

Summer 2016



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
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www.theredshoes.org
info@theredshoes.org
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Scholar in Residence

Creative Discovery:
Summoning the Sacred
A Retreat for Women with
Pasha Hogan
Mind-Body Therapist, Author,
Three-Time Cancer Survivor



*Why are you here?
What do you love? What do you want?*

It takes courage to slow down and enter into the unknown horizons of our hearts and souls. This retreat offers you sacred time and space to connect with the Divine Feminine and unleash the creative spirit of the soul.

Creating Sacred Time and Space: Opening Ceremony
Friday June 10 7-8:30 pm

We gather to welcome each other to the circle, cultivating the field for the rich work and play of the weekend ahead. This evening begins the sacred journey of shedding our layers, planting the seeds of intention and honoring the Divine Feminine that dwells within. You are invited to bring an object to place on our altar that symbolizes what is sacred to you.

Summoning the Sacred
Saturday June 11 10:30 am-4:30 pm
Sunday June 12 10:30 am-2:30 pm

Engage in the spiritual practices of sacred feminism: self-acceptance, self-compassion and self-love. Explore Celtic and Native American stories and practices to learn how we can activate and integrate their ancient wisdom into our modern lives. Come into an intimate relationship with your body, mind and spirit through gentle yoga and meditation practices. By engaging in process-oriented art practices, we will activate creative, healing energy and summon the sacred within.

Pasha Hogan is a yoga instructor & Reiki Master, with training in Humanistic and Integrative Psychotherapy and Art and Empowerment Facilitation. She is a Mind-Body Therapist with Memorial Sloan Kettering, a cancer survivor and author of Third Time Lucky: A Creative Recovery.

Early Bird Paid Registration by May 15 \$135 / After \$165

Special Event for Our Friends Living with Cancer

Getting Intimate with the Unknown
Friday June 10 12-1:30 pm

The Overlook: Mary Bird Perkins - OLOL Cancer Center
Join us for a powerful talk especially for those living with cancer or walking the path with someone who is. Join author and three-time cancer survivor, Pasha Hogan, for a lively discussion as she shares her personal stories and practices for transforming fear into curiosity and adversity into opportunity. Learn inspiring tips for a creative recovery.

Registration Requested - No Fee

Dear Friends,

Step into Summer at The Red Shoes. Leave your comfort zone and enter your discovery zone. Our summer program is filled with opportunities to welcome new experiences and ideas into your life. As you read through the brochure, imagine your life enriched by the gifted facilitators and the varied experiences in art, movement, spiritual growth, wellness and social action. Please join us for our FUNdraiser at Painting and Pinot: wine, painting and good company create a perfect canvas and The Red Shoes benefits from your participation. We are looking forward to an outstanding weekend with Pasha Hogan: *Creative Discovery, Summoning the Sacred*. Sign up early to save. Along with our partner, the C.G. Jung Society of Baton Rouge, we will welcome Charlene Henry for an outstanding seminar, *Dreams, Creativity and the Cajun Culture*. We hope to see you often, entering and enjoying your "discovery zone."

Wendy Herschman, Executive Director



May



Complete yoga schedule on page 8

Calming Anxiety Through Energetic Healing
Sunday May 1 2:30-4:30 pm
Relieve the anxiety that separates you from enjoying the present moment. Become more aware of the energetic system and how you can manage energy flow for real relief. Learn to use yoga, sound and energy-work to help reduce the symptoms of anxiety. A variety of techniques will help you achieve an understanding of your own energetic state of being. Leave with new tools to calm and re-center.

Facilitated by Daniel Leonard, yoga practitioner, also earning a degree in Clinical Mental Health Counseling and Tina Ufford, RYT 200, practicing yoga for 14 years.
\$30

Sunday Sacred Circle: Matters of the Heart
Sundays Beginning May 1 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.

A Course in Miracles (details p. 11)
Mondays Beginning May 2 7-8:30 pm
Welcome the wisdom of *A Course in Miracles*. Meeting weekly, we build a circle of support for this profound and life-changing inner work that focuses on healing relationships and making them holy.

