

# Fall 2015



## 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: BOARD OF DIRECTORS

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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

**The Sacred Ordinary: A Retreat of Poetry and Practices of Presence**

*with*

**Kayleen Asbo, Ph.D.**

**Cultural Historian, Spiritual Director, Mythologist**



We invite you to a weekend of inner discovery focused on awakening to a deeper level of presence in your own life and claiming a deeper current of joy.

**Saturday September 26 10 am-5 pm**

**Sunday September 27 10 am-3 pm**

*To see the world in a grain of sand, And Heaven in a wild flower....*

*-William Blake*

Weaving together storytelling, poetry, art and music, Kayleen will help us awaken to the beauty strewn abundantly around us. Experience practices that help us see the world with new eyes: art meditation on Dutch still-lives offer a portal for the numinous within the most ordinary of objects. Contemplation, guided meditation and a directed writing practice will quiet the mind and open the heart, revealing our own hidden depths.

### **The Opening of Eyes**

**Saturday September 26 10 am-5 pm**

Discover the sacred in the ordinary and the beauty in simple things. Art, poetry and inspiration drawn from the lives of female mystics enrich our exploration of awakening presence. Move towards self-awareness while enjoying the poetry of Mary Oliver and David Whyte, the art of the Dutch Masters, classical music and meditation.

### **The Heart of Wonder**

**Sunday September 27 10 am-3 pm**

Illuminate life with joy and blessing. A sacred labyrinth walk will turn our hearts to gratitude, bringing divine light to simple things. Stories of Teresa of Avila and Julian of Norwich, and chanting and contemplative practices from Buddhist and Celtic traditions awaken the senses, feed the soul and allow the still, small voice within to be heard.

*Facilitated by Kayleen Asbo, who holds advanced degrees in music, mythology and psychology. Her interactive workshops are hailed as "truly life-changing." She is Creative Director and Resident Mythologist for Mythica Foundation for Education, and she has presented at Michael Conforti's Assisi Institute Conference in Italy.*

**Early bird before September 10 \$135**

**After September 10 \$150**



Dear Friends,  
 As you can see by the multitude of offerings in this fall brochure, The Red Shoes continues to grow and seek outstanding speakers to inspire and awaken hearts. It is with great pleasure that I share with you the good news that our staff is growing to meet the growing activities of our center. We welcome Melissa Hansell, who grew up in California and recently received her masters in counseling from LSU. Melissa has worked in a variety of non-profit organizations and was the director of Kelly Avenue Catholic Worker, a transitional housing facility in CA. Melissa will share her gifts with us as a full-time assistant director. We think she is a perfect match for The Red Shoes. Her presence will enrich us all. Please stop by to welcome her into our community.

We have 3 outstanding retreats this season - mark your calendar now! What a perfect holiday gift - for YOU!  
*Blessings as the Seasons Change, Wendy Herschman, E.D.*

## September

Complete yoga schedule on page 8

### Yellow Brick Academy

**Tuesdays** September 1-22 5:30-8 pm

Expand your potential as a small business owner by gaining skills in finance and concept design. This academy will help you with a start-up or an existing business. Topics include understanding your business model and defining your product, knowing your target market and competition, creating your cost structure, determining feasibility and accessing capital.

*Facilitated by business professionals in collaboration with the SELA Women's Business Center, the Good Work Network and The Red Shoes Lifting Loans program.*

**Each \$10**

### Compassion in Action Circle (details p. 11)

#### Book Discussion: *Cotton Patch Rebel*

**Wednesdays** September 2 & 9 10:30 am-12 pm

Join this lively discussion led by Ann Trousdale, author of *Cotton Patch Rebel: The Story of Clarence Jordan*. President Jimmy Carter called him one of the few great men he has met. Today, Clarence Jordan is best known as co-founder of the community that became the birthplace of Habitat for Humanity. But he was much more than that: an innovative farmer and a precursor of civil rights in the South. Come to be inspired by a little known story of a great man.

*Facilitated by Ann Trousdale, author, a deacon in the United Methodist Church and retired professor of literature for young people at LSU.*

**Suggested monthly donation \$20**

### Dream Discovery

**Thursdays** Beginning Sept. 3 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, you will 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 Sept. 3 6-7 pm

Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers. We begin our exploration with *When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chödrön.

### Sunday Sacred Circle (details p. 11)

**Sundays** Beginning Sept. 6 5-6 pm

Join Dr. Francis Vanderwall for a time of contemplation: an inspiring, inter-faith, ecumenical experience for those yearning to unite with the spirit of Sophia.

