

Summer 2015



The Red Shoes, A Center for Personal and Spiritual Growth, is a non-profit organization with a 501(c)(3) tax status under the Federal Internal Revenue Code.

The Red Shoes is a women's center for personal and spiritual growth.

Our commitment is to value and support all women on their life's journey.

We celebrate, empower and nurture women.

We offer space for women to explore and develop their inner life.

We connect creativity, spirituality and authenticity.

We provide a place of healing and reconciliation.

We focus on what we hold in common rather than what divides us.

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Please register for our programs by phone, email or online.

The Red Shoes

2303 Government Street

Baton Rouge, LA 70806

Phone: 225-338-1170 Fax: 225-343-3377

www.theredshoes.org

info@theredshoes.org

Executive Director: wendy@theredshoes.org

Scholar in Residence

Spiritual Awakening Seminar

with

Michael Conforti, PhD

Patterns We Live By



Friday, August 21

Saturday, August 22

In partnership with
the C.G. Jung Society of Baton Rouge

The Ocean's Moods: Patterns of Tragedy and Grace

Friday August 21 7-9 pm

Much of life is guided by unseen influences, like the moon's effect on the oceans' tides. Our behaviors and choices are influenced less by conscious discernment than by unconscious forces, often resulting in repeated and unwanted outcomes. From a life driven by the creative spirit to one driven by the horrors of trauma, we are often propelled reflexively into patterns of response. This is seen in the lives of those injured by abuse and in veterans returning from war who become caught in a cycle of behavior that repeats the pain of their traumas. As we recognize the patterns and forces that shape our lives, we become aware of the power of spirit and sense a life force far greater than our own intentions. Here we come face to face with the workings of a spiritual life.

After the Storms: Patterns of the Psyche in Moving from Trauma to Healing

Saturday August 22 10 am-3 pm

With our current global climate of terrorist atrocities, this is an important time to access a new understanding of healing, one that encompasses the ability to live with the tragedies of life, and build a psyche strong enough to carry all that we see, feel and experience. While each person's journey through the world of trauma is uniquely personal, there are archetypal and consistently patterned responses to these tragedies that can either keep us imprisoned in the trauma or that can help us move forward to a meaningful and creative life. Identifying and understanding these patterns can help us move towards a generative re-emergence into the world. To do so is truly to experience what Conforti sees as "secular miracles."

Dr. Michael Conforti is a Jungian analyst in private practice in Mystic, CT, and the founder and director of the Assisi Institute. He was a faculty member at the C.G. Jung Institute-Boston, and the C.G Jung Foundation of New York. He consults with individuals and corporations around the world.

Friday \$20 / Saturday \$65

Early Bird Combo (August 1) \$75 /After August 1 \$80

CEUs Friday 2.0, Saturday 4.0 - LPCs and MSWs \$10

Dear Friends,

This summer we have an amazing variety of activities planned. Learn about book publishing, join a book study, practice Chi Gong, study essential oils and volunteer at the food bank or Sweet Dreams shelter. While varied, there are threads that connect each program at The Red Shoes. In his book, **The Conscious Activist**, James O’Dea says, *An alchemical mix of bitter and sweet is the very core of my journey as a mystic and an activist, and has guided me to explore wholeness. One can only fully experience life’s wholeness when one learns not to avoid or fixate on either the bitter or the sweet... A mystic has to taste the truth, even when it is very bitter.* This perspective is at the core of our mission and programming. Each gathering provides an opportunity to step into the journey - a way to see what is true, even if it is bitter, and realize that we can change things for ourselves and others. As we are transformed by our experiences at The Red Shoes, we can become transformers. We live in a world calling for our attention as conscious activists. Please answer! We have outstanding inspirational speakers coming this season to help us “taste the truth” and bring together the bitter and the sweet: Rabbi Yael Levy, Dr. Michael Conforti, Matthew Fox and Andrew Harvey will be here to touch your heart and ignite your passion. Join us often!

Wendy Herschman

May

Complete yoga schedule on page 8

Dialogue on Race: Original Series

Mondays May 4-June 15 Noon-2 pm

The Dialogue is a unique opportunity for people of diverse backgrounds to speak frankly and safely about racial issues, learning from each other about the impact of prejudice and institutional racism. The Dialogue **recognizes that racism is not an “us versus them” issue.**

Racism is an institutional construct that was built into our system; much of it exists today unintentionally and indirectly. However, as long as racism exists, our institutions will tend to operate to the advantage of one race over another. Sessions are led by trained facilitators. Participants prepare for weekly discussion by reading short, pre-assigned articles.

\$25

A Course in Miracles (details p. 11)

Mondays Beginning May 4 7-8:30 pm

Welcome the wisdom of *A Course in Miracles*. Meeting weekly, we build a circle of support for this profound and life-changing inner work that focuses on healing relationships and making them holy.

Meditation and Spiritual Awakening (details p. 11)

Wednesdays Beginning May 6 5-6 pm

Join us for a quiet time of exploration and meditation. Enjoy stillness that creates a time to empty and reconnect to Source. Some instruction offered each week as we develop and deepen our practice.

Chi Gong Basics

Wednesdays May 6, 13, 20 9:30-10:30 am

Chi Gong is a traditional Chinese spiritual practice intended to align body, breath and mind. Explore this practice to learn simple techniques to build personal energy for self-healing. Chi Gong can benefit people with balance issues, fatigue and pain. Anyone can do it—seated, standing, even lying down! Come as you are, in full health or injured, good mood or bad. No experience necessary.