Meditation and Spiritual Awakening (details p. 11)
Wednesdays Beginning May 4 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)
Book Study: *Strength in What Remains: A Journey of Remembrance and Forgiveness* by Tracy Kidder
Wednesdays May 4 - June 22 10:30 am-12 pm
Imagine arriving in New York City with \$200, no contacts and unable to speak English. Kidder relates the inspiring account of Deo, who flees the horrors of civil war and genocide in Burundi and arrives in America without resources. Join us to share a remarkable American journey and learn of the ordinary people who helped Deo not only survive but thrive.

Facilitated by Ingrid Matens, community volunteer and member of the Compassion in Action Circle.

Monthly \$20

Dream Discovery
Thursdays Beginning May 5 10:30 am-12 pm
Discover more about yourself as you learn to work with your dreams. The language of dreams offers valuable insights into understanding your relationships, your choices, your past and your future. Basic elements of **Carl Jung's work are a part of this exploration.** While studying and sharing dreams, we learn ways to interpret and understand them in a meaningful way.

Facilitated by Joan McCaskill, Spiritual Director, MA.
\$40

Spiritual Journey Circle (details p. 11)
Thursdays Beginning May 5 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
Thursday May 5 6-7:30 pm
Join us to tap into the cycle of the moon as a source for re-centering and re-grounding. Our sacred monthly **gatherings, based on Christine Page's Lunations** ceremony, include a water ritual for letting go of those things we no longer need.

Facilitated by Lisa Bovenkamp-Langlois, who enjoys sharing this monthly ritual of transformation.
\$5

Walking with Our Grandmothers
Assisi Institute: Seeing Red Initiative
Tuesday May 10 6:30-8:30 pm
View and discuss an inspiring interview with Muriel McMahon, author, dreamer, Jungian analyst focused on exploring the ancestral imprints and trans-generational complex in the feminine psyche and soul. This film is part of an exploration of the roots of feminine oppression hidden behind manifestations of violence.

Facilitated by Wendy Herschman, executive director, The Red Shoes, regional circle guide for Seeing Red.
Donations welcome

Introduction to Kundalini Yoga
 Thursday May 12 6:30-8 pm
 Feeling disconnected from your breath, your body or your voice? Through a dynamic blend of spiritual and physical practices, Kundalini Yoga reconnects you with Source. Along with guided movements, Kundalini Yoga includes breath techniques, meditation and sound chanting. With simple instruction, humor and a leap of faith, revive your dormant energy. Participate on mats or chairs—for those with physical limitations or fully fit.

Facilitated by Janet Sullivan, a licensed massage therapist practicing Shiatsu healing work for 20 years. \$15

Mid-Year Vision Makeover
 Friday May 13 6:30-7:30 pm
 2016 is going by in a flash! Are you currently where you **expected to be? Let's get together to create a vision board.** Research shows only 8% of people who set **New Year's Resolutions actually succeed. Join us to** recommit or create new goals. Build a powerful vision for the rest of 2016. Receive coaching on how to get through the pitfalls and stay on track. Learn how to be one of the 8%. Materials & refreshments provided.

Facilitated by Monique Moliere Piper, certified coach, entrepreneur and author, helping women get their lives and businesses out of default and into design by living on purpose. \$20

Whitney Plantation Tour— *Family Friendly*
 Sunday May 15 12:30-5 pm
 Location: 5099 LA-18, Wallace, LA 70049
 Join us for a trip to Whitney Planation, a museum dedicated to preserving and sharing authentic narratives of the enslaved population. Connect with the roots of Southern history and traditions through story: the powerful perspective of slaves. We will explore the exhibits during a guided walking tour (1.5 hours) of the grounds. After the tour, enjoy food truck offerings. Remember hats and water for this outdoor experience. \$20

Parabola Discussion
 3rd Mondays Beginning May 16 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 Ann Trousdale, author and deacon in the Methodist church. Donation monthly \$10

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

The Director Within
 Tuesday May 17 6:30-8 pm
 Just as filmmakers write scripts for movies, we unconsciously create internal scripts that shape our **lives. What happens when our scripts aren't working?** You have the power to change your own story. Uncover your hidden scripts and reframe past experiences to step fully into your authentic self and live more **peacefully. Reconnecting with your "director within"** unlocks the ability to lead the life you were meant to live with resilience, confidence and renewed optimism.