### A Course in Miracles (details p. 11)

**Mondays** Beginning Sept. 7 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 our relationships and making them holy.

### Meditation and Spiritual Awakening (details p. 11)

**Wednesdays** Beginning Sept. 9 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.

**NEW** The first Wednesday of each month will be a time for contemplative coloring with calming musical tones, a relaxing form of active meditation.

### Rhythms of Change: Practical Wisdom for Health

**Thursdays** Sept. 10, Sept. 24-Oct. 22 7-8:30 pm

Transform difficulty and stress into positive forces for healing, allowing the expression of your unique self in the world. Powerful exercises will connect you with your vision for life and with your inner wisdom to guide you. Explore the five elements, of change: earth, wood, fire, metal and water. Based on the book *Rhythms of Change* by Mary Saunders, this experiential workshop uses ancient wisdom and our own inner resources to create a sense of wholeness in our lives.

*Facilitated by Valerie Flynn-Wintz, who has been a holistic health practitioner for 30 years, and has recently completed a training course with the author.*

**\$60**

### September 11 Commemoration: Peace and Unity

**Friday** September 11 7-9 pm

September 11, 2001 created a feeling of unity: unity of pain, unity of heart and spirit. Now we remember the day by coming together, in unity, to cultivate peace.

Using the arts for healing, we start within, enjoying meditative coloring, releasing stress to create inner peace. With minds relaxed and hearts open we'll then come together in a drumming circle, a representation of the circle of life. With guidance in creating rhythms, first individually and then collectively, we will create our own harmony, a container for peace & connection.

*Facilitated by Charlie Myers, director of the Native American Flute and Drumming Circle of Louisiana.*

**\$10**

### **Energy Balancing and Healing:**

#### **Breathwork, Tapping and Guided Meditation**

**Saturday September 12 10 am-12 pm**

Connect with Mother Earth and the universe to balance and center your energy, healing each part of your body, in turn. Through the breath, activate and raise your energy, release blockages and trauma and move old energy through so you can move forward on your path. Emotional Freedom Technique (EFT tapping), mantra chanting and breath-work will also be incorporated to deepen the healing, activation and integration process.

*Facilitated by David Redbord, MPH, Alternative Therapist and Reiki Master who has a deep passion for healing and experiential learning.*

**\$45**

### **Lunations: New Moon Ritual**

**Saturday September 12 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 sharing this special time.*

**\$5**

### **Volunteer—Baton Rouge Food Bank**

**3rd Tuesdays September 15 10 am-12 pm**

**Location: 10600 Choctaw Drive**

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 food for 2 hours. Join our team, call us today to volunteer. (Closed-toe shoes.)

**No Fee**

### **Compassion in Action Circle (details p 11)**

#### **Book Discussion: *The House That Love Built***

**Wednesdays Sept. 16—Nov. 4 10:30 am—12 pm**

Habitat for Humanity is a household term; many people in the US and around the world have a sense of what Habitat is and does. Not so well known is the story of its spiritual roots. Join us as we explore Habitat's spiritual

roots, its founding and subsequent phenomenal success, the controversial ousting of its founders and how the Fullers survived and remained true to their calling.

*Facilitated by Ann Trousdale and members of the Compassion in Action Circle.*

**Suggested monthly donation \$20**

### **Pranic Healing Clinic - Monthly**

**3rd Wednesdays September 16 6:30-8:30 pm**

Pranic healing is a system of energy medicine that uses *prana* (life-force) to balance, harmonize and transform the body's energy processes. This vital energy keeps the body alive and maintains a state of good health. Energetic disruptions appear as physical ailments. Our healing clinic includes individual healing sessions for participants. Avoid wearing leather or silk.

*Facilitated by students of Master Stephen Co.*

**Suggested donation \$10**

### **Gong Bath Concert: Autumnal Equinox**

**Friday September 18 7-8:30 pm**

Join us for a concert and gong bath to transition from the energies of summer to the pensive notes of autumn. Feel the vibrational change and sense the subtle tones of summer's transformation to autumn. 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, pillow and blanket to rest comfortably. Some mats and blankets available.

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

**\$20**

### **That's a Great Story...Now Tell Me the Truth**

**Sunday September 20 2-5 pm**

The most powerful stories are those that ring with truth and authenticity. But for the writer, getting to that place--a place free of self-criticism and judgement so that truth can come through--can be tough. Learn new techniques to help go beneath the surface and tap into your authentic voice. Using a variety of exercises, we will go deeper on the page so that the written words will resonate with others and reveal for us, the truth of our lives. All writing levels welcome.

