

Summer 2017



The Red Shoes

A Center For Personal & Spiritual Growth

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

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

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

We celebrate, empower and nurture women.

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

We connect creativity, spirituality and authenticity.

We provide a place of healing and reconciliation.

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

CIRCLE OF LEADERSHIP

Roberta Guillory, Founder

Donna Badon	Lisa Delpit	Maida Owens
Celia Bailey	Tracie Garrett	Sandy Patrick
Barbara Bullock	Terri Hammatt	Celia Strickler
	Susan Lambert	

Wendy Herschman, Executive Director
Laura Crow, Program Assistant
Kelly Jean, Administrative Assistant
Blair Sweet, Office Assistant

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

**A Spiritual Retreat
with**

Meghan Don

**A Vision of Hope and
Goodness**



Friday	May 19	7-9 pm
Saturday	May 20	10 am-5 pm
Sunday	May 21	10:30 am-12 pm

*Do we really believe in the goodness of humanity right now?
Do I believe in my own goodness?*

When our world is going through dark times, it is essential that we maintain or re-envision a world where hope is alive and where the goodness of humanity is remembered and lived. As always, our beginning place is within our own soul. During this retreat we will ask ourselves very honest questions and dig deep for answers. We will ask: What is hope? Do we feel this hope in our bodies? Are our minds able to rest in the stability of this quintessential need? Are our hearts both strong and tender enough to live in hope?

A deeper exploration will be entered into through a re-telling of the Adam and Eve myth. We will reflect on the very root of our goodness which has been usurped by tales of punishment and banishment. We will look with different eyes at this myth to see it as an activation of human wisdom and conscious awakening in the world, and in particular, a wisdom brought forth by Eve's intuition and sacred desire.

The feminine goodness and intuition, the feminine ray of hope and sacred desire is needed more than ever today and we are the ones who must not only spread it across the world, but more importantly, believe it right down to our very spiritual bones.

Drawing forth the wisdom of the Gnostic feminine teachings and making it relevant for our lives today, we will enter into spiritual dialogue, in-depth meditation, ancient feminine chant and sacred movement.

Sunday Morning - Gnostic Grace Circle Service

Celebrate the union of the feminine and masculine energies, within our own beings and within the world. We will invoke the Archangels of the Sacred Circle and join in chant and prayer.

Facilitated by Meghan Don, author of The New Divine Feminine. Originally from New Zealand, Meghan has traveled the world in search of her spiritual truth. As founder of The Gnostic Grace Circle, her work with mystic meditation, dance and chant helps to raise the feminine consciousness.

Early Bird Paid by May 5 - \$135 / After \$165

Dear Friends, Welcome to summer at The Red Shoes. We have inspiring speakers, amazing opportunities in the arts and experiences that will touch your heart and lead you to a life of deeper meaning.

As the world around us seems confusing and chaotic, I think of Alice Walker's book, *We Are the Ones We Have Been Waiting for: Inner Light in a Time of Darkness*. The Red Shoes is a place to come to re-fuel and illuminate your inner light in order to activate in you that which is most precious and most needed in our world. The times are calling for each of us to step out of our small selves, the part that puts *me first*, and act on that greater sense of connection with and compassion for all beings.

Our two scholars in residence, **Meghan Don** and **Pasha Hogan**, and our other outstanding facilitators will challenge you to connect with the unique part of yourself that the world is waiting for - the piece that only you can offer to repair the world. Don't forget, it's time to act: "We are the ones we have been waiting for." Bring forth your best and shine!
Wendy Herschman, executive director

May

Complete yoga schedule on page 11

A Course in Miracles (details p. 11)

Mondays Beginning May 1 7-8:30 pm

Seeking happiness and peace? Join our weekly study of *A Course in Miracles*, a powerful, life-changing book that guides us to happiness and peace. Enter into this community of seekers and develop a practice of love and forgiveness.

Compassion in Action Circle (details p. 11)

The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander

Wednesdays May 3-June 28 10:30 am-12 pm

Louisiana has the highest incarceration rate in the nation, yet are we any safer? Criminals experience many forms of discrimination and today, blacks are five times more likely to be incarcerated than whites. If you are troubled by racial injustice, now is the time to join this conversation. Inspired by reading *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander, we will expand our consciousness and explore positive steps to make criminal justice reform a reality.

Meditation and Spiritual Awakening (details p. 11)

Wednesdays Beginning May 3 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. Guidance is offered as we deepen our practice. The first Wednesday of each month is a time of coloring meditation with quiet music.

Dream Discovery

Thursdays Beginning May 4 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.

Monthly \$40

Spiritual Journey Circle (details p.11)

Thursdays Beginning May 4 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.