Facilitated by Melinda Walsh, marketer with experience **in front of and behind the camera. Melinda's book, Who's Directing Your Life?, will be released this fall.** \$15

Volunteer: Baton Rouge Food Bank
 Wednesday May 18 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. All food donated must be sorted and categorized for distribution. That is where we come in: we will meet at the food bank to sort or bag food. Join our team, call us today to volunteer. (Closed-toe shoes.) No Fee

Pranic Healing Clinic - Monthly
 Wednesday May 18 6:30-8:30 pm
Pranic healing is a powerful "no-touch" healing modality developed by Grand Master Choa Kok Sui using "life force" or prana (chi) to heal emotional and physical ailments. Pranic healing offers specific protocols for each condition. Enjoy receiving a healing session and learn to heal yourself.

Facilitated by students of Master Stephen Co. Suggested donation \$10

Happy Hour Meditation
 Friday May 27 5:30-6:30 pm
 Take time to refuel and refresh on the last Friday of each month. On your way home, stop for a pause that refreshes and will even make you happier. Drink from our well of tranquility through periods of silence, breath work, guided meditation and the sounds of Tibetan bowls. Enjoy a featured drink each month to enhance your health and well-being: teas, smoothies and infused water. Leave with restored energy to enjoy your weekend and your life.

Facilitated by Alix Eerie, trained in Raja yoga, with a YTC in the Satyananda tradition and a Diploma in Advanced Yoga Practices from an ashram in India. Donations Welcome

Check out our FUNdraiser at Painting and Pinot! A night of creativity, benefitting The Red Shoes. Join Us On June 6 (Details p. 4)

Enjoy a Boost of Divine Energy
 Tuesday May 31 6:30-7:30 pm
 Receive the Oneness Blessing, a transfer of Divine energy. The Oneness Blessing awakens creative potential, promotes inner peace and harmony and invokes experiences of unconditional love. Spend an hour connecting with the Divine and accessing your own divinity. Open to all, walking any spiritual path.

Facilitated by James Brinson, a Oneness Blessing Giver and Trainer.

Suggested donation \$5



June



Weekly Programs:

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

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Monthly Programs

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

Lunations: New Moon Ritual (details pg. 2)
 Friday June 3 6-7:30 pm
 Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

From the Isle of Woman: Care for Your Skin
 Saturday June 4 10 am-12:30 pm
 Mythology tells of places inhabited solely by women that kept alive traditions that nourished the healthy feminine, caring for bodies, hearts and souls. Join this **class of our "Isle of Woman" series to learn why caring** for your skin naturally helps with long term wellness in the whole body. In this hands-on class, we'll make herbal hand and body skin cream. Leave with your small jar and a recipe for making this natural cream.

Facilitated by Megan Assaf, BFA, LMT, Women's Health Massage Therapist

\$20

Nevermore: Author Talk with Paths to Healing
 Sunday June 5 2:30-4 pm
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, who was interviewed on the Jesse Lee Peterson national radio show.

\$5

Painting and Pinot: FUNdraiser
 Monday June 6 6:30-8:30 pm
 Location: 7248 Perkins Rd.

Enjoy an evening of artistic recreation...and proceeds are donated to The Red Shoes! The talented artists at Painting and Pinot will offer all the assistance you need to create your very own hand-painted masterpiece. Invite friends and family for a fun and relaxing evening, and enjoy this unique painting experience. Delicious party fare and art supplies are provided, along with step-by-step instructions for recreating the featured artwork. Support The Red Shoes and support your **creative spark! You'll love your "signed original."**

Pre-registration Please \$35

How To Get More from Your Day
 Tuesday June 7 6:30-8 pm
 We all begin with the same 24 hours. Some people just seem to accomplish more of what they want. Managing time effectively is essential to success in life and at work. Do you sometimes feel unproductive and inefficient? Do you want to spend more time doing things you enjoy? Join us to learn strategies that allow you to manage your time and minimize distractions. Discover simple techniques that can be used to plan and prioritize your 24 hours.

Facilitated by Monique Moliere Piper, certified coach, entrepreneur and author. (details p. 3)

\$10

Creative Discovery:
 Summoning The Sacred
 A Retreat for Women with Pasha Hogan
 June 10-12
 (details p. 1)

Rumi and Ramadan
 Tuesday June 14 7-8:30 pm
 Explore the traditions and meaning of Ramadan, the Islamic holy month of fasting, introspection and prayer. Muslim practitioners practice self-restraint and deepen their empathy for those less fortunate by fasting from daybreak to sunset. To enrich our understanding of this tradition, we will reflect on the writings of Rumi, a 13th century mystic, allowing poetry to shed light on the religion and traditions. We will also hear personal memories of Ramadan customs. At sunset, we will enjoy the ritual of Iftar, breaking fast with traditional foods.