*Facilitated by Robin Palmer, author of young adult novels. She is a former television executive and movie producer, and now lives in Louisiana with her family.*

**\$25**

*Full and partial scholarships  
are always available.*

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



### Parabola Discussion

Monday September 21 6-7:30 pm

Join us once a month to discuss select articles in *Parabola*, a quarterly spiritual journal that explores fundamental questions and themes of humanity from a wide variety of traditions. Come for lively, thought-provoking discussion. Subscribe to *Parabola* online.

*Facilitated by Celia Strickler, LCSW, spiritual seeker, student of Kivvun, Institute of Jewish Spirituality.*

**Donation monthly \$10**

### Body-Love Writing:

**"When I think of my body, I feel..."**

Friday September 25 6:30-8:30 pm

Imagine how it would feel to realize you don't have to change, lose weight or alter anything - you are enough. Explore journaling prompts and exercises to cultivate true body acceptance and foster a new appreciation of self. Deepen your relationship with your body and yourself.

*Facilitated by Courtney Brandabur, feminist activist, recent LSU graduate, resource advocate at STAR.*

**\$5**

### Spiritual Retreat with Kayleen Asbo

**The Sacred Ordinary (details p. 1)**

Saturday & Sunday September 26 & 27

We invite you to a weekend of poetry, music and heightened spiritual awareness. Discover the sacred in the ordinary and the beauty in simple things. Awaken to the beauty that perpetually surrounds us.

### Journey into the Stress Free Zone with Yoga Nidra

Sunday September 27 2-4 pm

Body, mind and spirit experience complete freedom from stress through Yoga Nidra. Enjoy two guided meditations, which include breathing exercises, physical relaxation techniques and visualization, all while resting on your back. No experience or equipment needed. You may bring a pillow & yoga mat.

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

**\$10**

### Breathe: Just Say Yes to Yoga

Monday September 28 5:30-7 pm

Say yes to self-care, today. Take time out from your busy day to relax with gentle yoga. This class integrates movement, breath work and meditation to lower stress and increase strength. Learn why this restorative practice is perfect for people of all ages, sizes and fitness levels.

*Facilitated by Tina Ufford, RYT 200, who has been practicing yoga for 14 years.*

**\$5**

### Bee-Friend Your iPhone—Next Steps

Tuesday September 29 6:30-8 pm

What can you do with your iPhone besides make a phone call? Learn about apps that make your life easier and more fun! We'll touch on iCloud basics and learn tips for managing battery life. Bring your iPhone and/or iPad; most info is interchangeable. You can be as skilled as a teenager!

*Facilitated by Brenda Babin, owner of Busy Bee Clinic and recently retired college computer science instructor.*

**\$5**

### The Gift of Inner Peace

Wednesday September 30 5-6:30 pm

Meditation helps you escape from your mental to-do list and that nagging voice in your head. Silence and breath awareness create a space where the mind becomes clear and focused. We will practice several different meditation techniques to ease stress and tension, and improve concentration.

*Facilitated by Wendy Herschman, meditation facilitator and Executive Director of The Red Shoes.*

**\$5**

## October

### 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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### Dreams, Images and Spirit

Thursday October 1 10:30 am-12pm

All of us dream, but few of us know how to interpret our dreams or how to connect our dreaming to our spirituality. A guided meditation will help us enter the world of images alive in our imaginations and in our subconscious. We will learn how to approach a dream and what aspects of the dream to focus on. Your dreams will become a mirror to your soul.

*Facilitated by Joan McCaskill, Spiritual Director, MA.*

**\$5**

### Don't Just Collage: CUBE It!

Friday October 2 10:30 am-12 pm

Collage cubes are a fun new approach to traditional collage. Instead of simply producing a two-dimensional work of art, this creative technique allows you to first

design your collage flat, and then fold it into a three-dimensional sculpture with delightful, and often unexpected, results.



*Facilitated by Pam Arnold, collage enthusiast who loves teaching others the art and craft of collage.*

**\$5**

**Open Mic Poetry and Music**

**Friday October 2 7-8:30 pm**

Celebrate the arts in Baton Rouge with 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 to reserve your 5-minute spot, or join our audience and enjoy good music, good poetry and good company.

**\$5**

**Exploration of Self: Acrylic Painting**

**Saturday October 3 11 am-2 pm**

Come face-to-face with your true self! Create a self-portrait in the style of Picasso using acrylic paints. Delve into your positive and negative selves as you look within for inspiration. Learn more about Picasso, color theory and yourself. Beginners welcome! Supplies included. (Bring a brown bag lunch.)