Facilitated by Janet Sullivan, former shiatsu instructor at the Swedish Institute of Massage Therapy in N.Y., currently teaches at LSU Leisure School & Whole Foods.

Each \$10/Series \$25

Compassion in Action Circle (details p. 11)

Wednesdays May 6 & 13 10:30 am-12 pm

Join us to participate in the One Book, One Community discussion of *A Confederacy of Dunces*.

May 6—Watch *Omega Point*, celebrating the life of John Kennedy Toole, and join our book discussion.

May 13—Danita LeBlanc of the Office of Behavioral Health will discuss suicide and prevention.

Dream Discovery

Thursdays Beginning May 7 10:30 am-12 pm

Discover more about yourself as you learn to work with your dreams. The language of dreams offers valuable insights into understanding your relationships, your choices, your past and your future. Basic elements of **Carl Jung’s work are a part of this exploration. While** studying and sharing dreams, we learn ways to interpret and understand them in a meaningful way.

Facilitated by Joan McCaskill, Spiritual Director, MA.

\$40

Spiritual Journey Circle (details p. 11)

Thursdays Beginning May 7 6-7 pm

Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers. New paths appear as we look and listen from new perspectives.

Introduction to Asian Medicine

Fridays May 8 & 15 6:30-8:30 pm

Join us for a discussion of the five elements of Chinese medicine and how they relate to our personal lives. Part 1—Learn Yin and Yang theory and the associations of each element, including season, emotion, flavor, personality traits and internal organs. Explore a variety of energy techniques and pressure point location as remedies for common ailments like stomach and lung issues. (continued)

Did you know you can make donations and register for any of our classes online?

Please visit our website: www.theredshoes.org

Part 2—Determine your element archetype and how it affects interpersonal relationships. We will learn tools to develop awareness of the signs and symptoms of organ balance and imbalance.

Facilitated by Janet Sullivan, former shiatsu instructor at the Swedish Institute of Massage Therapy in N.Y., currently teaches at LSU Leisure School & Whole Foods.

Each \$20 /Both \$35

Parabola: Discussion

2nd Mondays Beginning May 11 6-7:30 pm
Join us once a month to discuss select articles in *Parabola*, a quarterly journal that explores fundamental questions and themes of humanity from a wide variety of spiritual traditions. Each issue of *Parabola* is organized around a spiritual theme. Come for lively, thought-provoking discussion. Subscribe to *Parabola* online. Read it in print or online.

Facilitated by Celia Strickler, LCSW, spiritual seeker, student of Kohenet, the Hebrew Priestess Institute, and Kivvun, of the Institute of Jewish Spirituality.

Donation monthly \$10

Spiritual Tools for an Abundant Life

Tuesday May 12 6:30-8 pm
Would you like to feel more centered, more alive, more empowered and masterful? We will explore 12 spiritual tools you already possess, including wisdom, love and imagination, that can propel your course of discovery. Learn tips and ideas that bring insight and understanding about how these tools can work for you.

Facilitated by Gary Arnold, author of 12 spiritual books, CEO of Windhorse and minister of Unity Spiritual Center of Baton Rouge.

\$15

Inspirational Pre-Owned Book Sale

Thursday May 14 10 am-5:30 pm
Friday May 15 10 am-7 pm
Saturday May 16 12:30-3 pm

We just have too many outstanding books to keep them all for ourselves. Join us for a three-day used book sale.

The proceeds benefit The Red Shoes' scholarship fund.

Paperbacks \$2/Hardbacks \$3

Inner Harmony through Sound and Yoga

Saturday May 16 10 am-12:30 pm
Tones of crystal singing bowls combine with meditation and yoga movements to create a deep sense of well-being, bringing body energy into harmony. During this transformative workshop, participants will be guided through gentle movements and restorative postures while experiencing the calming sound of the bowls to create inner balance.

Develop an awareness of a variety of tones, range of pitches, postures and movements that correlate directly to the chakra system of the body. This unique class will

immerse you in sound and movement, clearing the mind, opening the heart and allowing the body to release deeply. Be fully present in the moment.

Facilitated by Daniel Leonard, yoga practitioner and specialist in meditation and the sound arts, and Tina Ufford, yoga instructor and massage therapist who has worked with the chakra system for over 7 years.

\$35

Lunations: New Moon Ritual

Saturday May 16 6-7:30 pm
Welcome to this sacred gathering. Join us to tap into the cycle of the moon as a source for re-centering and re-grounding. Our monthly gatherings include a water ritual, inspiration from Christine Page's *Lunations*, and discussion. Enjoy a monthly means of letting go of those things we no longer need.

Facilitated by Lisa Bovenkamp-Langlois, who is nourished by this ritual and who enjoys sharing this special time.

\$5

Volunteer: Baton Rouge Food Bank

Tuesday May 19 10 am-12 pm
There are many in need—you can help. The food bank counts on volunteers for over 20,000 hours of help each year. All food donated must be sorted and categorized for distribution. That is where we come in: we will meet at the food bank to sort or bag food. Join our team, call us today to volunteer. (Closed-toe shoes.)

