Kadampa Meditation Center Colorado
http://meditationincolorado.org/center/
1336 Glenarm Place, Denver, CO 80204
- Visit the website above for drop-in meditation classes
- $10.00 per class
- Workshops and Retreats available
- Modern Buddhism in action, offering inner peace and the methods for finding great happiness to people in all walks of life

Lakewood
Healing Unleashed Health Services
303-986-0492
3609 S. Wadsworth Blvd. Suite 132, Lakewood, CO 80235
http://healingunleashed.com/
- Open Tuesday-Fridays 8:00am-5:30pm (closed Mondays and Holidays)
- Please complete a Health Inventory Form before scheduled appointment-can be found under General Information on website
- Offers functional medicine, neurofeedback, and craniosacral medicine (call 303-986-0492 for a free craniosacral consultation)
  - Accepts United Healthcare, Cigna, Anthem/Blue Cross Blue Shield, MultiPlan Network, Averde Health, Aetna

Massage Envy
303-922-3689
7033 W. Alaska Drive Lakewood, CO 80226
http://www.massegeenvy.com/clinics/CO/Lakewood.aspx
- Open Monday-Sunday 8:00am-10:00pm by appointment
- Offers massage therapy, facials, hot stone and aromatherapy services
  - Introductory offer price for 1-hr massage or 1-hr facial: $50.00
  - Enhanced therapies: sugar foot scrub therapy, aromatherapy, and enhanced muscle therapy: $10.00 extra

Tree of Life Wellness Center
303-969-3051 or 303-969-3052
12600 Colfax Ave, Suite A190, Lakewood, CO 80215
https://tolwellness.com/optin
- Open Monday, Tuesday, Thursday 8:00am-4:00pm

The following is a list of resources that is grouped into the following categories:
- Lakewoo - page 1-2
- Denver - page 2-3
- Arvada - page 3
*Check Group-On for deals on massages, acupuncture, and other alternative medicine options.
If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.
• Email Todd@tolwellness.com
• Schedule a free consultation online at website listed above
  o Holistic approach to create optimal health through diet, professional-grade dietary supplements, detoxification, fitness, herbs, and stress reduction
  o Based on functional medicine

Blossoming Mind
303-570-5661
8830 W. Colfax Avenue, Lakewood, CO 80215
http://www.theblossomingmind.com/
• shari@theblossomingmind.com
• Hypnotherapy services and Emotional Freedom Technique with Denver-Lakewood hypnotherapist, EFT tapping practitioner and Energy Healer.

Denver
Reiki with Yarra
720-495-2525
310 West 38th Avenue # 1, Denver, CO 80211
http://reikiwithyarra.com/contact/?contact-form-id=417&contact-form-sent=519&_wpnonce=dceecaf398#contact-form-417
• Call the number above or visit the website to schedule an appointment
  o Reiki energy healing is a gentle and powerful tool for relaxation and stress reduction. It promotes healing on all levels of your being; physical, emotional, energetic and spiritual.

Yoga for the People
720-295-7792
P.O. Box 18592
http://www.yogaforthepeople.org
• Donation based yoga to help enrich physical, spiritual and mental well-being
• 6:15 pm to 7:15 pm every Tuesday evening. Classes take place at the Evanston Center for Spiritual Wholeness and Healing (2122 S. Lafayette Street | Denver, CO 80210)
• Yoga for the People is also hosting a by-donation, all levels yoga class from 6:00 pm to 7:00 pm every Thursday evenings at HIP Studio Denver in LoHi (2650 18th Street, Suite 100 | Denver, CO 80211).
  o Entrance to the studio is at the back of the building, behind Highlands Integrative Pediatrics. Street parking or park in spots labeled ‘Highlands Integrative Pediatrics’ only

Wellspring Natural Health
303-717-3221
3630 W. 32nd Ave Suite 3, Denver, CO 80222
http://www.denverwellspring.com/
• Email Georgia@denverwellspring.com
• Wellspring Natural Health offers acupuncture, Chinese medicine, nutrition, and private yoga instruction. A personalized, treatment and recovery plan will be designed for you, tailored to your specific goals.
  o Check the website for specific rates
  o Call the number above to schedule an appointment
  o Arvada

A Way of Wellness LLC
303-456-6622
8795 Ralston Road, Suite 112, Arvada, CO 80002
http://awayofwellness.com/
• Open Monday-Friday 10:00-5:30pm, Saturday 10:00am-3:30pm
• Rates: 60 min session:$70.00, 90 min session: $100.00, 120 min session: $130.00
• Supports the natural healing relationships of body, mind and spirit
• Offers lymph drainage, craniosacral therapy, energy work, and massage
  o Contact the number above or email address to schedule an appointment

Vital Energy Healing and Coaching
720-448-5832
7595 W. 66th Ave #203D, Arvada, CO 80003
http://www.vitalenergytrainer.com/welcome.html
• Creating balance with Reiki, Life Coaching, and Reiki Classes
• Aid in the efforts of addiction, anxiety, cancer, chronic fatigue, physical pain, recovery, and stress
• Goal is to help the individual develop a personal system of healing that is the most effective for them
• Visit the website or call the number listed above to schedule an appointment