

Spring 2016



The Red Shoes

A CENTER FOR PERSONAL & SPIRITUAL GROWTH

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.

CIRCLE OF LEADERSHIP

Roberta Guillory, Founder

Donna Badon	Maida Owens
Celia Bailey	Sandy Patrick
Lisa Delpit	Becky Simmons
Tracie Garrett	Celia Strickler
Susan Lambert	

Wendy Herschman, Executive Director
Melissa Hansell, Assistant Director

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

Scholars in Residence

A Sacred Journey Into the Mystery with Dr. Christine Page

Author, Speaker and Gifted Intuitive

To hear the voice of our souls, we must quiet the chatter of our intellectual minds and release the need to have the answers before choosing our next steps on the path. Together we will enter the mystery: opening and allowing ourselves to be embraced in the mists of love, magic and creativity.



Mary Magdalene: Woman of Mystery

Friday February 26 7-9 pm

Join us on a virtual sacred tour through southern France in search of the mystery that is Mary Magdalene, and perhaps, along the way, you'll find yourself!

Mary Magdalene is one of the best known characters of modern mythology and yet, who was she? Even her name has evoked scholarly discussions. Perhaps the answer is to be found in all of the many identities that have adorned her over the last two millennia: the beloved of Yeshua, the mother of his children, a prostitute, a repentant sinner and an aspect of the divine feminine. Perhaps the ambiguity is the key to her power; she is leading us deep into the great mystery.

Embracing Mystery: Coming Alive to All That You Are

Saturday February 27 10 am-5 pm

Sunday February 28 12:30-4:30 pm

Amid all the information constantly flooding our consciousness, there is still mystery surrounding us. Existing within the realms of the unknown and unexplored is the path to spiritual enlightenment. When we fearlessly embrace the undefinable and have the courage to step into the unknown, we enter the loving ocean of unlimited possibilities and come alive to life. Experience new ways to connect with your own mystery and your intuition, the quiet voice of the divine within.

Facilitated by Dr. Christine Page, M.D., a pioneer in the field of healthcare for over 35 years. She is an international speaker and gifted intuitive. She is the author of seven books including Frontiers of Health and her latest, The Healing Power of the Sacred Woman. www.christinepage.com

**Paid in full by January 31 \$195 | In February \$225
11.5 CEUs psychologists, LCSW, MSW, LPN \$20**

First Time Scholars at The Red Shoes



Francis Bennett
January 22-24
(More info p. 3)

Miriam Divinsky
April 29-30
(More info p. 8)





January



Complete yoga schedule on page 8

A Course in Miracles (details p. 11)

Mondays Beginning January 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.

Soul Coaching: 28 Days of Self-Discovery

Tuesdays January 5-26 6:30-9 pm

Do you know who you are and why you are here? Do you know what your mission in life is? Clear away inner debris so you can see who you truly are. Through a carefully crafted program, you'll go on a remarkable 28-day spiritual inner journey to receive the answers to the heartfelt questions of your life. You will receive the full 28-day Soul Coaching program book with recorded meditations and affirmations for each day.

Facilitated by Sarah Paola, an intuitive psychic/medium and certified intuitive healer. She is a certified Soul Coach & certified for past life regression.

\$60

Meditation and Spiritual Awakening (details p. 11)

Wednesdays Beginning January 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.

Compassion in Action Circle (details p. 11)

Wednesdays January 6–Feb 10 10:30 am-12 pm

January 6 - Former Baton Rouge resident Julie Dunn and her husband Kabba join us to talk about their work with Village Health Works and opening a school in Burundi. Beginning January 13 - Join our study of *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson. Why does the U.S. have the highest incarceration rate in the world? Learn what one of the most brilliant lawyers of our time suggests to fix our broken system of justice.

Dream Discovery

Thursdays Beginning Jan. 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

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

Spiritual Journey Circle (details p. 11)

Thursdays Beginning January 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.

Lunations: New Moon Ritual

Friday January 8 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 enjoys sharing this monthly ritual of transformation.

\$5

Yoga Nidra: Witness Meditation

Sunday January 10 2-4 pm

Explore the power of the inner witness. Uncover the witness, the unconditional love of the soul, the part of you that is watching the thoughts, emotions and interactions with the inner and outer world. Connect to a deeper part of self through relaxation techniques, breathing exercises and visualization exercises. No yoga postures; no experience is needed. Bring a blanket/pillow/mat. Some available.