No Fee

Compassion in Action Circle (details p. 11)

Book Discussion: *Lila* by Marilynne Robinson
Wednesdays May 20 & 27 10:30 am-12 pm
Join us to explore *Lila*, by Pulitzer Prize-winning author Marilynne Robinson. Ingrid Matens will lead the circle in a discussion of the themes of homelessness and poverty; and the positive effects of mentorship and joining a community of faith.

Pranic Healing Clinic - Monthly

Wednesday May 20 6:30-8:30 pm
Pranic healing is a system of energy medicine that uses *prana* to balance, harmonize and transform the body's energy processes. *Prana* is a Sanskrit word that means *life-force*. This vital energy keeps the body alive and maintains a state of good health. Physical ailments first appear as energetic disruptions before manifesting as problems in the physical body. Our healing clinic includes individual healing sessions for participants. Avoid wearing leather or silk.

Facilitated by students of Master Stephen Co.

Suggested donation \$10

**Please register for our programs
by phone, email or online.
225-338-1170 | info@theredshoes.org
www.theredshoes.org**

Prayer Manifestation Workshop
 Friday May 29 7-9:30 pm
 Use the power of collective prayer and sacred mantras **to manifest your dreams and hearts' desires.** Through the Jai Bolo prayer, a powerful prayer filled with sacred mantras, learn how to connect with your higher source and inner divine. This prayer has been used around the world, yielding amazing results and enriching the lives of many. This prayer can be used collectively, individually, and is powerful when done in a group. Join in for prayer, dance and celebration. This workshop is open to seekers from all religions, faiths and paths.

Facilitated by James Brinson, certified trainer in the teachings of Oneness University, in southern India. \$15

Healing with Essential Oils & Aromatherapy
 Saturday May 30 2 sessions
 Soothe Your Mood 10:30 am-12 pm
 Explore safe, natural and effective approaches to mood management and emotional health. Join us to discover the healing effect of aromatherapy on stress, anxiety, depression, trauma and fearfulness. Essential oils can improve your mental and physical health, as well as address stress-related illnesses, all without a prescription.

Increase Energy & Reduce Pain 1-2:30 pm
 Would you like to learn how to use essential oils and other all-natural products to increase your energy level, reduce inflammation in your body, and relieve pain? **Are you tired of taking medications that don't work and have unpleasant side effects? Join us and learn how to take control of your health with nature's medicine.**

Facilitated by Janice Ladnier, an aromatherapy specialist who explores effective alternatives to pharmaceuticals.
 Each \$20 / Both classes \$35

Yoga Nidra: Healing through Yoga Nidra
 Sunday May 31 2-4 pm
 Learn to heal through the ancient practice of yoga nidra. Yoga nidra is the art of healing through surrender, allowing your body-mind to release so deeply that healing occurs without struggle. Come explore healing through this beautiful practice. Yoga nidra is a reclined, guided meditation. No experience needed.

Facilitated by Delisha "Dee Dee" Poullard, certified yoga teacher in the Amrit and Yoga Nidra methods. \$20

The Red Shoes' facility is available
 to rent for meetings and special events.
 Call today to schedule your event.
 225-338-1170



June



Weekly Programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
Course in Miracles	Mon	7-8:30 pm	pg 11
Compassion in Action	Wed	10:30a-12p	pg 11
Meditation	Wed	5-6 pm	pg 11
Dream Discovery	Thurs	10:30a-12p	pg 2
Spiritual Journey	Thurs	6-7 pm	pg 11

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Compassion in Action Circle: (details p. 11)
 Summer Speaker Series
 Wednesdays June 3-Aug. 26 10:30 am-12 pm
 Various guest speakers will join us to discuss local initiatives in the areas of human trafficking, poverty, early childhood education, health and violence. Learn about these issues and choose your passion to create a better Baton Rouge. (Detailed calendar online.)

Exploration of Self: Acrylic Painting
 Saturday June 6 11 am-2 pm
 Come face to face with your true self! Create a self-portrait in the style of Picasso using acrylic paints on illustration board. You will delve into your positive and negative selves as you create your portrait. Look within yourself for expression and inspiration as you learn more about Picasso, color theory and yourself! No art experience necessary, beginners welcome!

Facilitated by Alison Adams, certified art teacher, who believes in the healing power of art. She is the 2014 winner of the 225 artist photography contest and the owner of Art Escape Studio, LLC.
 (All supplies included) \$45

Parabola (details pg. 2)
 Monday June 8 6-7:30 pm
 Each issue of *Parabola* is organized around a spiritual theme. Come for lively, thought-provoking discussion.

Digging into the Dead Sea Scrolls
 Tuesdays June 9-30 6:30-8:30 pm
 Explore the community at Qumran, the people who wrote and curated what are known as the **Dead Sea Scrolls. We will focus on the scrolls' chance discovery,** their breathtaking contents, the historical context in which they were written and their significance to the community at Qumran and to us today. A special consideration will be given to the role of women and their status in the community.

Facilitated by Miriam Overton, MA in theological studies from the University of Western Ontario. She has taught religious studies, medieval philosophy and continuing education courses for OLLI at LSU.

\$45

Lunations: New Moon Ritual (details pg. 3)
 Monday June 15 6-7:30 pm
 Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

Volunteer: GBR Food Bank (details pg. 3)
 Tuesday June 16 10 am-12 pm
 Help sort and box food for distribution throughout the community.

