If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

**Lakewood**

**Healing Unleashed Health Services**
303-986-0492  
3900 S. Wadsworth Blvd. Suite 435, Lakewood, CO 80235  

- Open Tuesday-Fridays 8:00am-5:00pm (closed Mondays and Holidays)
- Offers functional medicine, “lifestyle health,” neurofeedback, medical massage, craniosacral therapy, and more.
- Accepts United Healthcare, Cigna, MultiPlan Network, Aetna, and TriCare
  - The cost of any services which are not included in the episode of care fee will be billed to you directly.

**Massage Envy**
303-922-3689  
7033 W. Alaska Drive Lakewood, CO 80226  
[http://www.massageenvy.com](http://www.massageenvy.com/)

- 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: $75.00

**Tree of Life Wellness Center**
303-969-3052  
[https://www.tolwellness.com/](https://www.tolwellness.com/)

- Open Monday - Thursday 8:00am-3:45pm
- 100% virtual
- Schedule a free consultation online at website listed above
- Services include gut health, chronic health issues, mental wellness and women’s health

**Blossoming Mind**
303-570-5661  
651 Garrison St., Ste. 130-D, Lakewood, CO 80215  
[http://www.theblossomingmind.com](http://www.theblossomingmind.com/)

- Services provided include: Hypnotherapy, EFT Tapping, Life Alignment Coaching and Access Consciousness Bars Sessions, which help to calm the nervous system, release trauma and subconscious blocks

**Applewood Acupuncture and Wellness Center**
303-202-5808  
2550 Youngfield St. Lakewood, CO 80215  
• Provides care including acupuncture, acupressure, herbal medicine, other therapies, and Tai Chi and Qi Gong classes

**Denver**

**Kadampa Meditation Center Colorado**
http://meditationincolorado.org
303-813-9551
4840 W 29th Ave. Denver, CO 80212
• $15.00 for most general program classes, no one is turned away for lack of funds
• 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

**Reiki with Yarra**
720-495-2525
2916 Irving St., Denver, CO 80211
http://reikiwithyarra.com/
• 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.yogaforthepoeples.org
• Yoga for the People’s (YFP) mission is to create free, safe, accessible yoga classes for people of all faiths, sexual orientations, genders, ages, races, cultures, physical and financial abilities, while also building a network of service opportunities and support for yoga teachers.
• Held at various locations around the metro area.

**Courageous Yoga**
1280 Sherman St. Denver, 80203
https://www.courageousyoga.us/
• Courageous Yoga is a practice space and community led by Queer and Indigenous folks who are advised by BIPOC folks.
• Specific pricing for BIPOC individuals, as well as the Pay It Forward Fund, make yoga more accessible
• Purchase classes and report cancellation needs through the Mindbody app.

**Wellspring Natural Health**
303-717-3221
789 Sherman St. #650 Denver, CO 80203
http://www.denverwellspring.com/
• Offers a combination of Chinese herbs, cupping, traditional acupuncture, and a unique trigger point therapy, that allows us to uncover the root cause of distress.
• Scheduling completed online
Aurora

**Affordable Massage Company**  
720-675-8987  
11111 E Mississippi Ave. #203, Aurora, CO 80012  
[https://www.vagaro.com/affordablemassage](https://www.vagaro.com/affordablemassage)  
- A network of massage therapists seeking to keep services affordable. Services include massage, prenatal massage, scrubs, and add-ons such as essential oils.  
- Disabled access and kid friendly

Arvada

**Boundless Body and Wellness**  
720-203-0239  
5400 Ward Rd. Building 3, L80, Arvada, CO 80002  
[https://www.youareboundless.com/](https://www.youareboundless.com/)  
- Offers massage therapy, health coaching, acupuncture, and energy therapy, as well as classes and events.

**Calm Spirit Acupuncture and Wellness**  
303-467-5337  
11890 W 64th Ave. Arvada, CO 80004  
[https://www.calmspiritacupuncture.com/](https://www.calmspiritacupuncture.com/)  
- Offers acupuncture, massage, skin care, chiropractic, and sports recovery therapy.  
- In-network with UMR, United Healthcare, Kaiser, and some Blue Cross Blue Shield/Anthem plans. Calm Spirit is also in-network with some VA benefits.

**One Yoga Center**  
720-583-1207  
6935 W 60th Ave. Arvada, CO 80003  
[https://www.oneyogaandhealing.com/](https://www.oneyogaandhealing.com/)  
- Offers yoga and various healing modalities, such as aroma touch therapy, reiki, biomat sessions, and private sound healing.  
- Workshops and special events are also offered, including Harmony Circle, Reiki Circle, partner yoga, Sacred Soul women’s program and more.