidra. \$39. All materials included. Bring a snack.

Led by Jenny Clark – a 200HR Yoga Therapist and CMT. NamasteWorks Yoga + Wellness, 5860 S. Curtice St, Littleton. To register, visit [www.namasteworksyoga.com](http://www.namasteworksyoga.com) or call 303-725-1434.

## SAI MAA - WAKE UP!

April 27 - 29, Denver Convention Center



The planet is shifting and your soul is calling. Come be with Sai Maa in 2012, a spiritual luminary and master of transformation, for an extraordinary weekend where you can step into your vibrant health, divine joy and self-mastery. Accelerate your transformation with Sai Maa! The event will be April 27 - 29, 2012 in Denver at the Denver Convention Center. Opening Public Event April 27 @ 7:30 pm. For more information and registration visit [www.sai-maa.com](http://www.sai-maa.com).

# looking ahead 2011

## FEBRUARY 2, THURSDAY

**Spiritual Seminar**—7:30pm. “The Broken Heart” with international spiritual Master, speaker and author: Mother Clare Watts. \$25. Center of Light, 2300 Forest St., Denver. 720-308-9944 or [Denver@CentersOfLight.org](mailto:Denver@CentersOfLight.org).

## FEBRUARY 3, FRIDAY

**Spiritual Seminar**—7:30pm. “The Spiritually Evolved Man and Woman” with international spiritual Master, speaker and author: Mother Clare Watts. \$25. Center of Light 2300 Forest St., Denver. 720-308-9944 or [Denver@CentersOfLight.org](mailto:Denver@CentersOfLight.org).

## FEBRUARY 4, SATURDAY

**Free Intro: The Aspen Program for Psychic Development**—9-11am. Built on the model of higher education offering large selection of class choices, diverse group of instructors. Choose one or more classes or 5 certifications. The Cloisters on Wadsworth, 2103 S. Wadsworth Boulevard, Lakewood. Also offered 1-3pm at VAST Wellness Center, 2323 South Troy Street, Suites 107/108, Aurora. RSVP Req'd. Karen Fox, 303-942-0646, [Staff@PsychicIQ.com](mailto:Staff@PsychicIQ.com), [www.PsychicIQ.com](http://www.PsychicIQ.com)

**Metaphysical Fair**—10am-4pm. Denver's top Astrologers, Palmists, Intuitives, Mediums and Tarot Card Readers are expecting you. Learn basic techniques such as gentle stretching, breathing exercises, Taoist meditation and group exercises to explore your intuition. Free. Rocky Mt. Miracle Center, 1939 S. Monroe St., Denver. [Amybayless529@gmail.com](mailto:Amybayless529@gmail.com) or 303-691-8824.

**Spiritual Seminar**—10am. “Peace in Your Relationships and Peace with God” with international spiritual Master, speaker and author: Mother Clare Watts. \$40. Center of Light, 2300 Forest St., Denver. 720-308-9944 or [Denver@CentersOfLight.org](mailto:Denver@CentersOfLight.org).

## FEBRUARY 23-25

**6<sup>th</sup> Annual Colorado Environmental Film Festival**—Informative and entertaining films that explore interconnected ecological, social and economic themes; local and national feature length and short films for all ages. Sustainability Fair. American Mountaineering Center 710 10<sup>th</sup> St, Golden. CEFF.net.

## APRIL 27 - 29

**Sai Maa-Wake Up!**—7:30pm. Join Sai Maa, spiritual luminary and master of transformation, for an extraordinary wkend to step into your vibrant health, divine joy and self-mastery. Denver Convention Center. Sai-Maa.com.

## JANUARY 10, TUESDAY

**Yoga 101**—7:15-8:15pm. 4-week series Tuesdays is the perfect class for those new to yoga or with limited range of motion. Discounted rate includes a basic mat. Supportive, fun classroom setting. \$45. Yama Yoga Village, 6818 S Dallas Way, Greenwood Village. 303-790-6081, info@yamayogavillage.com or YamaYogaVillage.com.