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

\$20

Transformation of Self: Art

Saturday January 16 10 am-2 pm

Journaling and sculpture will illuminate a journey of personal transformation. We will use clay hand-building techniques to create a cocoon and a butterfly, symbolizing the transitions we experience in our lives. Journal prompts will deepen our awareness. Clay figures will be painted with acrylics and detailed with markers. Bring a brown bag for a "working" lunch.

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

Supplies included \$45

Full and partial scholarships are always available.

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

Panel: Borders and Boundaries of Compassion

Sunday January 17 2-4 pm

"Give me your tired, your poor, your huddled masses yearning to breathe free..." Emma Lazarus

As the refugee population grows, a humanitarian crisis continues to evolve around the world. Many religions encourage their members to welcome strangers, but at the moment our country seems full of fear of the unknown, prompting anti-Muslim sentiments and

xenophobia. Join our open dialogue as we attempt to broaden our understanding of this crisis.

Facilitated by Emrah Aktepe, Atlas Foundation; Chris Andrews, leader of Jubilee Pioneers; Omayya Jazairli; Corina Salazar, Director of Immigration Services & the Louisiana Office for Refugees State Coordinator at Catholic Charities of the Diocese of B.R.

Donations appreciated

Dialogue on Race

Mondays January 18-Feb 29(not Feb 8) 12-2 pm

On Martin Luther King Day, we will begin the Dialogue, an 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 built into our system; much of it exists unintentionally and indirectly. However, as long as racism exists, our institutions operate to the advantage of one race over another. Each week, participants read short, pre-assigned articles to prepare for discussions led by trained facilitators.

\$25

Parabola Discussion

3rd Mondays Beginning Jan. 18 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. Come for lively, thought-provoking discussion. (Print or digital subscriptions.)

Facilitated by Celia Strickler, LCSW, spiritual seeker, student of the Institute of Jewish Spirituality; and Ann Trousedale, author and deacon in the Methodist church.

Donation monthly \$10

Volunteer: Baton Rouge Food Bank

Tuesday January 19 10 am-12 pm

Location: 10600 South Choctaw Dr (Fraenkel Center)

There are many in need—you can help. The food bank counts on volunteers for over 20,000 hours of help each year. Join our team to fill food backpacks for school-age children or sort and categorize food to help prepare food for distribution. Call us today to volunteer.

No Fee

Teens: Be The Change

Tuesday January 19 5:30-7 pm

Teen Room at the Main Library, 7711 Goodwood Blvd

Help us reach the next generation—the future voters, educators, artists and CEOs, the parents and grandparents of tomorrow. We are expanding our programs to support and empower youth in our community—helping them tap into passion about important issues. This month, we welcome teens to join us for a discussion of short films focusing on our **global community**. It will be a time to share ideas and think about how they can make a difference in the world.

No Fee

Pranic Healing Clinic - Monthly

Wednesday January 20 6:30-8:30 pm

Pranic healing is a powerful “no-touch” healing modality developed by Grand Master Choa Kok Sui that uses “life force” or prana (chi) to heal physical and emotional ailments. Pranic healing uses a cookbook approach, with specific protocols for each condition. Anyone can learn to heal in a short amount of time. This clinic offers healing sessions for participants.

Facilitated by students of Master Stephen Co.

Suggested donation \$10

Spiritual Retreat Weekend **Entering the Heart of Spiritual Practice** **with Francis Bennett**

January 22-24

Enjoy an opportunity to immerse in silence, inquiry and contemplation. Former Trappist monk Francis Bennett guides us on a journey through meditation, surrender and loving service in the world. Drawing on inspiration from Buddhist teachings and Christian mystical tradition, we will integrate the gifts of divine transcendence into daily life.

Friday January 22 7-9 pm Intro to Awareness

Discover the wonderful truth about who you really are and always have been.

The World as Your Monastery

Saturday January 23 10 am-4 pm

Explore how to bring our deepest spiritual practices into everyday life. We don't need to join a monastery or sit on a mountain top to find inner peace. It can be found right in the midst of our lives through the simple yet profound practice of surrender. As beings made “in the image of God,” we can learn to embrace the power of that image in our lives.