Pranic Healing Clinic (details pg. 3)
 Wednesday June 17 6:30-8:30 pm
 Participate in individual healing sessions that utilize *prana*, life force energy for balance and healing.

Solstice Gong Bath Concert
 Saturday June 20 7-8:30 pm
 Relax and rejuvenate on the night of the summer solstice! Join us for a concert and gong bath dedicated to relieving stress, gaining peace of mind and re-harmonizing the body with an immersion of sound. No water is involved in a gong bath; participants sit or recline and allow the sounds to "wash over" them. The concert will additionally involve a variety of instruments and "singing" bowls. You may bring a yoga mat, pillow and blanket to rest comfortably. Some mats and blankets available.

Facilitated by Daniel Leonard, a practitioner of the sound arts, professional musician, yoga practitioner and meditation leader. Also performing: Olivia Sophia, music educator, musician and sound arts promoter.
 \$20

Body Wisdom:
 How Emotional Trauma Presents in the Body
 Wednesday June 24 6:30-8:30 pm
 What is your body really telling you? Explore how intimately the body is tied to our states of consciousness, and why physical pain is often an indicator of places where unresolved emotional pain is held. Join Brent Baum as he takes you on a fascinating walk through your own body, examining how it holds emotional trauma that may underlie physical issues. Learn how to release pain on all levels—for peace of mind, emotional balance and physical health. Private sessions are available during Brent's visit: Call 225-247-8202 for availability and reservations.

Facilitated by Brent Baum, trauma specialist who developed "Holographic Memory Resolution."
 \$10

Yoga Nidra: Explore the Chakras (details p. 4)
 Sunday June 28 2-4 pm
 Explore the energy centers through deep meditation. Learn to feel, sense and heal these centers through breathing techniques, visualization and deep release.



July



Weekly Programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
Course in Miracles	Mon	7-8:30 pm	pg 11
Compassion in Action	Wed	10:30a-12p	pg 11
Meditation	Wed	5-6 pm	pg 11
Dream Discovery	Thurs	10:30a-12p	pg 2
Spiritual Journey	Thurs	6-7 pm	pg 11

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Special Art for Special Needs
 Tuesdays July 7-28 Age 10-17 4-5 pm
 Tuesdays July 7-28 Age 18-adult 5:30-6:30 pm
 Finally: an art class designed for individuals living with physical, mental, and/or emotional challenges.
NEW Art Escape Studio is partnering with The Red Shoes to offer art classes taught in a calm, healing environment that can open the door to greater motivation and cultivate inspiration. The classes are not only aimed at creating art, but also creating conversation and a bond among peers. The link is the creative process that improves well-being, increases trust, elevates self-esteem and, most importantly, gives a voice to all, regardless of limitations.

Facilitated by Alison Adams, certified art teacher and owner of Art Escape Studio, LLC, who believes in the healing power of art.

\$85

Finding Joe: The Journey to Self-Discovery
 Wednesdays July 8-29 6:30-8 pm
 While studying world mythology, Joseph Campbell discovered a pattern hidden in every story ever told: he called it **"the hero's journey."** This journey—called **individuation by Jung and "finding your bliss" by Campbell**—is difficult, challenging and exciting. It is a journey that has implications for the individual as well as for society. We will watch the inspirational film, *Finding Joe*, a documentary about Joseph Campbell, and **then explore the ultimate hero's journey: the voyage of self-discovery in our own lives.** Join us to uncover what potential this journey could open up for you.

Facilitated by Joan McCaskill, Spiritual Director, MA.

\$40

The Red Shoes is a 501c3 non-profit.

- We depend on our friends for support throughout the year. Our program fees do not cover our expenses.
- Your donations make it possible for us to continue reaching more and more women in the Baton Rouge community.
- Your word of mouth advertising brings wonderful people into our programs.
- We appreciate your confidence in our work.

The Art of Listening
 Saturday July 11 10 am-1 pm
 Become more mindful of the signals and messages that come through our verbal communication and interaction with others. Develop a new awareness of communicating from the heart center, enabling you to connect with others and cultivate the powerful gift of relationships to enrich your life journey. We will focus on techniques to fully listen, deeply understand and communicate more effectively in relationships at home and at work.

Facilitated by James Brinson, certified trainer in the teachings of Oneness University, in southern India. \$25

The Art of Zen: Therese Knowles
 Sunday July 12, 26, Aug. 2 4-5:30 pm
 Summer—it is a time to renew and just to BE. It is a time to take deep breaths and rest the mind. Join Therese Knowles for a Zen experience with creativity. Zen is more of an attitude than a belief. Zen means being in the flow of the universe, fully experiencing the present moment.

July 12—Begin the practice: The Zen of mindless or mindful drawing called the doodle—on this path we will use only black and white traveling lines.

July 26—Experience the Japanese art of *Sumi-e* ink painting that focuses on simple lines and open space, an ancient art form spiritually rooted in Zen.

August 2—Location: 520 Park Boulevard
Raku is a traditional Japanese process: the fired *raku* piece is removed from the hot kiln and allowed to cool **in the open air. In Therese’s “glass house” studio, we will select a teacup, glaze and fire it to bring home that evening. Raku means enjoyment or happiness, and what better way to end a summer!**

Facilitated by Therese Knowles, local artist and teacher who intertwines her art and philosophy. \$15 each / \$45

Parabola (details pg. 3)
 Monday July 13 6-7:30 pm
 Each issue of Parabola is organized around a spiritual theme. Come for lively, thought-provoking discussion.

