



**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.massageenvy.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:

- Lakewood - 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](mailto:Todd@tolwellness.com)
- Schedule a free consultation online at website listed above
  - Holistic approach to create optimal health through diet, professional-grade dietary supplements, detoxification, fitness, herbs, and stress reduction
  - Based on functional medicine

### **Blossoming Mind**

303-570-5661

8830 W. Colfax Avenue, Lakewood, CO 80215

<http://www.theblossomingmind.com/>

- [shari@theblossomingmind.com](mailto: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 38<sup>th</sup> Avenue # 1, Denver, CO 80211

<http://reikiwithyarra.com/contact/?contact-form-id=417&contact-form-sent=519&wponce=dceecaf398#contact-form-417>

- Call the number above or visit the website to schedule an appointment
  - 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.yogaforthepople.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](#)).
  - 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. 32<sup>nd</sup> Ave Suite 3, Denver, CO 80222

<http://www.denverwellspring.com/>

- Email [Georgia@denverwellspring.com](mailto: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.
  - Check the website for specific rates
  - Call the number above to schedule an appointment
  - **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
  - Contact the number above or email address to schedule an appointment

#### **Vital Energy Healing and Coaching**

720-448-5832

7595 W. 66<sup>th</sup> 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