Fully Human, Fully Divine

Sunday January 24 10 am- 4 pm

How can we awaken to who we are on the transpersonal level of pure consciousness and embody that realization in our daily lives? Discover that divine transcendence is not found outside this human condition, but is found by going more deeply within our own soul space. Experience practices that allow us to access pure consciousness as a spiritual connection.

Facilitated by Francis Bennett, author of I Am That I Am, who experienced a radical shift in consciousness. His beliefs evolved from that of a monk to an inclusive mystical, non-dogmatic approach to Christianity that embraces the diversity of all spiritual paths.

Friday \$10 | Saturday \$70 | Sunday \$70
Full Weekend Seminar \$135

Look for our new youth programs each month, *Be the Change*. Share this information with a middle or high-school age student. Help us touch the lives of a new generation.



February



Alchemy of Peace

Wednesday January 27 6:30-8:30 pm

Explore the balance between your inner and outer worlds through art and movement. Open yourself to the infinite possibilities that await you as you dissolve your fears and replace them with the spark of authenticity. Enjoy mandala-based art and reflective movement in this uniquely interactive and creative experience.

Facilitated by Laura Gaddy, mandala artist; and Lesley Kernan, choreographer—founders of Simple.Happy.Love—the business of merging art, creation and spirituality.

\$25

Super Brain Yoga: Pranic Healing Seminar Intro

Friday January 29 7-9 pm

Learn to boost your vitality, recharge your brain power, and experience emotional calmness and mental clarity. Keep the mind sharp as the body ages with this ancient technique that harnesses the body's primordial energies. Pilot studies show dramatic improvements in autism, ADD and ADHD. Learn this simple, effective technique.

Facilitated by Misagh Naderi, certified in pranic psychotherapy, student of Master Stephen Co.

Suggested donation \$10

Cleaning Your Surroundings and Your Soul

Saturday January 30 10 am-12 pm

A new year: Our fresh energy is centered to inspire and create a beautiful inner and outer "home." Experience new ways to think about cleaning up physical and mental clutter in order to feel a wonderful spaciousness reflected in our physical space. This seminar will tempt you to join our 4-week "tidying" workshop in March.

Facilitated by Valerie Flynn Wintz, who has been a holistic health practitioner for 30 years.

\$20

BROKEN: Dance Performance

Saturday January 30 6-8 pm

BROKEN is a story of love, joy, pain and sorrows, based on the stories of women who are trapped in situations of domestic violence and experiencing physical, emotional or sexual abuse. Inspired by the beauty, soul and power of women, this dynamic choreographed interpretation of empowerment and love shows what it truly means to overcome being BROKEN. BROKEN is a contemporary, original dance work, created by Shamira Cummings-Arita.

Facilitated by Shamira Cummings-Arita, founder and artistic director of For the Love of Dance, and a dance instructor in the Baton Rouge area.

\$15

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Monthly Programs

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3rd Tuesdays	Food Bank	10a-12p	pg 3
3rd Wednesdays	Pranic Clinic	6:30-8:30p	pg 3

Book Study: A Religion of One's Own

Wednesdays February 3-24 6:30-8 pm

Have you felt like something is missing in your spiritual life? Are you longing for meaningful religious practices? If you yearn for a deeper connection, explore how to live a more spiritual life, with or without formal religion, in this experiential book study of Thomas Moore's *A Religion of One's Own*. Coaching techniques will help you gain insights to illuminate your journey.

Facilitated by Kirsten Allen, a certified coach who has worked with organizations, individuals and nonprofits.

\$40

Lunations: New Moon Ritual (details pg. 3)

Sunday February 7 6-7:30 pm

Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

From Jesus of Nazareth to the Christ of God

Fridays Feb.12-March 18 10:30 am-12:30 pm

How did a Jewish peasant named Jesus of Nazareth come to be seen as the Christ of God? We will explore the life of Jesus of Nazareth, the movement he started, his death and the meaning of his Resurrection. We will look at how the beliefs of who he was evolved in the first 300 years into the faith that proclaimed him as the Christ of God in the Council of Nicaea in 325 CE.

Facilitated by Dr. Francis Vanderwall, Professor Emeritus, Our Lady of the Lake College, Professor for OLLI, LSU, spiritual director & Jesuit Retreat Director.

\$65

Nia: A Healing Practice for Every Body!