The Power Is Within You - Book Study
 Mondays July 13-August 17 6:30-8 pm
 Say yes to this life-changing book study! Louise Hay’s *The Power Is Within You* expands on her philosophy of “loving the self” and shows us how to overcome emotional barriers through learning to listen to our inner voice, loving the child within and letting our true feelings out. Each weekly class will include exercises and discussion to guide us toward a realization of our own power, inner wisdom and strength. Learn

techniques to dissolve barriers that may be holding you back, and emerge with new insights to help you fulfill your potential!

Facilitated by Carolee Laffoon, certified Heal Your Life® coach and mind-body skills practitioner. \$60

Lunations: New Moon Ritual (details p. 3)
 Tuesday July 14 6-7:30 pm
 Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

Pranic Healing Clinic (details p. 3)
 Wednesday July 15 6:30-8:30 pm
 Participate in individual healing sessions that utilize *prana*, life force energy for balance and healing.

Inspirational Retreat
Sabbath of Psalms: A Deep Yearning
with Rabbi Yael Levy

In partnership with Hadassah of Baton Rouge.

Friday	July 17	6-8:30 pm
Saturday	July 18	10 am-4 pm

*I am my prayer to You, at this very moment,
 In abundant kindness, answer me with the truth of
 Your presence. Psalm 69:14*

The poetry of the psalms expresses a yearning for relationship with the mysterious unfolding of life. Psalms are the songs of seekers longing to discover how to live with awareness, gratitude, trust and awe. Together we will explore these ancient teachings and **listen closely to hear our own heart’s yearnings and the wisdom that can help us step into the joy and continue to be present, even while meeting life’s challenges.**

Join us for an interfaith experience created around the observance and celebration of the Jewish Sabbath. Connect with the divine within and find healing and wholeness through meditation, chanting and prayers of the heart. Friday, we will begin with Sabbath dinner followed by teachings, reflection, meditation and song. Saturday we will find meaning in prayer, guided meditation, Torah (text) and psalm study.

Facilitated by Rabbi Yael Levy, recently named one of “America’s Most Inspiring Rabbis.” She is the author of Journey through the Wilderness: A Mindfulness Approach to the Ancient Jewish Practice of Counting the Omer and Chanukah Lights: Psalms for Hallel.
 Includes dinner and lunch \$50

Volunteer: GBR Food Bank (details pg. 3)
 Tuesday July 21 10 am-12 pm
 Help sort and box food for distribution throughout the community.

Save the Date!
 Outstanding Retreat with
 Matthew Fox and Andrew Harvey
*Christ Consciousness and the Return of
 the Divine Feminine*
 Friday and Saturday, July 23 & 24

Volunteer - Summer Luau Party at Bishop Ott
Sweet Dreams Women and Children's Shelter
 Thursday July 30 6:45-8:30 pm

Location: 1623 Convention Street
 Volunteer to participate and help plan a summer luau for women and children, complete with games, crafts and treats. But rather than giving, you will receive the greatest gift: the smiles of those you meet during this heart-warming evening. Register today and we will coordinate this special evening via email!

No Fee



August



Ongoing programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
Course in Miracles	Mon	7-8:30 pm	pg 11
Compassion in Action	Wed	10:30a-12p	pg 11
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In partnership with
 The Arts Council



Art Cards: Create with Color and Shape
 Saturday August 1 10 am-12 pm
 Join professional artist and illustrator Holly Barker to learn skills to take your creativity to a new level. Using her original collage art that has been used for **illustrations in children's books as an example, Holly** will share the secrets of creating complex images from simple shapes. We will explore the qualities of different types of handmade and specialty papers, and learn about adding paint for varied dimension and texture. In this workshop, we will collage 2 pieces of art, which will be reduced to the perfect size for printing on a greeting card. Participants will be given a professionally printed card as well as a digital copy of their artwork for future printing. No experience necessary. All supplies provided.

Facilitated by Holly Barker, B.F.A. in Communication Design from Pratt Institute. She has illustrated and published six picture books, and enjoys sharing her knowledge and love of art.

\$35

The Art of Zen (details p. 6)
 Sunday August 2 4 pm—Finish
 Location: 520 Park Boulevard
Raku is a traditional Japanese process: the fired *raku* piece is removed from the hot kiln and is allowed to cool in the open air.

Richard Rohr Book Study: *Eager to Love*
 Mondays Aug. 3-24 10:30 am-12 pm
Join us to explore Richard Rohr's newest book, *Eager to Love*, based on the teachings of St. Francis of Assisi. Francis found an "alternative way" to follow Jesus, one that disregarded power and privilege and held fast to the narrow path of the Gospel. Rohr helps us look beyond the birdbath image of the saint to remind us of the tradition founded on his revolutionary and radical embrace of the teachings of Jesus. Drawing on Scripture, insights from psychology, and literary references, Rohr weaves together an understanding of the tradition as first practiced by St. Francis.

Facilitated by Kerri D'Amico, currently a student of Richard Rohr's Living School for Action and Contemplation.