Alcoholics Anonymous Open Meeting – Meditation

Thursdays Beginning May 4 7-8 pm

Together we will explore guided meditation and share our experience, strength and hope toward living a sober life.

Celebrate World Labyrinth Day: One at 1(pm)

Saturday May 6 12:30-2 pm

Take steps for peace and be part of a global walk, "Walk as One at 1," joining others around the world to create a wave of peaceful energy washing across the time zones. With a short introduction and opening ritual, we will begin walking our beautiful indoor labyrinth at 1pm, stepping in harmony with brothers and sisters throughout the world.

Donations Appreciated

Sunday Sacred Circle (details p.11)

Sundays Beginning May 7 5-6 pm

Nourish your spirit. Enjoy a time of introspection, an inter-religious, ecumenical experience for those yearning to unite through prayer, chanting, inspirational readings and silence with Spirit.

Volunteer: Baton Rouge Food Bank

3rd Tuesdays May 16 10 am-12 pm

Location: 10600 South Choctaw Dr. (Fraenkel Center)

Can you find time in your schedule? Just 2 hours helps provide food for the hungry in our community. The food bank counts on volunteers to help each year. All food donated must be sorted for distribution. That is where we come in: we will meet at the food bank to group or bag food. Join our team, call us today to volunteer. (Wear closed-toe shoes.)

No Fee

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

Qi Gong or Chi Gong: Cultivating Energy

Tuesday May 16 5:30-7 pm

Improve physical stability, lung capacity, and calm the busy mind. Learn Basic Chi Gong Breath and Crane Exercises, one of the animals relating to summer, heart, and joy. Exercises are practiced seated and standing. Class is terrific for teens and adults of all abilities.

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

\$15

Community Healing and Meditation Night

3rd Wednesday May 17 6:30-8:30 pm

Experience intense peace, stillness and bliss through a guided "Meditation on Twin Hearts." Together we set the intention of achieving peace and insight, reducing stress and generating success. Clear your energy body of stale and dirty energies and enjoy feeling revived and energized. Experience one-on-one sample healing sessions.

Facilitated by Pranic Healing Baton Rouge.


Suggested Donation \$10

A Spiritual Retreat
with
Meghan Don
A Vision of Hope and Goodness
May 19-21 (details p.1)

Permission To Leave: Creating Personal Safety

Wednesday May 24 6:30-8:30 pm

With an emphasis on avoidance and peaceful conflict resolution, discover the core of self-defense: the self.

 Focusing on awareness, safety and empowerment, build your confidence by learning techniques to avoid being vulnerable. Learn how to evade physical danger, set verbal boundaries, create a safe space and maintain control in potentially dangerous situations. This class consists of hands-on, practical techniques as well as mental/meditative training. Concentric circles of personal safety will be taught to empower you in all situations.

Facilitated by Neil Melancon who has taught self-defense classes since 1992 and is an active martial artist in Baton Rouge. Neil studied under the late Rebecca Sexton sensei.

\$10

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

June

Weekly Programs:

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

Complete yoga schedule on page 11

Monthly Programs

3rd Tuesday	Food Bank	10 am-12pm	pg 3
3rd Wednesday	Com. Healing	6:30-8:30pm	pg 3





**Discovering Your Inner Peace -
Retreat for Survivors of Sexual Assault**
Saturday June 3 10 am-4 pm
Come together for a day of empowerment and inner peace: A day to take care of YOU.

Feel stress melt away as you experience meditation and relaxation techniques including therapeutic art, yoga and music. This retreat is an opportunity to focus on you: your power, strength and inner beauty. With a supportive network of women, experience healing processes designed to enhance your mental and physical health. Enjoy a delicious lunch, enjoying conversation with a supportive community of women. This day of relaxation is offered at no cost through a partnership with **The Red Shoes** and the **Sexual Trauma Awareness & Response Center (STAR)** and a grant from the Junior League of Baton Rouge. If you or someone you know is interested in attending, please contact STAR: 615-7093 or The Red Shoes: 338-1170. All participants pre-register with STAR.

No Fee

Yoga Nidra for Self-Healing

Sunday June 4 2-4 pm

Yoga nidra is a beautiful healing modality for creating inner clarity and a nurturing connection to the soul. Join DeeDee for a beautiful practice centered in the intention of self-healing. This session will include sound healing and guided meditation, while fully reclined on a yoga mat. For beginners & experienced meditators.

Facilitated by Delisha "DeeDee" Jones, certified yoga instructor, meditation facilitator and energy healer.

\$25

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

Book Study: Hallelujah Anyway

Mondays June 5-26 6:30-8 pm

"How can you not love mercy—kindness, compassion, forgiveness? It's like not loving dessert, or cheese."