**Brain Balance Achievement Center Informational Lecture**—12pm. Lecture covers the brain function of a child that struggles with academics, socialization and behavior. Discuss how to help your child overcome these issues without medications! Free. Brain Balance Achievement Center, 1211 Avery St., Golden. RSVP 303-278-1780 or Golden@BrainBalanceCenters.com.

**A Basic 5-Week Meditation**—7-9pm. Achieve life-long transformation, relax and create change in your life. Let go of stress and making room for health. Learn to develop a personal practice. Feel the results! \$180. Journey Within; Inside Rishi's Crossing Yoga Studio 2730 S Wadsworth Blvd., Lakewood. Anita Destino, Founder of Journey Within, 720-413-7303, journeywithin@hotmail.com or AnitaDestino.com.

## JANUARY 11, WEDNESDAY

**The Bio-Mechanics of Auto Injury**—7-8:15pm. As a specialist in the field of automobile accidents, Dr. Keuhn understands the complicated aspects of both the medical and legal issues associated with motor vehicle accidents. Free. LifeSource Health Partners 65 S. Wadsworth Blvd., Lakewood. RSVP required 303-934-3600 or LifeSourceHP.com.

**A Healthy, Happy New Year!**—1pm. Also on 1/17. Come learn an easy, simple, affordable way to get more fruits & veggies in your diet EVERY day. Learn how to prevent illness and disease and how to be healthy all year long. Free. RSVP Heather 303-753-2665.

## JANUARY 12, THURSDAY

**Introduction to Dialectic Behavior Therapy**—6:30-8pm. DBT helps individuals dealing with many different problems, such as Anxiety Disorder, Depression, Bipolar Disorder, Eating Disorders, and other self-destructive behavioral problems. Understand and accept yourself while also making positive lifestyle changes. RSVP Littleton DBT 720-663-8827 or littletondbt@gmail.com.

**Nutritional Cleansing Presentation & Tasting**—7-9pm. Also on the 19<sup>th</sup>. Learn about this new cleansing and fat burning system that is natural, safe and effective! Help your body eliminate toxins. Participants report an average weight loss of 9-12 pounds in just nine days! Incl a product tasting. Free. LifeSource Health Partners 65 S. Wadsworth Blvd., Lakewood. RSVP required to 303-934-3600 or LifeSourceHP.com

**Introduction to SoulCollage(R) Play Shop**—5-8pm. Access your intuition and create an incredible deck of cards with deep personal meaning to help with life's questions. Heart of Service Expressive Arts Workshop, basic supplies provided. Donations welcome. People House 3035 W 25th Ave., Denver. RSVP laskacounseling@gmail.com or LaskaCounseling.com.

**Denver Holistic Moms Network/Vision Boards**—6:30-8:30pm. For moms and dads to learn about Holistic Moms Network and create "vision boards" for 2012 to visualize and manifest your future. Bring magazines and scissors; we will provide the boards and glue. Free. Denver Waldorf School 940 Fillmore, Denver. Home.HomeWebs.com or facebook.com/#!/HMNDenverCO?sk=info.

**Mile Hi Healthy Happenings**—5-7pm. An event where people who are passionate about healthy living gather to connect with local wellness businesses, network and win prizes. Free. Rocky Mountain Miracle Center, 1939 S. Monroe St., Denver. Karen@MarketWell-Today.com, Deb@LotusBlossomClinic.com or Facebook.com/MileHiHealthyHappenings.

**Drum Circle with Shaman Rick Strong Feather and John Thunderheart Robinson**—7-9pm. Drum circle, dige players, flutes, shamanic healing, sound healing, and messages. 2nd Thursday ea Month. Donations welcome. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303-731-6695. J4CL.com.

**Journey of Healing Workshop with Rev. Kay Johnson**—6:30-9:30pm. Thursdays, January 12-February 2. Discover your inner power for healing through guided imagery and music. For anyone facing a health challenge and for caregivers. \$60. Mile Hi Church 9077 W. Alameda Ave., Lakewood. 303-232-4079 or milehichurch.org.