Saturday February 13 10-11:30 am; 1-2:30 pm

Session 1 One Billion Rising- Listen, Act, Rise

One Billion Rising events shed light on the one in three women across the planet who will be beaten or raped during her lifetime—that's one billion women and girls. Join us in a safe and supportive space to *Listen* to our bodies, *Act* from our hearts and *Rise* with dance, song

and healing movement. With uplifting music and empowering lyrics, we will dance to celebrate that together we can stand to stop violence. Rise with us!

Session 2—Reach for the Stars

Experience the powerful conditioning and joyful magic of Nia, an energy blend of dance, martial and healing arts that is fun and good for you! We will explore our purpose, potential and possibility as we share art, story and expressive movement. Playful choreography and stirring soulful music stimulate your inner dancer while strengthening your core.

Facilitated by Kate Finlayson, Nia education trainer and 1st degree black belt teacher.

Each \$15/Both \$25

Teens: Be the Change (details p. 3)

Tuesday February 16 5:30-7 pm

We invite teens to join us at the Goodwood library for a discussion of short films focusing on **individuality**.

Compassion in Action Circle (details p. 11)

Wednesdays Feb. 17-Mar. 2 10:30 am-12 pm

Our circle begins a study of *Between the World and Me* by Ta-Nehisi Coates. What is it like to inhabit a black body and find a way to live within it? Come and discuss the advice the author shares with his son on how to live in America as a black man.

Remembering Who You Are

Friday February 19 7-8:30 pm

Saturday February 20 10 am-12 pm, 1-3 pm

Friday: 3rd Eye Meditation

Spend time with Spirit and become aware of the Spirit within. You will sense direct access to the energy of Spirit and your spiritual eye. **Suggested donation \$5**

Saturday Seminar 1—Anger: A Spiritual Approach

Anger is a messenger. It tells you where your beliefs are not working. How can we shorten the time we are angry and resolve, not repress, the feeling? We will uncover the source of anger and learn a recovery process of self-forgiveness that leads us to Spirit.

Saturday Seminar 2—Discerning Your Inner Voices

We all hear them: voices of other people’s thoughts, voices of our past, voices of our own busy minds, voices of intuition and Spirit. How do you discern which ones are for you? How do you learn to trust some and not others? How do you know what voice is speaking? Listen: learn to know the voices that reveal your truth.

Facilitated by Karl Fleddermann, MA in applied psychology, D.S.S. (doctorate in spiritual science).

Each Saturday seminar \$30/ Both \$50

Yoga Nidra: The Power of the Heart (details p. 2)

Sunday February 21 2-4 pm

Tap into unconditional self-love with a focus on the heart chakra. Using mind/body relaxation exercises, breathing techniques and guided journeys inward, we will affirm self-love.

Nevermore: Author Talk with Paths to Healing

Tuesday February 23 6:30-8:30 pm

Forgiveness is not always easy. At times, it feels more painful than the wound we suffered...

And yet, there is no peace without forgiveness.

Marianne Williamson

Cade Soleil’s new book, *Nevermore*, is a true account of multi-generational abuse, denial and recovery. Through the lens of this powerful story of brokenness, learn about some of the different healing modalities that Cade explored in her own process. Experience paths to deep healing that tap into the powerful connection between mind and body, including laughter yoga, tai chi and energy healing. (Wear comfortable clothes.)

Facilitated by author Cade Soleil, recently interviewed on the Jesse Lee Peterson national radio show.

\$5

Spiritual Retreat Weekend
A Sacred Journey into the Mystery
with
Dr. Christine Page
February 26-28
details page 1



March



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Voices of Hawaii: Guardians of the Culture

Tuesday March 1 6:30-8:30 pm

At this very moment in time, the Native people of Hawaii are choosing their course, summoning the strength of their ancestors, owning the cultural practices that were outlawed for a century and reclaiming their birthright connection to the land, the ocean, and to all of creation. Join us for an evening of insight, inspiration and hope with Inette and 'Iokepa from Hawaii. They will come together to share ancestral and personal stories, and powerful Hawaiian chanting.

Facilitated by Iokepa 'Imaikalani, a native Hawaiian Kahu (guardian) and Inette Miller, storyteller & writer.