Like many of us, Anne Lamott felt like she had spent a lifetime in the pursuit of achieving. She decided she wanted more. She shares in *Hallelujah Anyway*, the theology and psychology that allowed her to finally feel alive. "Mercy means that we soften ever so slightly, so that we don't have to condemn others." Anne recalls "the need for ... mercy, underpinned most of my lifelong agitation, my separation from life and self." Together, we will explore how mercy for ourselves and others can help us accept and value our lives.

Facilitated by Robin Palmer Blanche, author of young adult novels, a former television executive and movie producer, now a proud mother of two.

\$40**Owning Your Expertise:****How To Make Writing a Breeze**

Tuesday June 6 6:30-8 pm

You have a message you've been wanting to communicate to the world. There's an experience you've gone through that could help other people, but you're not a writer. Perhaps you are an experienced professional and a book would position you as an expert in your field. This discussion is perfect whether you've written zero, one or one-million words. Join this discussion and learn steps to writing a book, even if you are not a writer. If you are already working on a book, these steps will help you get to the finish line faster!

Facilitated by Monique Moliere Piper, M.A., a keynote speaker, bestselling author and certified professional coach. She has been coaching women for over 8 years.

\$15**Book Study: Women Who Run with the Wolves**

Wednesdays June 7-28 6:30-8 pm

Fridays July 7-28 10:30 am-12 pm

Mondays August 7-28 6:30-8 pm

Within every woman there lives a powerful instinctual force, passionate creativity and ageless knowing - the archetypal "Wild Woman" who culturally has been suppressed, caged into compliance. In *Women Who Run With the Wolves*, Dr. Estés unfolds fairytales to help us reawaken the fierce, healthy and visionary attributes of our own "wild woman." This summer, we will work in-depth with three tales (one each month) to see how they illuminate our life patterns and perspectives.

Facilitated by Joan McCaskill, spiritual director, MA and Katharine Volk, LCSW, in training as a candidate with the Inner Regional Society of Jungian Analysts.

June: The Ugly Duckling - Many people experience the feeling of being outcast and different from one's own family and community. Katharine Volk, leading our discussion of *The Ugly Duckling*, will help us explore not

only how to survive, but how to find a "family" that can bring new vitality and belonging into one's life.

Monthly \$40**Ramadan: Sharing Islamic Traditions**

Thursday June 8 7-8:30 pm

Explore the traditions and meaning of Ramadan, the Islamic holy month of fasting, introspection and prayer. Ramadan is a time to practice self-restraint and deepen empathy for those less fortunate by fasting from daybreak to sunset. To enrich our understanding of our neighbors observing this tradition, we will hear personal memories of Ramadan customs. At sunset, we will enjoy the ritual of *Iftar*, breaking fast with traditional foods generously offered by our friends at Atlas Foundation.

Facilitated by Omayya Jazairli, Fevzi Saraç and members of Atlas Foundation.

\$5**Field Trip: Blueberry Picking *Family Friendly**

Saturday June 10 4:30 pm

Location: 2199 Holly Ridge Rd, Jackson, LA

We'll carpool and caravan to the beautiful Blueberry Ridge Orchard 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 nutritious berries, but you will feel refreshed and inspired by the beauty of the loaded bushes. Maps provided when we meet in the parking lot at The Red Shoes. Please arrive by 4:30 so we can leave at 4:45 for this 45 minute ride.

Shamanic Healing: Nature's Way

Tuesday June 13 6:30-8:30 pm

Shamanism is an ancient healing tradition and a way of life still appropriate for our modern world. The teachings focus on our connection to nature and promote the well-being of all creation. Come experience a shamanic drumming journey and discover your animal spirit and other realities which will help you connect to nature and teach you about healing yourself, others and the world. Join this introduction to Shamanism and let your spiritual warrior flourish.

Facilitated by Michael Running Bear, a spiritual counselor for over 30 years, helping people find creative, practical solutions for the challenges of life.

\$20**From the Isle of Woman Series: 2 sessions**

The Isle of Woman series blends herbal crafts with nourishing our relationship to Self. Classes are dynamic, hands-on and inspirational. Each course involves learning simple skills and crafts you can do at home for self-care on many levels.

Session 1: Home Herbs for Summertime

Saturday June 17 10-12:30pm

Summer time in Baton Rouge comes with bugs, burns and overheating! We will make three summer essentials

in home herbal care: Insect bite clay paste, sun burn soothing topical and cooling spritzers. We will look at easy ways to cool down the body to prevent overheating and why it's important for long-term health.

Please bring three small mason jars with lids.