Facilitated by Joan McCaskill, Spiritual Director, MA; Omaya Jazairli, practicing Muslim and a representative from Atlas Foundation.

\$5

Summer Solstice Gong Bath
 Friday June 17 7-9 pm
 Relax and rejuvenate to welcome the summer solstice! Join us for a concert and gong bath dedicated to relieving stress, gaining peace of mind and harmonizing the body with an immersion of sound. No water is involved in a gong bath; participants sit or recline and allow the sounds to "wash over" them. The concert will involve a variety of instruments and "singing" bowls. Some mats and blankets available or bring your own to help you rest comfortably.

Facilitated by Daniel Leonard, a practitioner of sound arts, yoga practitioner & meditation leader; and Olivia Sophia, music educator, musician, sound arts promoter.
 \$20

Yoga: Embodying the Feminine
 Saturday June 18 10:30 am-12 pm
 Yoga is well known for its power to create a healthy body, but we will explore the emotional and spiritual benefits. *The Secret Power of Yoga*, by Nischala Joy **Devi, interprets Patanjali's Yoga Sutras, from a heart-centered, intuitive and feminine perspective, resulting in the first translation intended for women.** Beautifully translated passages from this book will inform our journey which will be spiritual and personal, including meditation and journaling. Perfect for all levels.

Facilitated by Tina Ufford, RYT 200, who has been practicing yoga for 14 years.
 \$15

Field Trip: Blueberry Picking *Family Friendly*
 Saturday June 18 4:30 pm
The Red Shoes on the Road! We'll carpool and caravan to the beautiful Blueberry Ridge Orchard in Jackson, LA to pick our own blueberries and eat as we pick! We will go in the evening to avoid the heat of the day and enjoy sunset amongst the blueberry bushes. Not only will you come home with pounds of healthy and nutritious berries, but you will feel refreshed and inspired by a sunset in the country. Please arrive by 4:30 pm, so we can leave at 4:45 pm for this 45-minute ride.

Film Screening: *Will You Still Love Me?*
 Tuesday June 21 6:30-8 pm
 Gain a new perspective from a heart-opening film produced by Dr. Joyce Keller, local human rights **NEW** activist. The film addresses the issues of stigma and church and cultural bias regarding people who are gay, transgender and HIV positive. This film will bring laughter, tears, healing, education, awareness and a conversation that will change your thinking!

Facilitated by Dr. Joyce Keller, who lives with HIV as a result of sexual assault. She founded Aspirations, a non-profit serving people of all races, gender preference & creeds, infected with or affected by HIV/AIDS virus.
 \$5

Inspirational Pre-Owned Book Sale
 Thursday June 23 10 am-5:30 pm
 Friday June 24 10 am-7 pm
 Saturday June 25 10 am-3 pm / 6-9 pm
 We just have too many outstanding books to keep them all for ourselves. Join us for a three-day used book sale. **The proceeds benefit The Red Shoes' scholarship fund.**
 Paperbacks \$2/Hardbacks \$3

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

Volunteer - Summer Luau Party at Bishop Ott **Sweet Dreams Women and Children's Shelter**
 Thursday June 23 6:45-8:30 pm
 Location: 1623 Convention Street
 Volunteer to participate and help plan a summer luau for women and children, complete with games, crafts and treats. But rather than giving, you will receive the greatest gift: the smiles of those you meet during this heart-warming evening. Register today and we will coordinate this special evening via email!
 No Fee

Happy Hour Meditation (details p.3)
 Friday June 24 5:30-6:30 pm
 Enjoy the pause that refreshes-an hour of meditation experiences: silence, singing bowls and guided imagery.

Healing with Essential Oils & Aromatherapy
 Saturday June 25 2 sessions
 (1 hour between classes for lunch break)
 Detox & Cleanse Your Body 10:30 am-12 pm
 Discover how cleansing toxins from your body can improve your health and well-being. Explore basic techniques to eliminate toxins and cleanse your body naturally. Enhance your own intuitive communication with your body to optimize health and vitality.