Suggested donation \$10

Open Mic Poetry and Music

Friday March 4 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

The Truth about Recycling

Sunday March 6 2-3:30 pm

Is sorting our trash for recycling really the best way to reduce carbon emissions? Are we better off incinerating or burying our municipal garbage? What about recent headlines arguing that recycling is a net loss, economically and environmentally? Join Susan Hamilton, Director of the Baton Rouge Recycling Office, to learn more about the complexities of recycling, an activity that has become routine in many households.

Facilitated by Susan Hamilton, Director of Baton Rouge Recycling Office.

Suggested donation \$5

Lunations: New Moon Ritual (details p. 3)

Monday March 7 6-7:30 pm

Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

Tidying from the Inside Out

Tuesdays March 8-29 6:30-8 pm

Join us as we work through a process of clearing and decluttering our living spaces. This 4-week class is based on the books *The Life-Changing Magic of Tidying Up* by Marie Kondo and Stephanie Bennett Vogt's *Your Spacious Self*. We will cultivate inner spaciousness as we simplify and declutter our homes, letting go of what we no longer need. Your inner clarity and unique beauty will radiate outward into your transformed sanctuary.

Facilitated by Valerie Flynn Wintz, who has been a holistic health practitioner for 30 years.

\$60

Compassion in Action Circle (details p. 11)

Wednesdays March 9-16 10:30 am-12 pm

Join us to celebrate Women's History Month. We will view the documentary *The Trials of Spring*, chronicling the stories of nine amazing women who played central roles in the Arab Spring uprisings.

Meditation Immersion: Explore Your Inner World

Saturday March 12 10 am-3 pm

In this full day immersion we will create a sacred, quiet space for inner discovery. Explore different meditation techniques to create mental balance and a connection with a deeper part of yourself. This workshop will consist of philosophical explanation and experiential

learning through seated breathing meditation, Yoga Nidra meditation and connecting to subtle energy through meditation. Discover and experience the innate peace that lives within.

Facilitated by Delisha "Dee Dee" Poullard, yoga instructor, meditation facilitator and energy healer.

\$45

Teens : Be the Change (details p. 3)

Sunday March 13 2:30-4 pm

We invite teens to join us at the Goodwood library for a discussion of short films focusing on racism.

Clearing, Setting and Enforcing Boundaries

Monday March 14 7-9 pm

Stress and trauma create a "split" in consciousness that leads to a loss of power, focus, and intention. Using techniques from his book *Surviving Trauma School Earth*, Brent shares how trauma to the chakras of the body can weaken the fields of the body mind. Through guided meditation on each chakra center, we can better assess, form and repair our boundaries. Even the darkest moments of our lives hold great meaning and power once we discover our capacity to reframe our experiences within infinite light. (Private sessions are available during Brent's visit: Call 225-247-8202)

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

\$10

Pop Art Pets

Saturday March 19 10 am-1 pm

We all love our furry family members. Here's a chance to have fun creating a pet portrait in a unique 1980's Pop Art style. Using a basic image, along with a photo of your pet, we will learn how to draw then watercolor the pet's portrait. Bring a pet photo, phone or printed (close up of head only). Beginners welcome!

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

Supplies included \$25

It's Spring! Vernal Equinox Gong Bath Concert

Saturday March 19 7-8:30 pm

Spring is a time of renewal, a time to let go of the old and prepare for the bloom of the new. Feel the vibrational change and sense the subtle tones of winter's transformation to spring. No water is involved in a gong bath; participants sit or recline and allow the sounds to "wash over" them. The concert includes a variety of instruments and "singing" bowls. You may bring a yoga mat and pillow, some are available.

Facilitated by Daniel Leonard, a practitioner of sound arts and professional musician, yoga practitioner and meditation leader; and Olivia Sophia, music educator, musician, sound arts promoter.

\$20

Speak with Your Inner Child

Sunday March 20 2-5 pm

Spend an afternoon learning the different ways that childhood experiences are shaping present day life experiences. Learn techniques to help discover patterns on replay in the subconscious, initiate deeper levels of forgiveness and gratitude, and fully experience any unfulfilled childhood moments. This workshop includes teachings, contemplation, exercises and a special process, all to invoke the experience of deep freedom for the inner child.

Facilitated by James Brinson, a seeker who has traveled many paths, discovering and experiencing Oneness.