Session 2: Make Your Own Herbal Oils and Salves

Saturday June 17 1:30- 4 pm

Learn how to make oils, the cornerstone of handcrafted herbalism, not just for your body, but for cooking, too. The recipes from previous classes become even more effective by adding home-made herbal oils. Learn two methods for infusing the therapeutic properties of plants into oil. We will also make a salve using herbal oils. Learn about safe, edible herbs that you can grow in your garden or buy easily to get started. This class is an Intermediate level, suitable for anyone who has attended one Isle of Woman class.

Please bring three small mason jars with lids.

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

\$30 each class/combo \$55

Summer Solstice Gong Bath

Saturday June 17 6:30-8 pm

Relax and rejuvenate on the night of the summer solstice! Join us for a concert and gong bath dedicated to relieving stress, regaining a sense of peace and reharmonizing the body. No water is involved in a gong bath; it is an immersion of sound. Participants sit or recline and allow the sounds to "wash over" them. The concert will involve a variety of instruments and "singing" bowls.

You may bring a yoga mat, pillow and blanket to rest comfortably. Some mats and blankets available.

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

\$20

Food Bank (details p.3)

Tuesday June 20 10 am-12 pm

Can you find time in your schedule? Just 2 hours of sorting or bagging food helps put food on a dinner table.

Lunations: New Moon Ritual

Thursday June 22 6-7:30 pm

Join us as we tap into the cycle of the moon, a source for re-centering and re-grounding. Inspired by Christine Page's research on the "healing power of the sacred woman," our monthly gatherings on the evening of the new moon include discussion, meditation, music and a water ritual. Tap into your own power and let go of thoughts and feelings that no longer serve you. This gathering provides a safe, nourishing space for support.

Facilitated by Lisa Bovenkamp-Langlois, who enjoys sharing this transformative ritual.

\$5

**Scholar in Residence
Creative Discovery
Journey to Your Hidden Treasure**

with

Pasha Hogan

Mind-Body Therapist, Author,
Three-Time Cancer Survivor



Friday	June 23	7-8:30 pm
Sat	June 24	10:30am-4:30 pm
Sun	June 25	10:30am-2 pm

Love yourself more divinely. This is the job you alone can and you alone must do." ~ Sri Chinmoy

Join us for this experiential retreat: we will dive deep into the wellspring and embark on an epic journey to reclaim the gems of our soul's inheritance. Each one of us has access to a beautiful, rich and invisible Inner life that nourishes and sustains us through the joys and sorrows of life.

We also have hidden aspects of ourselves that we may have unconsciously pushed below the surface fearing the world would reject us if they are revealed. Turning towards, embracing and loving every aspect of ourselves, is the challenge and magnificent opportunity the world is calling us to today. As we journey together, we will draw from Celtic mythology, poetry and wisdom traditions from around the world to help us engage in the practices of radical acceptance, compassion, forgiveness and love.

- Explore where and how we withhold love from ourselves and others.
- Identify and move past obstacles that keep us stuck in familiar and unfulfilling territory.

Using creative and healing processes including art, guided meditation and gentle yoga movement, we will grow into our whole beings, ready to live authentically, as we reclaim and celebrate our sovereignty!

Facilitated by Pasha Hogan, psychotherapist, yoga teacher, Reiki Master/Teacher and three-time breast cancer survivor, author of Third Time Lucky: A Creative Recovery & founder of Creative Discovery™, a psycho-spiritual approach to awakening to your life's purpose.

Early Bird Paid by June 1 \$135 / After \$165

Special Luncheon Event for Our Friends Living with Cancer: *Living With Uncertainty and Joy*

Friday June 23 11:30am-1:30 pm

The Overlook: Mary Bird Perkins/LOL Cancer Center

Join Pasha Hogan as she shares from her personal and professional experience how we can cultivate inner peace and great joy in the midst of uncertainty. Living with a cancer diagnosis is challenging. It can also be an incredible opportunity to leave behind what no longer serves you and embrace the longings of your heart and soul—to live a creative, full life as your true self. Pasha invites you to transform the question "Am I enough?" to "Am I enough of who I really am?"

Registration Requested - No Fee

Mid-Year Makeover: Vision Board

Tuesday June 27 6:30-8:30 pm

2017 is flying by in a flash! Are you currently where you were hoping to be in your life? Join us to create new goals and build a powerful vision for the rest of 2017. Receive coaching on how to get through the pitfalls and stay on track. We're going to create a vision board to remind you daily of what you are working toward in your life. Come for a fun evening where you create your future. (All materials included.)

Facilitated by Monique Moliere Piper, MA, certified coach, entrepreneur and best-selling author helping women create their ideal lives and businesses.