\$40

Contemplative Collage
 Friday August 7 10:30 am-12 pm
 The mandala is an ancient visual expression of wholeness and healing that is found all over the world, and is often used in meditation practices. The contemplative practice of creating and visualizing mandalas is a powerful tool for re-centering and re-connecting with the divine. We will use collaged papers to create the repeating colors and patterns in a **mandala. You'll take home a personalized mandala** to start your own contemplative practice or simply to admire. Materials are provided.

Facilitated by Pam Arnold, a collage enthusiast and teacher for many years.

\$15

Open Mic Music and Poetry Coffeehouse
 Friday August 7 7-8:30 pm
Celebrate the arts in Baton Rouge!
 Enjoy musical performances and original poetry in our **coffeehouse atmosphere. If you're a musician, singer or poet, we welcome you to share your gifts; call early to reserve your 5-minute spot. Join our audience to experience the best of Baton Rouge. Celebrate good music, good poetry and stay for coffee and desserts.**

\$5

**Full and partial scholarships
 are always available.**

**Please do not let the cost of a program
 deter you from attending.**

Moving From Ponder to Print
Saturday August 8 10:30 am-12 pm

Today's technology has made self-publishing easy. Anyone can create an electronic or printed book in an instant. However, many are still stuck on how to write and publish their first book. Self-publishing is not the only game in town; learn about various options available to get your work out of your computer or notebook and into the world. Meet a panel of authors who will discuss how they went from ponder to print. There will be time for your questions. Authors will have books available for purchase.



Facilitated by Monique Moliere Piper, a certified professional coach, author and speaker. She works with women to create their lives and businesses On Purpose. www.moniquemolierepiper.com

\$5

Parabola (details pg. 2)
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Pranic Healing Clinic (details pg. 3)
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Participate in individual healing sessions that utilize *prana*, life force energy for balance and healing.

Spiritual Awakening Seminar
Patterns We Live By
with

Michael Conforti, PhD

Learn to recognize the unseen patterns that shape our reactions and our lives.

Friday & Saturday, August 21 & 22
(details p. 1)

Yoga Nidra: Trust (details p. 4)
Sunday August 23 2-4 pm
In this yoga nidra we will look deeper within to unravel the seeds that lead to a lack of trust. Not in another but within ourselves. Trust in one's self leads to a peaceful confidence that exudes strength and an ability to love others without the need to control. It is also a sure sign of divine self love.

Yoga

Morning Yoga - A Perfect Beginning
Monday-Friday 8-9 am
Get your day off to a great start! Wake up the body and invigorate your mind and spirit with morning yoga. Starting your day with gentle stretching increases circulation, improves posture and enhances your energy level. This integrated class offers a slow, meditative approach to yoga with a focus on breathing, core strength and proper body alignment. Bringing both breath and movement into balanced energy, you will become grounded and focused for the day. Enjoy reduced stress, increased flexibility and a sense of balance in life. All levels of experience welcome.

Facilitated by Tina Ufford & Dee Dee Poullard.
\$8 per class / 7 classes \$48 / Monthly unlimited \$75

Yoga for Cancer Survivors 
Mondays 10:30-11:30 am
Yoga Thrive: This gentle practice combines simple movements, stretching, meditation and breath work to increase flexibility, strength and relaxation to promote healing. Yoga practitioners report improvements such as better quality sleep, faster recovery from treatments and increased energy. No yoga experience required.

Facilitated by Valerie Flynn Wintz, certified restorative yoga teacher.

Sponsored by Cancer Services - No Fee

Gentle Yoga
Mondays and Thursdays 5:30-6:30 pm
Melt away tension and stress at the end of your day through this revitalizing practice. Relax your body and quiet your mind with gentle physical movement, breathing exercises and meditation. Classes are designed to enhance well-being, increase flexibility and gradually build strength through restorative yoga postures. Perfect for beginners, or for experienced students who enjoy a slow-paced, less strenuous practice. Our gentle yoga class will help you care for your body, mind and spirit.

Facilitated by Tina Ufford, RYT 200 through Yogasteps, and Valerie Flynn Wintz, certified restorative yoga teacher.

\$8 per class / 7 classes \$48

Consider Rounding Up!

Each time you pay for a program, consider making a small donation by rounding up. Those few dollars really add up; they can cover a scholarship for someone in need.