\$35

Compassion in Action Circle (details p. 11)

Wednesdays Mar. 23-Apr. 27 10:30 am-12 pm

Join us to discuss *Post Traumatic Church Syndrome: A Memoir of Humor and Healing* by Reba Riley. More than a memoir about reclaiming faith and overcoming chronic illness, this book tackles the universal struggle to heal what life has broken, with grace and a smile.

Volunteer - Bishop Ott Sweet Dreams Shelter

Thursday March 31 5:45-7:45 pm

Location: 1623 Convention Street

Volunteer to help prepare and serve dinner for women and children living at the shelter. After dinner, we will enjoy a singalong and games. For the gift of your time, you will receive the greatest gift: the smiles of those you meet during this heart-warming evening. Register today and we will coordinate this evening via email!

No Fee



April

Ongoing programs:

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Chinese Medicine: The Elements of Healing

Saturday April 2 10 am-12 pm & 1-3 pm

Chinese medicine offers an alternative understanding and non-pharmaceutical therapies for common health related issues. Join us to learn more about these ancient healing techniques. Each seminar includes discussion and energy building exercises for all abilities.

Seminar 1: Earth Element—A look at weight issues,

anxiety, caretaking, and stability. We will explore Chinese medicine's approach to these issues and discuss how the spleen and stomach energies play a role in how we care for ourselves and our loved ones.

Seminar 2: Water Element—A look at back pain, fears, fertility, stamina, premature aging. We will examine how the energies of kidney and urinary bladder affect our health and how we can rebuild strength, stamina and confidence from an Asian perspective.

Facilitated by Janet Sullivan, a licensed massage therapist specializing in Japanese shiatsu healing work for 20 years.

Each \$20 /Both \$35

The Light of the Mystics

Tuesdays April 5-26 6:30-8 pm

There is a candle in your heart, ready to be kindled. There is a void in your soul, ready to be filled. -Rumi

The mystics offer an open, spiritual path for experiencing the divine. Connect with spirit within and bring the wisdom of the mystics into your daily life. Explore with us the works and practices of the Kabbalah, Sufism and several Christian mystics. Drawing on the tapestry of teachings from these different faith traditions, we will gain a deeper sense of connection with all that is.

Facilitated by Joan McCaskill, spiritual director, MA.

\$40

Lunations: New Moon Ritual (details p. 3)

Wednesday April 6 6-7:30 pm

Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

If It's Not One Thing, It's Your Mother

Saturday April 9 10 am-1 pm

Our first relationship - that with our mother - continues to inform who we are as individuals long after we have physically separated from her. With thoughts of the approach of Mother's Day, we will use various prompts and exercises to write about our mothering experiences (both receiving and giving) in a way that will bring new insight and perhaps even healing to those relationships. All writing levels welcome.

Facilitated by Robin Palmer Blanche, novelist, and produced screenwriter whose 12th novel will be published by Penguin in January.

\$30

Yoga Nidra: Learn To Breathe (details p. 2)

Sunday April 10 2-4 pm

Through reclined and guided meditation we will explore healing through the breath. The breath is the most subtle aspect of your physical being which is connected to the mind and the heartbeat. By understanding this connection, you can create peace and let go of stress. Balance the breath and, in turn, balance the mind.

Timely Topics for Teens (details p. 2)

Sunday April 10 2:30-4 pm

We invite teens to join us at the Goodwood library for a discussion of short films focusing on ecology.

Baton Rouge Earth Day - Downtown, North Blvd

Sunday April 17 Noon-4 pm

Looking for ways to reduce your carbon footprint? Donate your used shoes for recycling & reuse. The Red Shoes will build a labyrinth at Earth Day using recycled shoes as a construction material. Honor Mother Earth—recycle, reuse & rebuild. Bring your gently used shoes to The Red Shoes beginning March 28. All shoes will be donated to St. Vincent De Paul and Cenikor.

Spiritual Retreat Weekend Finding Your Life's Direction with Miriam Divinsky April 29 & 30

Open to conscious transformation with a true spiritual alchemist. Explore energy techniques to remove blocks that stand between you and your purely divine self.

Dowsing: Search for Truth

Friday April 29 7-9 pm

What if you could access your own truth—truth that sets you free to own your life—and live it by choice? Make the “impossible” possible with the ancient art of spiritual dowsing, an intuitive biofeedback system of measuring and changing the energies in and around us. Dowsing is a transformation technology that allows us to raise our spiritual, mental, emotional and physical energies to create the life we want. Learn to manage energies to bring balance and harmony into your life. Participants will receive a pendulum, a tool that facilitates our search for truth.