\$20



July



Weekly Programs:

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

Complete yoga schedule on page 11

Monthly Programs

3rd Tuesday	Food Bank	10a-12p	pg 3
3rd Wednesday	Com. Healing	6:30-8:30pm	pg 3

Compassion in Action: Summer Speaker Series

Wednesdays July 5-Aug 30 10:30 am-12 pm

Local speakers will share information on initiatives regarding life after incarceration, criminal justice reform, citizens' rights, civil rights struggle and restorative justice, homelessness in Baton Rouge and more. Attend these talks and expand your awareness on issues making a difference in our world today. (Detailed schedule online)

New to You: Inspirational Pre-Owned Book Sale

Thursday	July 6	10 am-6 pm
Friday	July 7	10 am-4 pm
Saturday	July 8	10 am-1 pm
Monday	July 10	10 am-7 pm

We just have too many outstanding books to keep them all for ourselves. Join us for our fabulous pre-owned book sale. Recycle, please! If you are clearing out books at home, bring us your spiritual, inspirational self-help books for "re-homing" by June 30. Your old books will become someone's new treasure. The proceeds from all books benefit The Red Shoes' scholarship fund.

Paperbacks \$2/Hardbacks \$3

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

Book Study: Women Who Run with the Wolves

Fridays July 7-28 10:30 am-12 pm (details. P. 4)

Skeleton Woman—What is love? Joan McCaskill will lead us into an exploration of the life/death/life nature of love. We glimpse the mystical power of relationship and how dead feelings can be revived.

Textile Art: Stich-less Quilt Collage

Saturday July 8 10 am-12 pm

Have you been interested in quilting but didn't have time, sewing skills or the proper equipment? Come to our summer collage workshop and make that quilt with fabric and glue! Using fabric scraps donated by actual quilters, we'll make a collaged quilt piece suitable for framing. The fabrics will speak to you in the same way they speak to traditional quilters. The workshop is scheduled for two hours but try to block extra time on your calendar since we usually create beyond the clock when our artistic juices begin to flow.

Facilitated by Pam Arnold, collage artist enthusiast for many years.

\$15

Tarot: An Introduction to the Wisdom of the Cards

Monday July 10 7-9pm

Curious about how to use the tarot cards to enhance your understanding of current life challenges? Working with the cards can help you to understand the context of your life and different options for choices. Learn the basics of how the cards are organized and work together, as well as how to use numerology to figure your life long and growth year cards. Receive a mini-reading and begin an exploration of the mysteries and wisdom of the tarot cards. To continue learning how tarot cards can open new portals of understanding, come to the July 28-29 workshop.

Facilitated by Michael Running Bear, a spiritual counselor for over 30 years. Working with tarot cards, spirit guides and crystals, he helps people find creative, practical solutions for the challenges of life.

\$10

Food Bank (details p.3)

Tuesday July 18 10 am-12 pm

Can you find time in your schedule? Just 2 hours of sorting or bagging food makes a difference.

Creative Coffeehouse: Open Mic Music & Poetry

Friday July 21 6:30-8 pm

Looking for a great start to the weekend? Celebrate the best of the arts in Baton Rouge! Enjoy a night of unique creative offerings: poetry and music to stir your heart and soul. Join our audience to experience this tapestry of talent and stay for coffee and desserts. Musicians, singers and poets: Share your original or favorite works in this supportive, appreciative "coffee-house" setting. Call early to reserve your 5-minute spot.

\$5

Healing the Goddess

Saturday July 22 10 am-1 pm
 Explore the creative, nurturing and powerful energy of the Goddess within. Through deep, inner awareness we will explore different healing technologies and ancient knowledge to shed boundaries that inhibit embodiment of balanced, yet expansive, feminine energy. The intention of this workshop is to create healing space for profound, soulful healing.

Facilitated by Delisha "DeeDee" Jones, certified yoga instructor, meditation facilitator & energy healer. **\$45**

Lunations: New Moon Ritual (details p. 5)

Saturday July 22 6-7:30 pm
 Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

Therese Knowles - Art Happens

Silently Screaming
Sundays July 23-30 3-4:30 pm
*A moment or two... of tearing, ripping things apart
 Only... to finally weave them back together
 PS... no scissors allowed*

Bring things you don't like, things that make you sad or mad – clothes, photos, sayings, other bits and pieces of stuff.

Sunday, July 23
 While having tea in a handmade cup, we will tear, complain, take apart and get it all out.

Sunday, July 30
 Artistic transformation over tea. Bring your tea cup back for more tea and a day of weaving a new composition out of all those struggles.

Facilitated by Therese Knowles, a beloved U-High art teacher and renowned local artist who intertwines her art and philosophy. **\$30**

Out of the Shadow, Into the Light

Tuesday July 25 6:30-8:30 pm
 The "shadow" is studied both in astrology and in Jungian psychology. Through shadow work based on astrological zodiac signs, we will discover how and why we repeatedly block ourselves from our true potential for abundant health, wealth and loving relationships. When we begin to embrace our shadow side, we begin to allow our true power to become part of our personalities and shadow no longer blocks our potential but empowers us.