Bring Balance to the Chakra System 1-2:30 pm
 For thousands of years, anointing with essential oils has **been used to balance the body's energy and to enhance** connection with the Divine. Join us to learn how to integrate essential oils into your spiritual practice of prayer and meditation. Essential oils cleanse and sharpen the mind, balance your chakras and open the heart. Bring your own pendulum, pendant or other dangling item to use as a pendulum.

Facilitated by Janice Ladnier, a Licensed Professional Clinical Counselor (LPCC), who travels the country leading workshops on the use of essential oils for health and wellness.
 \$20 each/ Both \$35

Full and partial scholarships are always available.
Please do not let the cost of a program deter you from attending.

A Collage of Women’s Voices

Saturday June 25 7-9 pm
 Enjoy a variety of literary pieces focusing on transitions in women’s lives, written by members of LA VOW Theatre Company’s Women’s Writing Group. LA VOW is dedicated to nurturing female artists and to the encouragement, support and production of innovative works that explore the unique female experience.

\$10

Yoga Nidra Series: Centering Meditation
 Sunday June 26 2:30-4:30 pm
 Center and balance the mind and body through relaxation exercises, breathing techniques and subtle energy exercises. Yoga nidra is the art of healing through surrender, releasing so deeply that healing occurs without struggle. Yoga nidra is a reclined, guided meditation. No yoga postures; no experience is needed. Bring a blanket/pillow/mat. Dress comfortably.

Facilitated by Delisha “Dee Dee” Poullard, certified yoga instructor, meditation facilitator and energy healer.

\$20

Compassion in Action Circle (details p. 11)
 Summer Speaker Series
 Wednesdays June 29 - Aug 31 10:30 am-12 pm
 Various local speakers and TED speakers will share information on local programs and global initiatives in **the areas of mentorship, citizen’s rights, life after incarceration, serving the mentally ill, America’s justice system and more.** (Detailed calendar online.)

consciousness that result in pain, illness, depression and anxiety. Understanding how consciousness pauses under stress offers access to healing resources. Brent shares insights gleaned from the successful emotional reframing of over 150,000 trauma memories. (Private sessions available. Call 225-247-8202)

Facilitated by Brent Baum, trauma specialist who developed “Holographic Memory Resolution®.”

\$10

The Legend of the Holy Grail
 Mondays July 11–August 1 10:30 am-12 pm
 The Grail legend, brought to life in the popular Indiana Jones films and the stories of King Arthur, is a myth that has had a powerful impact on our culture and thinking. The Grail evolved from an ancient Celtic symbol of plenty into the chalice that held the blood of the crucified Christ, a symbol of the Divine. The quest is man’s search for meaning, the spiritual journey. We will follow the development of archetypal images: the fool, the maiden and the wise man as they evolve through the legends. These images will lead us to how the legend may continue to unfold into the future.

Facilitated by Joan McCaskill, Spiritual Director, MA.

\$40

Eat Your Veggies
 Tuesday July 12 6:30-8 pm
 Eat your veggies! Stop eating that junk! Your mother was right. Learn how a whole food plant based (WFPB) diet prevents and even reverses the most serious diseases that we face today. Take home five simple steps to start enjoying plant based foods at home. We will enjoy a delicious WFPB dish together. Lots of practical tips and encouragement!

Facilitated by Paula Elliott, certified anesthesiologist with a passion for improving health through whole food, plant based cooking.

\$10

Chi Gong
 Monday July 18 6:30-8 pm
 Experience energy work; we are our own healers. You will learn how to access your own energy (chi) and grow your energy for personal healing. We will learn basic breath, the Bear and the Crane exercises. In addition we will touch on the fundamentals of Chinese Medicine. This class is suitable for athletes, injured, disabled, wheelchair-bound, teens and interested kids over the age of 10 (accompanied by their parents).

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

\$10

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July

Weekly Programs:

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3rd Wednesdays	Pranic Clinic	6:30-8:30p	pg 3

Seven Breakthroughs that Accelerate Healing and Boost Immunity with Brent Baum
 Wednesday July 6 6:30-8:30 pm
 Discover strategies for communicating more effectively with the “bodymind” to improve health and healing. Learn to target and release blockages in the flow of

Zen Garden and Tea-Therese Knowles
 Saturdays July 23 & 30 10:30 am-12 pm
 While creating a place for a garden and glazing tea cups
...take time to ponder your purpose in this world.