Conscious Living

Saturday April 30 9:30am-5:30pm

If you knew that you had only one year to be on earth in your physical body, how would you live that year? Access your divinity and your own highest guidance that will lead you to manifest the life you desire in alignment with the purpose you came here to fulfill. With an awareness of the spiritual laws, you can enter an area of conscious manifestation and create affirmations that really move your life in the direction you choose. Experience a technique to clear the subconscious mind, connect to your higher self and then redefine your self-concepts. Explore repressed fears and emotions that prevent healing and experience their release, enabling you to access your full potential and connect to your source. Consciously realize a higher and more fulfilling way of living.

Facilitated by Miriam Divinsky, Ph.D., certified spiritual dowser, licensed spiritual health coach, founder of the Authentic Life Center in Magnolia, MA, and Certified Advanced Clinical Hypnotherapist.

Friday \$20 / Saturday \$75 / Combo \$90

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 & Joshua Wartelle, CYT.

\$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 2016 Spring Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JANUARY					1	2
					Closed for the holidays	Closed for the holidays
3	4	5	6	7	8	9
Closed for the holidays	Yoga 8a / 5:30p CS Yoga 10:30a A Course in Miracles 7pm	Yoga 8a Soul Coaching 6:30	Yoga 8a Compassion in Action 10:30a Meditation Coloring 5p	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a Lunations 6p	
10	11	12	13	14	15	16
Yoga Nidra 2-4p Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	Yoga 8a Soul Coaching 6:30	Yoga 8a Compassion 10:30a Meditation 5p	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a	Transformation of Self: Art 10a-2p
17	18	19	20	21	22	23
Panel: Borders and Boundaries of Compassion 2-4p Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a Dialogue on Race 12p Parabola 6p ACIM 7p	Yoga 8a Food Bank 10a Teens: Be the Change 5:30p Soul Coaching 6:30	Yoga 8a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a Francis Bennett Intro to Awareness 7-9p	Francis Bennett World As Monastery 10a-4p
24	25	26	27	28	29	30
Francis Bennett Fully Human & Divine 10a-4p Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a D. on Race 12p ACIM 7p	Yoga 8a Soul Coaching 6:30	Yoga 8a Compassion 10:30a Meditation 5p Alchemy of Peace 6:30p	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a Super Brain Yoga Pranic Healing Seminar 7p	Cleaning Your Surroundings and Soul 10a-12p BROKEN Dance 6-8p
31						
Sacred Circle 5p						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
FEBRUARY	1	2	3	4	5	6
	Yoga 8a / 5:30p CS Yoga 10:30a Dialogue on Race 12p ACIM 7p	Yoga 8a	Yoga 8a Compassion 10:30a Meditation 5p Religion of One's Own 6:30p	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a	
7	8	9	10	11	12	13
Sacred Circle 5p Lunations 6p	Closed for Mardi Gras	Closed for Mardi Gras	Yoga 8a Compassion 10:30a Meditation 5p Religion of One's Own 6:30p	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a Study: Jesus of Nazareth 10:30a	Nia: One Billion Rising 10-11:30a Nia: Reach for Stars 1-2:30p
14	15	16	17	18	19	20
Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a D. on Race 12p Parabola 6p ACIM 7p	Yoga 8a Food Bank 10a Teens: Be the Change 5:30p	Yoga 8a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p Religion of One's Own 6:30p	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a Study: Jesus of Nazareth 10:30a 3rd Eye Meditation 7p	Spiritual Anger 10a-12p Inner Voices 1-3p
21	22	23	24	25	26	27
Yoga Nidra 2-4p Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a D on Race 12p ACIM 7p	Yoga 8a Author Talk and Healing 6:30p	Yoga 8a Compassion 10:30a Meditation 5p Religion of One's Own 6:30p	Yoga 8a / 5:30p Dreams 10:30a	Yoga 8a Study: Jesus of Nazareth 10:30a Mary Magdalene 7-9p	Embracing Mystery Christine Page 10a-5p
28	29					
Embracing Mystery 12:30-4:30p Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a D on Race 12p ACIM 7p					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MARCH		1 Yoga 8a Voices of Hawaii 6:30p	2 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	3 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	4 Yoga 8a Study: Jesus of Nazareth 10:30a Open Mic 7p	5
6 Truth about Recycling 2-3-30p Sacred Circle 5p	7 Yoga 8a / 5:30p CS Yoga 10:30a Lunations 6p ACIM 7p	8 Yoga 8a Tidying Inside Out 6:30p	9 Yoga 8a Compassion 10:30a Meditation 5p	10 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	11 Yoga 8a Study: Jesus of Nazareth 10:30a	12 Meditation Immersion 10a-3p
13 Teens: Be the Change 2:30-4p	14 Yoga 8a / 5:30p CS Yoga 10:30a Brent Baum 7p ACIM 7p	15 Yoga 8a Food Bank 10a Tidying Inside Out 6:30p	16 Yoga 8a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p	17 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	18 Yoga 8a Study: Jesus of Nazareth 10:30a	19 Pop Art Pets 10a-1p Gong Concert 7-8:30p
20 Inner Child 2-5p Sacred Circle 5p	21 Yoga 8a / 5:30p CS Yoga 10:30a Parabola 6p ACIM 7p	22 Yoga 8a Tidying Inside Out 6:30p	23 Yoga 8a Compassion 10:30a Meditation 5p	24 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	25 Yoga 8a	26
27 Sacred Circle 5p	28 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	29 Yoga 8a Tidying Inside Out 6:30p	30 Yoga 8a Compassion 10:30a Meditation 5p	31 Yoga 8a / 5:30p Dreams 10:30a Shelter Dinner Party 5:45p		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
APRIL					1 Yoga 8a	2 Chinese Medicine 10a-12p & 1-3p
3 Sacred Circle 5p	4 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	5 Yoga 8a Light of the Mystics 6:30p	6 Yoga 8a Compassion 10:30a Coloring Meditation 5p Lunations 6p	7 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	8 Yoga 8a	9 Writing Class: If It's Not One Thing, It's Your Mother 10a-1p
10 Yoga Nidra 2-4p Teens: Be the Change 2:30-4p Sacred Circle 5p	11 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	12 Yoga 8a Light of the Mystics 6:30p	13 Yoga 8a Compassion 10:30a Meditation 5p	14 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	15 Yoga 8a	16
17 Downtown Baton Rouge Earth Day 12-4p Sacred Circle 5p	18 Yoga 8a / 5:30p CS Yoga 10:30a Parabola 6p ACIM 7p	19 Yoga 8a Food Bank 10a Light of the Mystics 6:30p	20 Yoga 8a 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 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	26 Yoga 8a Light of the Mystics 6:30p	27 Yoga 8a Compassion 10:30a Meditation 5p	28 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	29 Yoga 8a Dowsing: Search for Truth Miriam Divinsky 7-9p	30 Conscious Living Miriam Divinsky 9:30a-5:30p