Facilitated by Tammy Zechman, certified Quantum Healing Hypnosis Therapist, Abraham Hicks Law of Attraction coach and Intuitive Therapist. Tammy has a BA in Philosophy and Religion. **\$35**

Volunteer - A Luau Party at Bishop Ott Sweet Dreams Women and Children's Shelter

Thursday July 27 6:45-8:30 pm
Location: 1623 Convention Street
 Volunteer to participate and help plan a Luau 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!

No Fee

Readings That Reveal: Tarot Workshop

Friday July 28 7-9 pm
Saturday July 29 10 am-4 pm
 Explore the "Royal Road" of Tarot cards and the ancient visual system of wisdom that is encoded with symbols, astrology, and numerology. The cards lead us to an understanding of the universal laws. In this experiential workshop, we will learn the history, design and layout of the deck, the meaning of archetypes and symbols and the numerology of the deck. Learn about life collage and mandala spreads as well as other traditional spreads. Working with your deck, you'll learn how to read the cards and how to integrate the cards into your daily life. Experience the magic and wisdom of the Thoth deck and how this self-exploration/divination tool can broaden your philosophy and connection to life.

Facilitated by Michael Running Bear, a gifted empath and spiritual counselor for over 30 years. Working with tarot cards, spirit guides and crystals, he helps people find creative, practical solutions for the challenges of life.

Early bird paid by July 10 \$100/after \$115

Registration fee includes the large Crowley Thoth Deck, (\$30 value), needed for the workshop.

August

Ongoing programs:

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

Complete yoga schedule on page 11

Monthly Programs

3rd Tuesday	Food Bank	10a-12p	pg 3
3rd Wednesday	Com. Healing	6:30-8:30pm	pg 3

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

Book Study: The First Love Story: Adam, Eve & Us
Wednesdays August 2-23 6:30-8 pm

It is time to take a new look at a very old story and reflect on what we might learn from “the first family.” The author, Bruce Feiler, relates how he began contemplating Adam and Eve obsessively while visiting the Sistine Chapel in Rome with his 8-year-old twin daughters. One of the girls examined the ceiling, saw the image of God pointing at Adam, and asked, “Why is there only a man? Where am I in the picture?” So begins a journey into our collective history of relationships, love, patriarchy, misogyny and balance. Join a discussion that brings Adam and Eve into our modern lives, to be studied in terms of their strengths, weaknesses and their resilience in relationship.

Facilitated by Joan McCaskill, spiritual director, MA and Celia Strickler, LCSW who completed the priestess training program at the Kohenet Hebrew Priestess Institute.

\$40

Introduction to Meditation

Saturday August 5 9:30 am-12:30 pm
Explore the expansive practice of meditation. Learn simple, peace-enhancing techniques to incorporate in to your daily life. Join DeeDee Jones for this 3-hour workshop to relieve stress, deepen self awareness and learn to face anxiety with peace of mind.

Facilitated by Delisha “DeeDee” Jones (see July 22).

\$45

Book Study: Women Who Run with the Wolves

Mondays August 7-28 6:30-8 pm (details. P. 4)
The Handless Maiden - This fairytale is a path through a woman's initiation which can make her a strong and complete woman. Katharine Volk leads this exploration, looking at the tests and tasks of a journey that is not just a one-time occurrence, but a lifetime task.

Prayer Flags: Signs of the Sacred

Sunday August 13 2-4 pm
Traditionally, prayer flags are used to promote peace, compassion, strength and wisdom. Design your own version of the “Tibetan Prayer Flags” which originated in the Himalaya Mountains of Tibet. A prayer flag is a colorful cloth, often found strung along mountain ridges and peaks high in the Himalayas. They are used to bless the surrounding countryside. We will each create 2 flags on fabric. Embellish your flags with symbols, words, prayers or inspirational phrases of your choosing. Use paints and materials provided or bring anything that you feel your flags will need to make it special for you.

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

Food Bank (details p.3)

Tuesday August 15 10 am-12 pm
Can you find time in your schedule? Just 2 hours of sorting or bagging food puts food on a dinner table.

Kundalini Workshop

Tuesday August 15 6:30-8:30 pm
Join us for a special night of Kundalini Yoga. We will learn yogic philosophy, basic yogic breath, intermediate breath and a physical exercise set. Enjoy 20 minutes of full rest (savasana), followed by beautiful singing and chanting and a meditation to align our egos with Universal Energy. This preparation is designed to allow us, once again, to experience our true nature.