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

**\$25**

**Food for the Soul: Open House Party**

**Sunday October 4 4:30-6 pm**

Discover an oasis for relaxation and transformation. Feed your spirit, nourish your creativity and drink from our deep well of inspirational programs. Our open house features a buffet of experiences: program samplings, imaginative activities and delicious delicacies. Experience our inclusive, supportive community. Learn about our wide array of offerings and meet some of our facilitators.

**No Fee**

**Life Loves You: Book Study with Carolee Laffoon**

**Wednesday Oct. 7-Nov. 11 6:30-8:30 pm**

*Life Loves You*, Louise Hay's most recent book, co-authored by Robert Holden, Ph.D., reveals the vast love available to you. The authors present a practical philosophy for creating a life you love based on seven spiritual practices. We will be guided through these practices with meditations, exercises and discussion. Develop a positive outlook, let go of the past and receive all the universe offers. Enjoy life-affirming study with a supportive circle of seekers.

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

**\$60**

**Spiritual Retreat**

**Introduction to NIRA: Meet Dr. Sitesh Roy**

**Friday October 9 7-8:30 pm**

Hear the inspiring story of why Dr. Roy became a part of NIRA spirituality group, a non-profit wisdom school for healing and self-transformation based in Mumbai, India. NIRA believes that by transforming and balancing individual consciousness, we transform collective human consciousness, creating a world of peace.

**\$5**

**Meditation, Healing and Transformation**

**Saturday October 10 8 am-5 pm**

**Sunday October 11 8 am-5 pm**

Experience an intensive 2-day retreat focusing on the art of self-healing and body purification to alleviate stress and release negative emotions. This master-led process emphasizes the deep understanding of the true self. You will be guided through a process of personal clearing and transformation. The goal is the centering of energies to connect with higher realms of consciousness to bring about peace and the healing of physical, emotional and mental blocks. Practices include guided sessions of stress management, silence, relaxation techniques, emotional healing processes and sacred meals. Stress and tension melt away as this NIRA trained team helps you develop new living skills to restore balance. This evolutionary work is based on the foundational wisdom of ancient enlightened Masters and over 30 years of teaching.

*Facilitated by Dr. Sitesh Roy, a diplomate of the American Board of Allergy & Immunology as well as a holistic healer, a Reiki grandmaster, and a nutrition and lifestyle coach; his wife, Hemangi; and Dr. Mridula Nair, 4th generation Ayurvedic healer, life coach, NIRA.*

**Energized vegetarian lunch included  
Early bird before Oct. 1 - \$150/ \$175**

**Lunations—New Moon Ritual (details p. 3)**

**Sunday October 11 6-7:30 pm**

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

**Inner Harmony through Sound and Yoga**

**Saturday October 17 10 am-12 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. This unique class will immerse you in sound and movement, clearing the mind, opening the heart and allowing the body to release deeply.

*Facilitated by Daniel Leonard, yoga practitioner and specialist in meditation and the sound arts, and Tina Ufford, yoga instructor and massage therapist.*

**\$30**

**Field Trip: NUNU Art Collective****Sunday October 18 12-5 pm**

Get ready for real Louisiana fun. Join us for a trip to NUNU Arts and Culture Collective in Arnaudville, a multipurpose art and culture space that provides a showcase for local artists and a gathering place open to new ideas and to the preservation of Cajun culture. We will arrive for tea, teacakes and sandwiches, learn about the mission of NUNU, create a beautiful gourd pendant with artist Karen Willingham and have time for a little shopping, too. Bring percussion instruments for the monthly drumming circle and join in the creation of sound through improvisation. Carpooling encouraged.

**Includes all food and activities \$30****Parabola Discussion (details p.4)****Monday October 19 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.

**Volunteer—Baton Rouge Food Bank (details p. 3)****Tuesday October 20 10 am-12 pm**

Help sort and box food for distribution throughout the community.

**Book Study: *Rising Strong* by Brené Brown****Tuesday Oct. 20- Nov. 10 6:30-8 pm**

Brené Brown's new book will guide us into a profound conversation: If we choose to be vulnerable and dare to live fully, we are, inevitably, going to stumble and fall. It is the rise from falling that we will consider. The process of regaining our footing after a fall is where we are tested and our values are forged. Brown surmises that it is on our ascent that we can cultivate wholeheartedness and become self-aware. Together we will explore our struggles and cultivate a new practice that can enrich our lives.