## JANUARY 13, FRIDAY

**Trance Medium Healing Clinic**—7pm. Open Channeling 7-7:30ish, Free. Followed by Healings \$10. Trance medium healing is a dynamic process facilitating re-alignment and cleansing of the spiritual body. This clinic involves channeling, energy readings, and intense individual clearings. Plan some time for yourself after your healing. No appt necessary. Inner Connection Institute, 2755 S Locust St., Ste 213, Denver. 303-282-9439 or InnerConnection.org.

**Create Your Life in 2012**—9-10:30am. Chart a life course with new tools for conscious living - not using goals (the old way). Opening to the way the universe actually works. \$30/intro price new clients! \$45/current & former clients. Fast Focusing Center, 88 Inverness Circle, H0107, Centennial. 303-708-8817. FastFocusingCenter.com.

## JANUARY 15, SUNDAY

**Community HU Song**—10:30-11am. Denver/Boulder, 3rd Sunday, non-denominational Community HU song, an ancient name for God sung for spiritual upliftment. Free. ECKANKAR Center of Denver, 5800 E. Evans Ave., 303-756-9287 or Boulder 1800 30th St., Ste 208, 303-443-1610 or Eck-Colorado.org.

**Spiritual Gathering & Healing Clinic**—11am-Noon. Church-it's NOT what you think, but might be what you're looking for. Join Rev. DebraRae in a safe, sacred space for service/aura healing clinic, refreshments and community. Donations welcome. Sacred Spaces House of Light 223 Titan St., Aurora. Rev. DebraRae 303-365-0200 or SacredSpacesAndPlaces.com.

**Complimentary Introduction to Beyond Limits Presentation**—Come learn what this inspirational course can do for your life! Classes begin week of Jan 23. Beyond Limits: 10 Tuesday morns, 9am-Noon, or 10 Tuesday eves, 7-10pm, starting January 24. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303-237-8851 or MileHiChurch.org.

**Men's Spiritual Growth Circle-Easier Done Than Said with Rev. Jay Lang**—2:30-4:30pm. Mile Hi staff minister, Rev. Jay will show you how to discover the clarity and consciousness that will co-create your intentions. It IS easier done that said! \$7. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303-237-8851 or milehichurch.org

## JANUARY 16, MONDAY

**10 Secrets of Living Tele-Class**—8-9am, every Monday, 10 wks. 10 Secrets to total freedom and what it looks like to be conscious, instead of being at the whim of others' point of view. People generally make more money after this class. \$55/session, \$550 total can be paid in 3 installments. Fast Focusing Center, 88 Inverness Circle, H0107, Centennial. 303-708-8817. FastFocusingCenter.com.

**More Money Tele-Class**—6pm, every Monday, 10 wks. Are you willing to give up making the excuse that you can't have something or do something because you have no money? \$55/session. Fast Focusing Center, 88 Inverness Circle, H0107, Centennial. 303-708-8817. FastFocusingCenter.com.

## JANUARY 17, TUESDAY

**Access Bars Class Part 1**—6-10pm. Part 2 on 1/24. 32 Bars of energy run in and around your head store the electromagnetic component of all the thoughts/beliefs you have ever had. Receiving enables you to change your life with greater ease and joy. \$200; \$100 for repeats, price incl parts 1 and 2 when applicable. Fast Focusing Center, 88 Inverness Circle, H0107, Centennial. 303-708-8817. FastFocusingCenter.com.

## JANUARY 18, WEDNESDAY

**Beginners Breath with Movement Yoga**—5:45-6:45pm. Eight-week beginners series. Discover how breath is the vehicle for moving the body in a classical yoga series. Private setting to achieve optimal health. Max. 10 clients. \$99. NamasteWorks Yoga + Wellness, 5860 S. Curtice St., Littleton. RSVP 303-725-1434 or NamasteWorksYoga.com.

**Performer's Tele-Class**—9am, every Wed, 10 wks. Brain techniques free you from what stops you from showing your best! We work with high performers in all areas – business, sports (professional athletes), musicians, etc. \$550 may be paid in 3 installments. Fast Focusing Center, 88 Inverness Circle, H0107, Centennial. 303-708-8817. FastFocusingCenter.com.