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

\$20

Isle of Woman: Nourishment for the Skin

Sunday August 20 2-4:30 pm
Join this “Isle of Woman” class (see p.4) to learn to care for your skin, your largest organ of protection and deepen your awareness of what is good for your skin. Learn the basics of making your own herbal skin cream for hands and body. Take home a small jar made in class and easy instructions on how to make it yourself.

Facilitated by Megan Assaf, BFA, LMT, Certified Massage Therapist, Abdominal Massage and Craniosacral and Energy Therapies.

Product supplies included \$25

Lunations: New Moon Ritual (details p. 3)

Sunday August 20 6-7:30 pm
Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

Painting from the Soul

Saturday August 26 9 am-4 pm
Join us for a fun, lively workshop to let loose and enjoy creating art. Line and color come alive as renowned artist, Billie Bourgeois, leads us in an intuitive painting experience. We'll all “dance” the art of mark making to achieve images that satisfy the soul. This will be an exercise in allowing intuition and spontaneity to take over and spark insights into a new visual vocabulary.

Facilitated by Billie Bourgeois, local artist and teacher. MFA Painting and Drawing. She is certified in Drawing on the Right Side of the Brain and is a member of Mississippi Art Colony, and associated with Abbey Artworks, St Joseph Abbey in Covington, LA.

\$75

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

The Red Shoes 2017 Summer Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MAY	1 Yoga 8a / 5:30p Cancer Services Yoga 10:30a A Course in Miracles 7p	2 Yoga 8a	3 Yoga 8a Compassion in Action 10:30a Coloring Med 5p	4 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	5 Yoga 8a	6 World Labyrinth Day 12:30-2p
7 Sacred Circle 5p	8 Yoga 8a / 5:30p Cancer Services Yoga 10:30a ACIM 7p	9 Yoga 8a	10 Yoga 8a Compassion 10:30a Meditation 5p	11 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	12 Yoga 8a	13
14 Sacred Circle 5p	15 Yoga 8a / 5:30p Cancer Services Yoga 10:30a ACIM 7p	16 Yoga 8a Volunteer: Food Bank 10a Chi Gong 5:30p	17 Yoga 8a Compassion 10:30a Meditation 5p Community Healing 6:30p	18 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	19 Yoga 8a Meghan Don A Vision of Hope 7-9p	20 Meghan Don A Vision of Hope 10a-5p
21 Meghan Don Gnostic Circle 10:30a-12p Sacred Circle 5p	22 Yoga 8a / 5:30p Cancer Services Yoga 10:30a ACIM 7p	23 Yoga 8a	24 Yoga 8a Compassion 10:30a Meditation 5p Safety Training 6:30p	25 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	26 Yoga 8a	27
28 Sacred Circle 5p	29 Closed for Memorial Day Holiday	30 Yoga 8a	31 Yoga 8a Compassion 10:30a Meditation 5p			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
JUNE				1 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	2 Yoga 8a	3 Discover Inner Peace STAR Retreat 10a-4p
4 Yoga Nidra 2-4p Sacred Circle 5p	5 Yoga 8a / 5:30p CS Yoga 10:30a Anne Lamott Book Study 6:30p ACIM 7p	6 Yoga 8a Owning Your Expertise 6:30-8p	7 Yoga 8a Compassion 10:30a Coloring Med 5p Women Who Run 6:30-8p	8 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Ramadan 7p AA Meditation 7p	9 Yoga 8a	10 Field Trip: Blueberry Picking 4:30p
11 Sacred Circle 5p	12 Yoga 8a / 5:30p CS Yoga 10:30a Anne Lamott Book Study 6:30p ACIM 7p	13 Yoga 8a Shamanic Healing 6:30-8:30p	14 Yoga 8a Compassion 10:30a Meditation 5p Women Who Run 6:30-8p	15 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	16 Yoga 8a	17 Isle of Woman 10a-12:30p & 1:30-4p Gong Bath 6:30p
18 Sacred Circle 5p	19 Yoga 8a / 5:30p CS Yoga 10:30a Anne Lamott Book Study 6:30p ACIM 7p	20 Yoga 8a Volunteer: Food Bank 10a	21 Yoga 8a Compassion 10:30a Meditation 5p Women Who Run 6:30-8p Com. Healing 6:30p	22 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p Lunations 6p AA Meditation 7p	23 Yoga 8a Cancer Survivor Luncheon 12p Pasha Hogan 7-8:30 pm	24 Pasha Hogan 10:30a-4:30p
25 Pasha Hogan 10:30a-2p Sacred Circle 5p	26 Yoga 8a / 5:30p CS Yoga 10:30a Anne Lamott Book Study 6:30p ACIM 7p	27 Yoga 8a Mid-Year Makeover 6:30-8:30p	28 Yoga 8a Compassion 10:30a Meditation 5p Women Who Run 6:30-8p	29 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	30	