The Red Shoes 2015 Summer Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MAY					1 Yoga 8a	2
3	4 Yoga 8a / 5:30p CS Yoga 10:30a Dialogue on Race Noon-2p A Course in Miracles 7pm	5 Yoga 8a	6 Yoga 8a Chi Gong 9:30a Compassion in Action 10:30a Meditation 5p	7 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	8 Yoga 8a Asian Medicine 6:30 pm	9
10 Sacred Circle 5p	11 Yoga 8a / 5:30p CS Yoga 10:30a D on Race 12-2p Parabola 6p ACIM 7p	12 Yoga 8a Spiritual Tools 6:30p	13 Yoga 8a Chi Gong 9:30a Compassion 10:30a Meditation 5p	14 Yoga 8a / 5:30p Book Sale 10a-5:30p Dreams 10:30a Spirit Journey 6p	15 Yoga 8a Book Sale 10a-7p Asian Medicine 6:30 pm	16 Yoga & Bowls 10a-12:30p Book Sale 12:30-3p Lunations 6p
17 Sacred Circle 5p	18 Yoga 8a / 5:30p CS Yoga 10:30a D on Race 12-2p ACIM 7p	19 Yoga 8a Food Bank 10a	20 Yoga 8a Chi Gong 9:30a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p	21 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	22 Yoga 8a	23
24 Sacred Circle 5p	25 Closed for Memorial Day	26 Yoga 8a	27 Yoga 8a Compassion 10:30a Meditation 5p	28 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	29 Yoga 8a Prayer Workshop 7-9:30p	30 Essential Oils 10:30a-12p; 1-2:30p
31 Yoga Nidra 2-4p Sacred Circle 5p						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
JUNE	1 Yoga 8a / 5:30p CS Yoga 10:30a Dialogue on Race Noon-2p ACIM 7p	2 Yoga 8a	3 Yoga 8a Compassion 10:30a Meditation 5p	4 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	5 Yoga 8a	6 Exploration of Self Acrylic Painting 11a-2p
7 Sacred Circle 5p	8 Yoga 8a / 5:30p CS Yoga 10:30a D on Race 12-2p Parabola 6p ACIM 7p	9 Yoga 8a Dead Sea Scrolls 6:30p	10 Yoga 8a Compassion 10:30a	11 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	12 Yoga 8a	13
14 Sacred Circle 5p	15 Yoga 8a / 5:30p CS Yoga 10:30a D on Race 12-2p Lunations 6p ACIM 7p	16 Yoga 8a Food Bank 10a Dead Sea Scrolls 6:30p	17 Yoga 8a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p	18 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	19 Yoga 8a	20 Solstice Gong Bath 7-8:30p
21 Sacred Circle 5p	22 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	23 Yoga 8a Dead Sea Scrolls 6:30p	24 Yoga 8a Compassion 10:30a Brent Baum 6:30-8:30p	25 Yoga 8a / 5:30p Dreams 10:30a	26 Yoga 8a	27
28 Yoga Nidra 2-4p Sacred Circle 5p	29 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	30 Yoga 8a Dead Sea Scrolls 6:30p				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JULY			1 Yoga 8a Compassion in Action 10:30a Meditation 5p	2 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	3 Closed for Independence Day holiday	4 Closed for Independence Day holiday
5 Closed for Independence Day holiday	6 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	7 Yoga 8a Special Art 4-5p; 5:30-6:30p	8 Yoga 8a Compassion 10:30a Meditation 5p Finding Joe 6:30p	9 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	10 Yoga 8a	11 Art of Listening 10a-1p
12 Therese Knowles 4-5:30p Sacred Circle 5p	13 Yoga 8a / 5:30p CS Yoga 10:30a Parabola 6p Power Within 6:30 ACIM 7p	14 Yoga 8a Special Art 4-5p; 5:30-6:30p Lunations 6p	15 Yoga 8a Compassion 10:30a Meditation 5p Finding Joe 6:30p Pranic Clinic 6:30p	16 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	17 Yoga 8a A Deep Yearning 6-8:30p	18 A Deep Yearning 10a-4p
19 Sacred Circle 5p	20 Yoga 8a / 5:30p CS Yoga 10:30a Power Within 6:30p ACIM 7p	21 Yoga 8a Food Bank 10a Special Art 4-5p; 5:30-6:30p	22 Yoga 8a Compassion 10:30a Meditation 5p Finding Joe 6:30p	23 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	24 Yoga 8a Andrew Harvey Matthew Fox Seminar 7-9p	25 Andrew Harvey Matthew Fox Seminar 9:30a-6p
26 Therese Knowles 4-5:30p Sacred Circle 5p	27 Yoga 8a / 5:30p CS Yoga 10:30a Power is Within 6:30 ACIM 7p	28 Yoga 8a Special Art 4-5p; 5:30-6:30p	29 Yoga 8a Compassion 10:30a Meditation 5p Finding Joe 6:30p	30 Yoga 8a / 5:30p Dreams 10:30a Shelter Party 6:45p	31 Yoga 8a	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
AUGUST						1 Art Cards 10a
2 Therese Knowles 4-5:30p Sacred Circle 5p	3 Yoga 8a / 5:30p CS Yoga 10:30a Rohr Study 10:30a Power Within 6:30p ACIM 7p	4 Yoga 8a	5 Yoga 8a Compassion 10:30a Meditation 5p	6 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	7 Yoga 8a Collage Mandala 10:30a-12p Open Mic 7-8:30p	8 Authors & Publishing 10:30a-12p
9 Sacred Circle 5p	10 Yoga 8a / 5:30p CS Yoga 10:30a Rohr Study 10:30a Parabola 6p Power Within 6:30p	11 Yoga 8a	12 Yoga 8a Compassion 10:30a Meditation 5p	13 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p Lunations 6p	14 Yoga 8a	15
16 Sacred Circle 5p	17 Yoga 8a / 5:30p CS Yoga 10:30a Rohr Study 10:30 Power Within 6:30p ACIM 7p	18 Yoga 8a Food Bank 10a	19 Yoga 8a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p	20 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	21 Yoga 8a Michael Conforti 7-9 pm	22 Michael Conforti 10a-3p
23 Yoga Nidra 2-4p Sacred Circle 5p	24 Yoga 8a / 5:30p CS Yoga 10:30a Rohr Study 10:30 ACIM 7p	25 Yoga 8a	26 Yoga 8a Compassion 10:30a Meditation 5p	27 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	28 Yoga 8a	29
30 Sacred Circle 5p	31 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p					

Sacred Circles

There is something about Circles The Beloved likes.
Hafiz

Sunday Sacred Circle: Matters of the Heart
Sundays Weekly 5-6 pm
Nourish your spirit: a time of introspection, an inter-religious, ecumenical experience for those yearning to unite through prayer, chanting, inspirational readings and silence with Spirit.