**Oneness Blessing**—5:30-6:30pm. See descrip Jan 4. Mile Hi Church 9077 W. Alameda Ave., Lakewood. 303-237-8851 or MileHiChurch.org.

## JANUARY 19, THURSDAY

**Oneness Deekshas & Sacred Sound with Ann Hines & Donna Baldwin**—7-9pm. Oneness Deeksha experience with live Sacred Sound from crystal bowls and native American flute. 3<sup>rd</sup> Thurs ea Month. \$20 suggested donation. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303-731-6695. J4CL.com.

**Dialectic Behavior Skills Training**—6:30-8pm. We will be working with Mindfulness and Distress Tolerance skills. Learn new ways of creating change to live a more joyful and effective life. Call today for a free screening appointment. Call Littleton DBT at 720-663-8827 or littletondbt@gmail.com.

**Angel Healing Clinic**—7:15-7:45pm. Instructors will communicate messages from the Angels and assist in healing. Individual Healing Sessions-15 mins/\$25 at 8pm by appt. Take your healing to the next level in these life changing, personalized sessions! \$10/Group healing; \$25/individ. Journey Within; Inside Rishi's Crossing Yoga Studio, 2730 S Wadsworth Blvd., Lakewood. Anita Destino, Founder of Journey Within 720-413-7303, journeywithin@hotmail.com or AnitaDestino.com.

## JANUARY 20, FRIDAY

**2012 Rev Up! From Mayan Predictions to My Own Convictions with Dr. Michael Beckwith and Dr. Roger W. Teel**—Friday 7pm and Saturday 9am-1pm. Find out how we can move into the new year with confidence and in Oneness. \$55. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303-232-4079 or milehichurch.org.

## JANUARY 21, SATURDAY

**Access Body Class/Anti-Aging Classes**—8am-Noon. Also on 1/28. Do you believe that with aging comes more aches and pains and you'll gradually be able to do less and less? That doesn't have to be true! Fast Focusing Center, 88 Inverness Circle, H0107, Centennial. 303-708-8817. FastFocusingCenter.com.

**Weekend Meditation Series**—1:30-3:30pm. A 6-week program to explore the benefits of meditation and your spiritual essence. Harness the Law of Attraction and experience your own intuition to create real and lasting change! Learn easy, effective skills to relax and recharge. Inner Connection Institute North Side location: 4325 Harlan St., Wheat Ridge. More info 303-257-4797 or InnerConnection.org.

## JANUARY 22, SUNDAY

**Access Bars Class Part 1&2**—8am-5pm. 32 Bars of energy run in and around your head store the electromagnetic component of all the thoughts/beliefs you have ever had. Receiving enables you to change your life with greater ease and joy. \$200; \$100 for repeats. Focusing Center, 88 Inverness Circle, H0107, Centennial. 303-708-8817. FastFocusingCenter.com.

## JANUARY 23, MONDAY

**Daytime Meditation Series**—10am-Noon. A 6-week program to explore the benefits of meditation and your spiritual essence. Harness the Law of Attraction and experience your own intuition to create real and lasting change! Learn easy, effective skills to relax and recharge. Inner Connection Institute, 2755 S Locust St., Ste 213, Denver. More info 303-282-9439 or InnerConnection.org.

**New Moon Goddess Circle**—7pm-9pm. New Moon Goddess Circle with drumming, dance, ceremonies, teachings, and networking. Bring a snack to share and a love offering. Journeys For Conscious Living 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303-731-6695 or J4CL.com.

## JANUARY 25, WEDNESDAY

**Knitting 101**—6-8:30pm. Knitting is a breeze if you have the right tools and a fun project. Learn essentials of knitting by making an easy neck warmer with three large buttons. \$35/member; \$39/non-member. Denver Botanic Gardens, 1007 York St., Denver. Registrar 720-865-3580 or BotanicGardens.org.