*Facilitated by Debbie Morrill, whose life-long journey in pursuit of the truth has led her to the feet of many teachers, some well-known and some not so, all incredibly enriching.*

**\$40****Pranic Healing Clinic (details pg. 3)****Wednesday October 21 6:30-8:30 pm**

Participate in individual healing sessions that utilize *prana*, life force energy, for balance and healing.

**The Art of Klimt****Saturday October 24 10 am-1 pm**

Gustav Klimt's painting *Death and Life*, features not a personal death but an allegorical Grim Reaper who gazes at "life" with a malicious grin. This "life" is comprised of all generations: from the baby to the grandmother, the never-ending circle of life. In this artshop, we will focus on the losses or deaths we experience in life (family, relationships, jobs, pets),

first journaling and then processing these losses by creating a mosaic style acrylic painting, inspired by Klimt's painting. Using the creative process as a way to heal is a productive way of coping and gaining closure. Beginner artists welcome. Space is limited.

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

**\$45****Huna Wisdom: Healing of the Ancient Kahunas****Sundays Oct. 25 & Nov. 1 1-5 pm**

Come along on a journey. Learn the philosophy of healing embedded in the lore of the ancient Kahunas, shamans who performed miraculous healings. Learn the seven principles behind those healings, which can be integrated into your daily life for added empowerment and joy. Do you feel free, loving and at peace? Are you fulfilling your soul's commitment to a vibrant, spirit-filled life? If you answered "no" to either of these questions, try adding Huna wisdom to your collection of keys for mastering your life.

*Facilitated by Dianne Martin, certified teacher for Aloha International, who studied in Kauai with author and anthropologist Dr. Serge Kahili King.*

**Each \$30 / Both \$50**

# November

**Weekly Programs:**

Sunday Sacred Circle	Sun	5-6 pm	pg 11
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Compassion in Action	Wed	10:30a-12p	pg 11
Meditation	Wed	5-6 pm	pg 11
Dream Discovery	Thurs	10:30a-12p	pg 3
Spiritual Journey	Thurs	6-7 pm	pg 11

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**Celebration of Rumi: Soul Food****Mondays November 2-23 6:30-8 pm**

The poetry of Rumi, a 13<sup>th</sup> century Sufi, allows us to feel the grandeur of the Divine, giving us essential nutrients for our spiritual journey. Rumi's poetry awakens in us the sacred recognition that we can embrace what the universe truly is—an unendingly magnificent epiphany. This awareness unlocks our own sacred energy and empowers us to put love into action to protect our world. With the help of Andrew Harvey's book *The Way of Passion: A Celebration of Rumi*, explore the beauty and relevance of Rumi's work as an inspiration for walking meaningfully in the world today.

*Facilitated by Joan McCaskill, spiritual director, MA.*

**\$40**



## Spiritual Retreat

### Archetypes: Doorways to Transformation Connecting the Body and Soul through the Language of Archetypes

Friday November 6 7-9 pm  
Saturday November 7 10 am-5 pm

Are self-defeating patterns getting in the way of the life you desire? Identify your archetypes and explore their patterns as a tool for self-discovery and personal empowerment. Begin living a more integrated life, feeling more stable and congruent, expanding your intuitive awareness. Discover how to communicate from the voice of your soul and begin to realize the lessons your soul came here to learn. Meg will guide us through this process of transformation to an understanding of how our body, our choices, and our beliefs impact our access to our own inner wisdom.

*Facilitated by Meg Michaelson, founder of Soulspeak Integrative Healing, graduate of Caroline Myss' Educational Institute. Meg leads workshops across the country and has worked in the field for over 17 years.*

**\$80**

Meg will be available for individual sessions on Sunday from 10-3 pm. (\$125/ 50 minutes) Call for appointments: 651-283-3622.

### Lunations—New Moon Ritual (details p. 3)

Tuesday November 10 6-7:30 pm

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

### Compassion in Action Circle (details p. 11)

#### Lunch and Learn Documentary: *A Path Appears*

Wednesdays Nov. 11-18, Dec. 2 10:30 am-1 pm

Bring a brown bag lunch and join us to discover how we all can make a difference in the world. Learn what works and what doesn't work when trying to create meaningful and lasting social change. Viewing of each 90 minute segment will be followed by discussion.