Gardening gives a space to think and tea provides the warmth and comfort of sensing your inner knowing.
 Week One: We will create small concrete gardens from recycled containers. Bring small found objects to embellish your garden, remember small is better. Some bits and pieces will be provided. We will use an underglaze to paint tea cups. What would like your cup **to say to you... abstract colors, images or special words.** Cups will be fired during the week.

Week Two: If you would like, bring small plants to **exchange for your garden...or not and that is ok too.** We will plant our small garden and using your new tea cup, we will share tea, biscuits and stories of purpose.

Facilitated by Therese Knowles, local artist and teacher who intertwines her art and philosophy.

\$30

Moved To Create: Intuitive Painting
 Sunday July 24 2:30-4:30 pm
 Experience authentic creative expression: you will be invited to breathe deeply, become present and connect with your inner muse. It is from this connection that creativity will flow, without judgement or attachment to the outcome. Intuitive painting allows you to get out of your head and paint from your heart. The facilitator will encourage and support you through your process without influencing your work or imposing design or technique. All paints and materials provided. Have fun!

Facilitated by Antoinette Johnson, visual and intuitive artist, owner of Source Connect Studio and Gallery. She believes that we are all artists and when we focus on our creative energy, it calms and centers us.

\$30

The Gnostic Gospels
 Wednesdays July 27-August 17 6:30-8:30 pm
 Take a step back into the world of the gnostics. Delve into the tumultuous, discordant yet fascinating beginnings of the Christian Church. Explore the powerful interplay of politics and passions that shaped the early church. Who were the gnostics? What did they believe? What happened to them and why are they important? Studying ancient gnostic texts found in **Egypt, we'll find out!**

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

\$45

Did you know you can make donations and register for any of our classes online? www.theredshoes.org

Happy Hour Meditation (details p.3)
 Friday July 29 5:30 pm
 Enjoy the pause that refreshes-an hour of meditation experiences: silence, singing bowls and guided imagery.



August



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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Lunations: New Moon Ritual (details p. 3)
 Monday August 1 6-7:30 pm
 Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

Book Study: *True Refuge* by Tara Brach
 Tuesdays August 2-23 6:30-8 pm
 In *True Refuge*, **Tara Brach's teachings blend Western psychology and Eastern spiritual practices to provide a mindful guide to accessing the limitless source of peace within, or in Brach's own words, the ability to "love life no matter what." Beneath the turbulence of thoughts and emotions exists a profound stillness, an awareness capable of limitless love that Brach calls "our true refuge."** Discover your inner sanctuary. Embark on this path of self-discovery through a book study with a circle of like-minded readers.

Facilitated by Debbie Morrill, whose life-long journey in pursuit of the truth has led her to the feet of many teachers, all incredibly enriching.

\$40

The Gnostic Gospels—continued (details July 27)
 Wednesdays August 3-17 6:30-8:30 pm

Open Mic Music and Poetry
 Friday August 5 7-9 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 August 7 2:30-3:30 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? Learn more about new recycling processes in Baton Rouge and 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

Yoga Nidra Immersion: Explore Your Inner World
 Saturday August 13 10 am-3 pm
 Discover and experience the innate peace within. In this full-day immersion we will create a sacred, quiet space for growth, relaxation, and connection to spirit. Explore different meditation techniques to create mental balance. This workshop will consist of philosophical explanation and experiential learning through visualization, breathing meditation, Yoga Nidra meditation and connecting to subtle energy. Bring a pillow or mat and dress comfortably. Please bring a light bag lunch for a mindful eating exercise.

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

\$45

*Presented in Partnership with
 The C.G. Jung Society of Baton Rouge*

Dreams, Creativity and The Cajun Psyche
 Saturday August 20 10 am-1 pm
 The term *Cajun* is usually associated with food, music, and good times. The popularity and commercialization of the *Cajun* brand stops short, however, of understanding the soul or psyche of this ethnic people. The culture of the Cajuns, deeply rooted in their history, environment and religion, has been the perfect container for a living creative spirit.