Facilitated by Dr. Francis Vanderwall, Professor Emeritus, Our Lady of the Lake College and Jesuit Retreat Director, and members of the circle.
Donations appreciated

A Course in Miracles
Mondays Weekly 7-8:30 pm
Welcome the wisdom of *A Course in Miracles*. We will meet weekly to build a circle of support for this profound and life-changing inner work that focuses on healing and renewing our minds in positive ways to heal ourselves, our relationships and many aspects of our lives. The Course consists of 365 lessons, an exercise for each day or done at your own pace. Begin the process of changing your mind and your perceptions of life experiences with the aim of removing blocks to the awareness of love's presence within and all about.

Facilitated by Nic Ourso, who has studied A Course in Miracles for many years.
Suggested monthly donation \$20

Compassion in Action Circle
Wednesdays Weekly 10:30 am-12 pm
This summer, a variety of books and guest speakers will spark the spirit of compassion within this circle. Discussions will focus on raising awareness regarding local and global problems: suicide, poverty, violence and other important issues. Guest speakers will draw attention to local organizations that assist. Discover how you can be part of the solution.

Facilitated by Gerry Stark, community activist, and other members of the Compassion in Action Circle.
Suggested monthly donation \$20

Meditation and Spiritual Awakening
Wednesdays Weekly 5-6 pm
Join us for a quiet time of exploration and meditation. Guided meditation leads into a period of silence, a time to quiet the mind and release stress. Silence ends as we listen to the wisdom of inspiring spiritual leaders. We then return to silence, a time to empty and re-connect to Source. Some instruction offered as we develop and deepen our practice. All levels of experience welcome.

Facilitated by Wendy Herschman, who enjoys sharing the joy of group meditation.
Suggested donation \$5

Spiritual Journey Circle
Thursdays Weekly 6-7 pm
Find inspiration on this journey that opens the heart to the ideas of diverse spiritual teachers. We start the summer season listening to inspirational seminars on CD/DVD. We will then begin a study of the book *God of Love: A Guide to the Heart of Judaism, Christianity and Islam* by Mirabai Starr. Share in discussions taking you to a spirituality that will enrich your life on a deeper personal level. Return each week for spiritual connection and community.

Facilitated by Wendy Herschman, Executive Director of The Red Shoes, & members of Spiritual Journey Circle.
Suggested monthly donation \$20

Join The Red Shoes Circle of Volunteers

- * Flex your green thumb in our gardens
- * Mentor a woman entrepreneur
- * Lend a hand at a program
- * Represent us at events around town

Call Allison Manning 338-1170 or
allison@theredshoes.org

**When you bring joy to someone's day,
you bask in it as well.**

 For up to date information, follow us on
Facebook: www.facebook.com/TheRedShoesBR

Support The Red Shoes

***Your gift helps to transform women's lives,
our community and the world.***

Did you know?

- In the past year, we offered over 290 programs.
- Over 6,600 people benefited from our programs.
- Our low fees keep our programs inclusive, but do not cover our operating expenses and facilitator fees.
- Your gifts help us provide uplifting and affordable programming.

The Red Shoes is a valuable resource to diverse community groups including Cancer Services of GBR, Baton Rouge Earth Day, Dialogue on Race Louisiana, the Arts Council of Greater Baton Rouge, the Bishop Ott Sweet Dreams Shelter, STAR (Sexual Trauma Awareness & Response Center) and the GBR Food Bank. Your donation enables us to provide information and services.

You can make donations and register for any of our classes online.

Please visit our website: www.theredshoes.org



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August 21 & 22
Scholar in Residence
Dr. Michael Conforti

Introducing
Project HOPE

Heal
Overcome
Prosper
Empower



We are offering an exciting new opportunity for healing and HOPE. The Red Shoes is opening our doors to all clients of Cancer Services of Greater Baton Rouge, STAR and Mary Bird Perkins/Our Lady of the Lake Cancer Center.

Through Project HOPE, funded by the Pennington Family Foundation, all of our programs will be available at no charge to clients of these organizations who present their Project Hope card when registering. We know our programs will benefit the community by encouraging personal growth and healing in a supportive and relaxing setting.

If you or someone you know is eligible to be served by Project HOPE, please talk to a staff person with one of our partner organizations to get more information about Project HOPE.

We Wish You Well!

The Red Shoes' Lifting Loans Program

The Red Shoes is a center dedicated to the spiritual growth and empowerment of women. Through our Lifting Loans micro-loan program, we are able to assist women who are trying to start up or grow small businesses, and help them transition to economic success and independence. Our supportive program combines education, understanding, mentorship and very low interest loans, and is helping women in our community. We are proud to be a catalyst for women entering the world of entrepreneurship.

If you are ready to start a business, or know a woman who lacks start-up capital for a new business, please call The Red Shoes, 338-1170, for more information about this low interest business loan opportunity.

**Women helping women, that's what
The Red Shoes' Lifting Loans
program is all about!**