Nov. 11: Sex Trafficking in the USA

Nov. 18: Breaking the Cycle of Poverty

Dec. 2: Violence & Solutions

**Suggested monthly donation \$20**

### Alice Walker: Words That Shake Up the Soul

Thursdays November 12 & 19 6:30-8 pm

Race, *womanism*, patriarchy and reconciliation are powerful elements within Alice Walker's life and literature. We will discuss her fiction and essays as entry points to a conversation about these timely topics, presently crying out for our attention. While *The Color Purple* is her most acclaimed work, her life work has included speaking out for the women's movement, the anti-apartheid movement, the anti-nuclear movement and the anti-genital mutilation movement. Come to learn more about this national treasure, who gives voice to those who often go unheard.

*Facilitated by Cynthia Bryant, Ph.D., Associate Professor of English, Southern University—Baton Rouge*

**\$10**

### Volunteer—Baton Rouge Food Bank (details p. 3)

Tuesday November 17 10 am-12 pm

Help sort and box food for distribution throughout the community.

### Parabola Discussion (details p. 4)

Tuesday November 17 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.

### Pranic Healing Clinic (details pg. 3)

Wednesday November 18 6:30-8:30 pm

Participate in individual healing sessions that utilize *prana*, life force energy, for balance and healing.

### The Gift of Awareness & Awakening

Saturday November 21 10 am-1 pm

Have you wondered about what it means to awaken? Do you question what it means to be present to what is and to live in the now? Join us for a discussion of these enriching ideas and how to bring them into your life. Together, we will set an intention for deeper awakening, bringing greater awareness into our lives. Our session will conclude with a special meditation and energy practice to help facilitate that process.

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

**\$15**

### Inspire Self-Healing: Nia

Saturday November 21 2-3:30 pm

*Be kind to your sleeping heart. Take it out into the vast fields of Light and let it breathe. — Hafiz*

Nia! Can activity this fun be good for you too? Using an eclectic mix of music, experience a playful form of effective exercise called Nia Technique! Care for the cardiovascular system—a key to a healthy body. Dance, sensing the quality of our lungs as pillows, dancing the awakening of our sleepy heart, feeling the heart massaged with each breath, experiencing the whole body massage of our movement. All abilities welcome.

*Facilitated by Julie Wylie, Nia Training Faculty-White Belt Trainer; 1st degree Black Belt.*

**\$15**

## December

### Ongoing programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
Course in Miracles	Mon	7-8:30 pm	pg 11
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### Meet the Author: Ann Trousdale

Tuesday December 1 6:30-8 pm

Join author Ann Trousdale to hear the inside story of her new book, *Cotton Patch Rebel: The Story of Clarence Jordan*. Ann will share how her own life journey crossed paths with this man's story. Learn how the story became a passion that had to manifest as a book. Ann will share the process of choosing how to tell the story, what audience she would address and what illustrations would help bring it to life. The perfect holiday gift!

\$5

### Holiday Luncheon

Friday December 4 12-1:30 pm

Looking for the perfect way to nourish your holiday spirit? Join us for a festive luncheon with friends from The Red Shoes community. Our catered lunch will be buffet style and you can be assured of conversations and connections that will be gifts you truly enjoy. Let us know if you would like to bring a gift: a favorite holiday dessert for the group. Take time for a gathering that will warm your heart and brighten your holiday season.

**Reservations by Dec. 1, please!**

\$10

### Lunations—New Moon Ritual (details p. 3)

Thursday December 10 6-7:30 pm

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

### Volunteer: Winter Wonderland Party at Sweet Dreams Shelter

Thursday December 10 6:45-8:30 pm

Location: 1623 Convention Street

Volunteer to participate and help plan a winter wonderland party 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! (Women only)

No Fee

### Volunteer - Food Bank (details p. 3)

Tuesday December 15 10 am-12 pm

Help sort and box food for distribution throughout the community.

### Pranic Healing Clinic (details pg. 3)

Wednesday December 16 6:30-8:30 pm

Participate in individual healing sessions that utilize *prana*, life force energy, for balance and healing.

### Parabola Discussion (details p. 4)

Monday December 21 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.

## 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, RYT 200, Yogasteps and Joshua Wartelle, RYT 200, Yoga Alliance.

**\$8 per class / 7 classes \$48 / monthly unlimited \$75**

### Yoga for Cancer Survivors

Mondays 10:30-11:30 am



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, Valerie Flynn-Wintz, certified restorative yoga teacher.