Using the framework of Carl Jung's analytical psychology, the world of dreams and the collective unconscious and motifs from Longfellow's poem *Evangeline*, we will explore how the heart and soul of the living Cajun culture is a reflection of the original source of its being and its history.

Facilitated by Charlene Henry, MSW, LCSW, founder of the C.G. Jung Society in Lafayette, Diploma Candidate in Analytical Psychology at the Center for Research and Study of Analytical Psychology in Zurich, Switzerland.

\$40
CEUs 3.0 for LPCs and MSWs \$10

Happy Hour Meditation (details p.3)
 Friday August 26 5:30 pm
 Enjoy the pause that refreshes- an hour of meditation experiences: silence, singing bowls and guided imagery.

Yoga Nidra Series: The Chakras (details p. 6)
 Sunday August 28 2:30-4:30 pm
 Explore your energy centers through deep meditation. Heal your chakras through mind/body relaxation exercises and breathing techniques.



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 breath and movement into balance, become grounded and focused for the day. 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.

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

\$8 per class / 7 classes \$48

Ask About Our New Youth Programs.
 Help us touch the lives of a new generation.

The Red Shoes 2016 Summer Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MAY						
1 Calming Anxiety 2:30p Sacred Circle 5p	2 Yoga 8a / 5:30p CS Yoga 10:30a A Course in Miracles 7p	3 Yoga 8a	4 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	5 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p Lunations 6p	6 Yoga 8a	7
8 Sacred Circle 5p	9 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	10 Yoga 8a Grandmother Film/ Discussion 6:30p	11 Yoga 8a Compassion 10:30a Meditation 5p	12 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p Kundalini 6:30p	13 Yoga 8a Vision Board Makeover 6:30p	14
15 Whitney Plantation 12:30p Sacred Circle 5p	16 Yoga 8a / 5:30p CS Yoga 10:30a Parabola 6p ACIM 7p	17 Yoga 8a Director Within 6:30p	18 Yoga 8a Food Bank 10a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p	19 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	20 Yoga 8a	21
22 Sacred Circle 5p	23 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	24 Yoga 8a	25 Yoga 8a Compassion 10:30a Meditation 5p	26 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	27 Yoga 8a Happy Hour Meditation 5:30p	28
29 Sacred Circle 5p	30 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	31 Yoga 8a Divine Energy 6:30p				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
JUNE						
			1 Yoga 8a Compassion 10:30a Coloring Meditation 5p	2 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	3 Yoga 8a Lunations 6p	4 Care for Your Skin 10a
5 Nevermore Trauma Talk 2:30p Sacred Circle 5p	6 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p FUNdraiser Painting 6:30p	7 Yoga 8a How to Get More From Your Day 6:30p	8 Yoga 8a Compassion 10:30a Meditation 5p	9 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	10 Yoga 8a Summoning the Sacred 12p & 7p	11 Summoning the Sacred 10:30a
12 Summoning the Sacred 10:30a Sacred Circle 5p	13 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	14 Yoga 8a Rumi and Ramadan 7p	15 Yoga 8a Food Bank 10a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p	16 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	17 Yoga 8a Solstice Gong Bath 7p	18 Yoga: Embodying the Feminine 10:30a Blueberry Picking 4:30p
19 Sacred Circle 5p	20 Yoga 8a / 5:30p CS Yoga 10:30a Parabola 6p ACIM 7p	21 Yoga 8a Film: Will You Still Love Me? 6:30p	22 Yoga 8a Compassion 10:30a Meditation 5p	23 Yoga 8a / 5:30p Book Sale 10a-5:30p Dreams 10:30a Bishop Ott Luau 6:45p	24 Yoga 8a Book Sale 10a-7p Happy Hour Meditation 5:30	25 Book Sale 10a-3p, 6-9p Essential Oils 10:30a & 1:00p Women's Voices 7p
26 Sacred Circle 5p Yoga Nidra: Centering 2:30p	27 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	28 Yoga 8a	29 Yoga 8a Compassion 10:30a Meditation 5p	30 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JULY					1 Yoga 8a	2
3 Sacred Circle 5p	4 Closed for 4th of July Holiday	5 Yoga 8a	6 Yoga 8a Compassion 10:30a Coloring Meditation 5p Brent Baum 6:30p	7 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	8 Yoga 8a	9
10 Sacred Circle 5p	11 Yoga 8a / 5:30p CS Yoga 10:30a Grail Legend 10:30a ACIM 7p	12 Yoga 8a Eat Your Veggies 6:30p	13 Yoga 8a Compassion 10:30a NO Meditation 5p	14 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	15 Yoga 8a	16
17 Sacred Circle 5p	18 Yoga 8a / 5:30p CS Yoga 10:30a Grail Legend 10:30a Parabola 6:30p Chi Gong 6:30p ACIM 7p	19 Yoga 8a	20 Yoga 8a Food Bank 10a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p	21 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	22 Yoga 8a	23 Therese Knowles Zen Garden & Tea 10:30a
24 Intuitive Painting 2:30p Sacred Circle 5p	25 Yoga 8a / 5:30p CS Yoga 10:30a Grail Legend 10:30a ACIM 7p	26 Yoga 8a	27 Yoga 8a Compassion 10:30a Meditation 5p Gnostic Gospels 6:30p	28 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	29 Yoga 8a Happy Hour Meditation 5:30	30 Therese Knowles Zen Garden & Tea 10:30a
31 Sacred Circle 5p						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
AUGUST	1 Yoga 8a / 5:30p CS Yoga 10:30a Grail Legend 10:30a Lunations 6p ACIM 7p	2 Yoga 8a True Refuge 6:30p	3 Yoga 8a Compassion 10:30a Coloring Meditation 5p Gnostic Gospels 6:30p	4 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	5 Yoga 8a Open Mic 7p	6
7 Recycling 2:30p Sacred Circle 5p	8 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	9 Yoga 8a True Refuge 6:30p	10 Yoga 8a Compassion 10:30a Meditation 5p Gnostic Gospels 6:30p	11 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	12 Yoga 8a	13 Yoga Nidra Immersion 10a-3p
14 Sacred Circle 5p	15 Yoga 8a / 5:30p CS Yoga 10:30a Parabola 6:30p ACIM 7p	16 Yoga 8a True Refuge 6:30p	17 Yoga 8a Food Bank 10a Compassion 10:30a Meditation 5p G. Gospels 6:30p Pranic Clinic 6:30p	18 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	19 Yoga 8a	20 Dreams, Creativity & the Cajun Psyche 10a
21 Sacred Circle 5p	22 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	23 Yoga 8a True Refuge 6:30p	24 Yoga 8a Compassion 10:30a Meditation 5p	25 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	26 Yoga 8a Happy Hour Meditation 5:30	27
28 Yoga Nidra: Chakras 2:30p Sacred Circle 5p	29 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	30 Yoga 8a	31 Yoga 8a Compassion 10:30a Meditation 5p			