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 inspired 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 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 spring, 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: world health, incarceration, the justice system, racism, organized religion, and women and the Arab Spring. Learn more about the problems and 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. This season we will read Adyashati's writings on evolutionary awakening and Elizabeth Lesser's (co-founder of Omega Institute) book *The Seeker's Guide*. Other thought-provoking writers will be part of our spiritual journey. Share in discussions that enrich your life on a deep 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 338-1170 or email melissa@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

Join the Circle of Giving

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

Did you know?

- In 2015, we offered over 315 programs.
- Over 6,500 people benefited from our programs.
- Our low fees keep our programs inclusive, but do not cover operating expenses and facilitator fees.
We Need Your Help For That!
- 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 Shelter, Mary Bird Perkins/Our Lady of the Lake Cancer Center and the GBR Food Bank. Your donation enables us to provide information and services.

**Make Your Donation Online Today
or mail a check to 2303 Government St. 70806**

Please visit our website: www.theredshoes.org



The Red Shoes

A CENTER FOR PERSONAL & SPIRITUAL GROWTH

2303 Government Street
Baton Rouge, LA 70806

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Baton Rouge, LA

Permit No 2200

Inspiration On the Way

Francis Bennett

Christine Page

Miriam Divinsky

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, at no cost, to all clients of Cancer Services of Greater Baton Rouge, and clients of all local Cancer Treatment Centers.

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!**