**\$8 per class / 7 classes \$48**

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

225-338-1170



# The Red Shoes 2015 Fall Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>September</b>		1 Yoga 8a <b>Yellow Brick Academy 5:30p</b>	2 Yoga 8a Compassion 10:30a	3 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	4 Yoga 8a	5
6 Sunday Circle 5p	7 <b>Closed for Labor Day</b>	8 Yoga 8a Yellow Brick Academy 5:30p	9 Yoga 8a Compassion 10:30a Meditation 5p	10 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p <b>Rhythms of Change 7p</b>	11 Yoga 8a <b>9/11 Peace &amp; Unity 7p</b>	12 <b>Energy Balancing &amp; Healing 10a-12p</b> Lunations 6p
13 Sunday Circle 5p	14 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	15 Yoga 8a <b>Food Bank 10a</b> Yellow Brick Academy 5:30p	16 Yoga 8a Compassion 10:30a Meditation 5p <b>Pranic Healing 6:30p</b>	17 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	18 Yoga 8a <b>Gong Bath 7p</b>	19
20 <b>Writing Your Story 2-5p</b> Sunday Circle 5p	21 Yoga 8a / 5:30p CS Yoga 10:30a <b>Parabola 6p</b> ACIM 7p	22 Yoga 8a Yellow Brick Academy 5:30p	23 Yoga 8a Compassion 10:30a	24 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p Rhythms of Change 7p	25 Yoga 8a <b>Body Love Writing 6:30p</b>	26 <b>Sacred in the Ordinary Retreat 10a-5p</b>
27 <b>Sacred in the Ordinary 10a-3p</b> Yoga Nidra 2-4p Sunday Circle 5p	28 Yoga 8a CS Yoga 10:30a <b>Yes to Yoga 5:30-7p</b> ACIM 7p	29 Yoga 8a <b>Bee-Friend iPhone 6:30p</b>	30 Yoga 8a Compassion 10:30a <b>Gift of Inner Peace 5p</b>			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>OCTOBER</b>				1 Yoga 8a / 5:30p <b>Dreams, Images, Spirit 10:30a</b> Sp. Journey 6p <b>Rhythms of Change 7p</b>	2 Yoga 8a <b>Collage CUBE 10:30a</b> <b>Open Mic 7p</b>	3 <b>Exploration of Self: Acrylic Painting 11a-2p</b>
4 <b>Open House Party 4:30-6p</b>	5 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	6 Yoga 8a	7 Yoga 8a Compassion 10:30a Meditation 5p <b>Life Loves You 6:30p</b>	8 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p Rhythms of Change 7p	9 Yoga 8a <b>NIRA 7-8:30pm</b>	10 <b>NIRA Retreat, Meditation, Healing &amp; Transformation 8a-5p</b>
11 <b>NIRA Retreat 8a-5p</b> Sunday Circle 5p <b>Lunations 6p</b>	12 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	13 Yoga 8a	14 Yoga 8a Compassion 10:30a Meditation 5p Life Loves U 6:30p	15 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p Rhythms 7p	16 Yoga 8a	17 <b>Inner Harmony: Sound &amp; Yoga 10a-12p</b>
18 <b>Field Trip: NUNU Arnaudville 12-5p</b> Sunday Circle 5p	19 Yoga 8a / 5:30p CS Yoga 10:30a <b>Parabola 6p</b> ACIM 7p	20 Yoga 8a <b>Food Bank 10a</b> <b>Book Study: Brené Brown 6:30p</b>	21 Yoga 8a Compassion 10:30a Meditation 5p <b>Pranic Healing 6:30p</b> Life Loves U 6:30p	22 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p Rhythms of Change 7p	23 Yoga 8a	24 <b>Art of Klimt 10a-1p</b>
25 <b>Huna Wisdom 1-5p</b> Sunday Circle 5p	26 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	27 Yoga 8a Book Study: Brené Brown 6:30p	28 Yoga 8a Compassion 10:30a Meditation 5p Life Loves U 6:30p	29 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	30 Yoga 8a	31