**Heal the Healers**—7-9pm. Designed for healers to share their gifts and receive time on the table too. All healers invited. Bring your energy, tools, and a snack to share. Fourth Wednesday ea Month. Journeys For Conscious Living, 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. 303-731-6695. J4CL.com.

**Myths & Facts About Chiropractic**—7-8:15pm. Explore how chiropractic works, what conditions respond to chiropractic care, the importance of the nervous system in overall health and the basics of maintaining spinal health. Receive a postural analysis during the class or schedule an app't for an in-depth spinal analysis at no charge. Free. LifeSource Health Partners 65 S. Wadsworth Blvd., Lakewood. RSVP required at 303-934-3600 or LifeSourceHP.com.

## JANUARY 26, THURSDAY

**Brain Balance Achievement Center Informational Lecture**—6:30pm. Lecture covers the brain function of a child that struggles with academics, socialization and behavior. Discuss how to help your child overcome these issues without medications! Free. Brain Balance Achievement Center, 1211 Avery St., Golden. RSVP 303-278-1780 or Golden@BrainBalanceCenters.com.

**Stress Relief NOW with Bill Bergman, MD**—7-8pm. Learn practical ways of addressing stress, improving your body's ability to heal, reducing the risk of serious disease and greatly enhancing your quality of life! Complimentary; bring your friends/family! Location: St. Anthony's Hospital- Media Center/Conference

Room 11600 W. 2nd Place Auditorium B & C Lakewood, CO 80228. RSVP required at 303-934-3600 or LifeSourceHP.com.

## JANUARY 27, FRIDAY

**Ruesri Dat Ton**—6:30-8:30pm. This is a gentle sequence of stretches and movements to open & align your energies, more akin to Qi Gong than to our Western concept of yoga and asanas. Free. Denver Integrative Massage School, 2414 W 32nd Ave., Denver. 720-252-2716 or DIMassageSchool.com.

**Free Conscious Movie**—7:30pm. "I AM" Hollywood comedy director Tom Shadyac gets contemplative in this documentary, conversing with prominent philosophers and spiritual leaders about what ails our world and how we can improve it. Free. Center of Light, 2300 Forest St., Denver. 720-308-9944 or Denver@CentersOfLight.org.

## JANUARY 28, SATURDAY

**Psychic & Healing Fair**—Noon-5pm. Readings w/Rev. DebraRae (20 min/\$25). Reserve up to 1 hr w/pre-pay. Reiki/Egyptian healing rods, detox footbath, therapeutic paraffin dip, oxygen bar/aromatherapy + rocks/gems, handmade soaps & more. \$2. Sacred Spaces, 223 Titan St., Aurora. Rev. DebraRae 303-365-0200 or SacredSpacesAndPlaces.com.

**Free Intro: The Aspen Program for Psychic Development**—9-11am or 11:30-1:30pm. Built on the model of higher education offering large selection of class choices, diverse group of instructors. Choose one or more classes or 5 certifications. RSVP Req'd. ISIS Books & Gifts, 2775 S. Broadway, Englewood, Karen Fox, 303-942-0646, Staff@PsychicIQ.com, www.PsychicIQ.com.


## JANUARY 29, SUNDAY

**2012 Wellness! with Dr. James Rouse and Dr. Roger W. Teel**—3pm. Mind-body practices to improve your attitude, energy and charisma. Learn about foods to help boost immunity, increase longevity and happiness. \$30. Mile Hi Church, 9077 W. Alameda Ave., Lakewood. 303-232-4079 or milehichurch.org.

- Traditional Chinese Acupuncture & Herbal Medicine
- Natural Pain Relief
- Nutritional Therapies
- Essential Oils
- Chiropractic
- Spinal Rehabilitation
- Massage Therapy
- Weight Mastery
- Metabolic Testing


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# ongoing events

## sunday

**Sunday Services**—9:30am. The Service includes singing, prayer, and a sermon to uplift, inspire and deepen in consciousness. Powerful and transformative Communion Service. Free. Denver Center of Light, 2300 Forest St, Denver. 720-308-9944. DenverCentersOfLight.org.