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 summer, a thought-provoking book and a variety of speakers will spark the spirit of compassion within this circle. Join us to expand your awareness on issues that are at the forefront of our society today. Learn more about the problems and discover how you can be part of the solution. You can make a difference!

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. * The first Wednesday of each month will be a time for contemplative coloring, a relaxing form of active meditation. Enjoy calming music as we 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. Thought-provoking writers and inspiring teachers 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

It's time to De-clutter!

Clear your bookshelves of your spiritual, inspirational and self-help books that no longer serve your journey.



Please bring them to The Red Shoes for a re-homing sale.

One person's trash, is another's treasure!

Bring Books by June 20.
Come Shop Our Sale June 23-25.

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.



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



Visit our website www.theredshoes.org and at the bottom of our calendar page, click the Google link. With one click all posted events will be added to your personal calendar!

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.

Thank you for your support of The Red Shoes through your participation, your volunteer time, and through your generous gifts to The Red Shoes.



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Inspiration On the Way

Creative Discovery:
Summoning the Sacred

June 10-12

Donate your Spiritual, Inspirational, Self-Help Books for Our Book Sale by June 20. 🌟 Come Shop for Bargain Treasures June 23-26.

Introducing
Project HOPE

Heal
Overcome
Prosper
Empower



We are offering an exciting opportunity for healing and HOPE. The Red Shoes opens our doors, at no cost, to all clients of all local Cancer Treatment Centers, Cancer Services of Greater Baton Rouge and STAR.

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

If you or someone you know is eligible to be served by Project HOPE, please call us or 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**