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>NOVEMBER</b>						
1 Huna Wisdom 1-5p Sunday Circle 5p	2 Yoga 8a / 5:30p CS Yoga 10:30a Rumi Study 6:30p ACIM 7p	3 Yoga 8a Book Study: Brené Brown 6:30p	4 Yoga 8a Compassion 10:30a Meditation 5p Life Loves You 6:30p	5 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	6 Yoga 8a Doorways to Transformation Retreat 7-9p	7 Doorways to Transformation Retreat 10a-5p
8 Sunday Circle 5p	9 Yoga 8a / 5:30p CS Yoga 10:30a Rumi Study 6:30p ACIM 7p	10 Yoga 8a Lunations 6p Book Study: Brené Brown 6:30p	11 Yoga 8a Compassion 10:30a Meditation 5p Life Loves You 6:30p	12 Yoga 8a / 5:30p Dreams 10:30a Alice Walker Study 6:30p	13 Yoga 8a	14
15 Sunday Circle 5p	16 Yoga 8a / 5:30p CS Yoga 10:30a Rumi Study 6:30p ACIM 7p	17 Yoga 8a Food Bank 10a Parabola 6p	18 Yoga 8a Compassion 10:30a Meditation 5p Pranic Healing 6:30p	19 Yoga 8a / 5:30p Dreams 10:30a Alice Walker Study 6:30p	20 Yoga 8a	21 Awakening 10a-1p Nia 2-3:30p
22 Sunday Circle 5p	23 Yoga 8a / 5:30p CS Yoga 10:30a Rumi Study 6:30p ACIM 7p	24 Yoga 8a	25 Closed for Thanksgiving	26 Closed for Thanksgiving	27 Closed for Thanksgiving	28 Closed for Thanksgiving
29 Closed for Thanksgiving	30 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>DECEMBER</b>						
		1 Yoga 8a Author Talk: Ann Trousdale 6:30p Holiday lunch reservations due	2 Yoga 8a Compassion 10:30a Meditation 5p	3 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	4 Yoga 8a Holiday Lunch 12-1:30p	5
6 Sunday Circle 5p	7 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	8 Yoga 8a	9 Yoga 8a Compassion 10:30a Meditation 5p	10 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p Lunations 6p Shelter Party 6:30p	11 Yoga 8a	12
13 Sunday Circle 5p	14 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	15 Yoga 8a Food Bank 10a	16 Yoga 8a Pranic Healing 6:30p	17 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	18 Yoga 8a	19
20 Sunday Circle 5p	21 Yoga 8a / 5:30p CS Yoga 10:30a Parabola 6p ACIM 7p	22 Yoga 8a	23 Closed for Winter Holidays	24 Closed for Winter Holidays	25 Closed for Winter Holidays	26 Closed for Winter Holidays
27 Closed for Winter Holidays	28 Closed for Winter Holidays	29 Closed for Winter Holidays	30 Closed for Winter Holidays	31 Closed for Winter Holidays		

# Sacred Circles

## 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 the spirit of Sophia.

*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. 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.

*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

Films and books will spark the spirit of compassion during the fall months. Inspiring stories about women, youth, education and courage, as well as stories that highlight the shadow side of our culture will reveal new opportunities for compassionate action.

*Facilitated by Gerry Stark and members of the 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. We listen to the wisdom of inspiring spiritual teachers and then return to silence, a time to empty and reconnect to Source. Some instruction offered as we develop and deepen our practice. All levels of experience welcome.

**NEW** The first Wednesday of each month will be a time for contemplative coloring, a relaxing form of active meditation. Repetitive motions like coloring strengthen your focus and shift your attention back to the present moment. Enjoy calming music as you color.

*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 begin the fall season exploring *When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chödrön. Share in discussions that awaken 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**

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

225-338-1170

info@theredshoes.org | www.theredshoes.org

## Support The Red Shoes

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

Each person who heals a wound, who grows in self acceptance, who is economically empowered, who finds her inner wisdom, brings us one step closer to a world of justice and peace.

You can help provide scholarships, promote healing and understanding and assist the underserved.

Each step depends on your participation.

Mail your tax-deductible donation today:

2303 Government St. Baton Rouge, LA 70806  
or online: [www.theredshoes.org](http://www.theredshoes.org)

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.

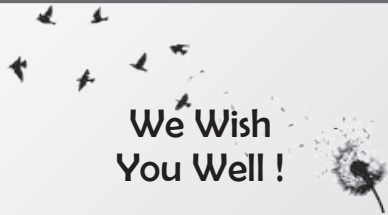
## Consider Rounding Up!

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.



Introducing  
*Project HOPE*

Heal  
Overcome  
Prosper  
Empower



We Wish  
You Well !

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, 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.

### Three Outstanding Retreat Weekends

September Kayleen Asbo, Ph.D., Mythologist, p. 1

October Dr. Sitesh Roy, NIRA, Mumbai, India, p. 5

November Meg Michaelson, Integrative Healer, p. 7

### 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 or grow small businesses, and help them transition to economic success and independence. 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.

**A Red Shoes Gift Certificate: The perfect way to say, "Happy Holidays," or "Thinking of You."**

Meg Michaelson

Dr. Sitesh Roy

Kayleen Asbo

Spiritual Retreats:

2303 Government Street  
Baton Rouge, LA 70806

The Red Shoes  
A CENTER FOR PERSONAL & SPIRITUAL GROWTH



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