## monday

**Kundalini Yoga**—6pm-7:30pm. Kundalini Yoga focuses on awakening your energy and unlocking your inner potential through specific breathing, movements, stretching, meditation and mantra. \$8/member; \$10/non-mem. Denver Botanic Gardens 1007 York St., Denver. Registrar 720-865-3580 or BotanicGardens.org.

**Breath with Movement Yoga Series**—5:30pm or 6:30pm. 8-week series, Mon/Tues/Thurs eves. Minimize anxiety, stress, or respiratory issues as you discover how to coordinate breath with movement in classical yoga with meditation. \$99. NamasteWorks Yoga + Wellness 5860 S. Curtice St., Littleton. 303-725-1434 or NamasteWorksYoga.com.

**Ashtanga Vinyasa Free Flow Yoga w/EmySol**—6:30pm. Exhilarating Yoga practice uses Ujjayi breath to flow from one asana to another to energize metabolic rate to burn fat and build a firm, toned, healthy body. No exp. req'd. Pricing call 303-731-6695. 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. J4CL.com.

## wednesday

**Ashtanga Vinyasa Free Flow Yoga w/EmySol**—6:30pm. See descrip Mon. No exp. req'd. 5855 Wadsworth Bypass, Bldg A, Ste 100, Arvada. Pricing 303-731-6695. J4CL.com.

**Free Aura Clearing and Chakra Balancing**—6-7pm. A healing is like an "energy car wash." Release negative energy blocking you from growth and stopping you from creating the life you desire. Donations welcome. Journey Within; Inside Rishi's Crossing Yoga Studio 2730 S Wadsworth Blvd., Lakewood. Anita Destino, Founder of Journey Within, 720-413-7303, journeywithin@hotmail.com or AnitaDestino.com.

## thursday

**Modern Day Meditation**—7:30-10pm. Various music and guides you to a more calm and open state, think clearly about solutions for daily life changes and find a deeper spiritual connection. Free. Colorado Health and Wellness Center 126 W 5th Ave., Denver. Diane 303-524-4040 or diane@miracle.org.

**Aura and Chakra Healings**—6-7pm. Negative energy is gently removed from your body and replaced with your own positive energy. You will feel great and be ready take your next steps. Free Psychic readings from 7-8:30 by appt. Free. Boulder Psychic Institute, 1332 Pearl St, Boulder. 303-530-0920 or BoulderPsychicInstitute.org.

**Weekly Free Healing Energy Clinic in Wheat Ridge**—6:30-7:30pm. A healing is an energy clearing, like a psychic massage. During a healing, unneeded energy is cleared, incl blocks to growth and flow. Clarity and contentment restored. Donations apprec, but not req'd. Readings available after clinic \$25. Inner Connection Institute North Side location: 4325 Harlan St., Wheat Ridge. 303-257-4797 or InnerConnection.org.

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# classifieds

## Business Opportunity

**Work at Home Opportunity!** Backed by BBB, Awesome support to help you reach your goals! NO SELLING, NO INVENTORY. FREE WEBSITE, FREE TRAINING. Contact Heather at 303-646-3331 or fill out form at WorkGreenToday.com. www.WorkGreenToday.com

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## Job Opportunity

**Clear Sky Medical in Centennial is looking for a licensed Physician's Assistant or Nurse Practitioner** to join our team. We are a cutting edge preventive medicine clinic, utilizing holistic, integrative and functional medicine and Bio-identical hormone replacement therapy to deliver the upmost success in patient wellbeing and care. The right candidate should be knowledgeable and have experience in the field of preventive medicine, have excellent communication skills and great work ethics and be willing to work in a dynamic work environment. A clean work history, no work restrictions are required. Please contact/send resume/ email to drmeier@clearskymedical.com.

**Salespeople wanted!** Earn a generous commission selling ads for *Natural Awakenings*; 10% for warm leads or appointments or 25% for handling clients. Full time, part time. Must have some sales experience. Will train. Relationship-oriented sales; must like talking to people. Email Doug@MileHighNaturalAwakenings.com.

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