The Red Shoes 2017 Summer Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JULY						1
2 Sacred Circle 5p	3 Closed for July 4th Holiday	4 Closed for July 4th Holiday	5 Yoga 8a Compassion 10:30a Coloring Med 5p	6 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	7 Yoga 8a Book Sale 10a-4p Women Who Run 10:30a-12p	8 Quilt Collage 10a-12p Book Sale 10a-1p
9 Sacred Circle 5p	10 Yoga 8a / 5:30p Book Sale 10a-7p CS Yoga 10:30a ACIM 7p Tarot 7-8:30p	11 Yoga 8a	12 Yoga 8a Compassion 10:30a Meditation 5p	13 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	14 Yoga 8a Women Who Run 10:30a-12p	15
16 Sacred Circle 5p	17 Yoga 8a / 5:30p Cancer Services Yoga 10:30a ACIM 7p	18 Yoga 8a Volunteer: Food Bank 10a	19 Yoga 8a Compassion 10:30a Meditation 5p Community Healing 6:30p	20 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	21 Yoga 8a Women Who Run 10:30a-12p Open Mic 6:30-8p	22 Healing the Goddess 10a-1p Lunations 6p
23 Art: Therese Knowles 3-4:30p Sacred Circle 5p	24 Yoga 8a / 5:30p Cancer Services Yoga 10:30a ACIM 7p	25 Yoga 8a Out of the Shadow 6:30-8:30p	26 Yoga 8a Compassion 10:30a Meditation 5p	27 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Shelter Luau 6:45p AA Meditation 7p	28 Yoga 8a Women Who Run 10:30a-12p Tarot: Readings that Reveal 7-9p	29 Tarot Workshop: Readings that Reveal 10a-4p
30 Art: Therese Knowles 3-4:30p Sacred Circle 5p	31 Yoga 8a / 5:30p Cancer Services Yoga 10:30a ACIM 7p					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
AUGUST		1 Yoga 8a	2 Yoga 8a Compassion 10:30a Coloring Med 5p Adam & Eve 6:30p	3 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	4 Yoga 8a	5 Intro to Meditation 9:30a-12:30p
6 Sacred Circle 5p	7 Yoga 8a / 5:30p CS Yoga 10:30a Women Who Run 6:30-8p ACIM 7p	8 Yoga 8a	9 Yoga 8a Compassion 10:30a Meditation 5p Adam&Eve 6:30p	10 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	11 Yoga 8a	12
13 Creating Prayer Flags 2-4p Sacred Circle 5p	14 Yoga 8a / 5:30p CS Yoga 10:30a Women Who Run 6:30-8p ACIM 7p	15 Yoga 8a Volunteer: Food Bank 10a Kundalini Workshop 6:30p	16 Yoga 8a Compassion 10:30a Meditation 5p Com. Heal 6:30p Adam&Eve 6:30p	17 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	18 Yoga 8a	19
20 Isle of Woman 2-4:30p Sacred Circle 5p Lunations 6p	21 Yoga 8a / 5:30p CS Yoga 10:30a Women Who Run 6:30-8p ACIM 7p	22 Yoga 8a	23 Yoga 8a Compassion 10:30a Meditation 5p Adam&Eve 6:30p	24 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	25 Yoga 8a	26 Painting from the Soul Billie Bourgeois 9a-4p
27 Sacred Circle 5p	28 Yoga 8a / 5:30p CS Yoga 10:30a Women Who Run 6:30-8p ACIM 7p	29 Yoga 8a	30 Yoga 8a Compassion 10:30a Meditation 5p	31 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p		



Yoga



Morning Yoga - A Perfect Beginning

Monday-Friday 8-9 am

Ground yourself before heading out into the world! Wake up your body, settle your mind and connect with your breath through a practice designed to increase circulation, improve posture and enhance your energy level. This integrated class offers a slow, meditative approach to yoga with a focus on the breath, core strength and proper body alignment. Become open and inspired for the day ahead. All levels welcome.

Facilitated by Tina Ufford, RYT 200 through Yogasteps and Vanessa Parks.

\$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 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

Kundalini Yoga

Thursdays 9:30-10:30 am

Kundalini yoga connects our finite selves with the infinite through a dynamic blend of spiritual and physical practices. Known as the yoga of awareness, kundalini blends guided movements, breathing techniques, meditation and sound chanting. Participate on mats or chairs. This practice is for those with physical limitations or fully fit.

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

\$10

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 Spirit.

Facilitated by inspired members of the circle.

Donations appreciated

A Course in Miracles

Mondays Weekly 7-8:30 pm

Join us weekly for *A Course in Miracles*, a powerful, life-changing study. This universal spiritual teaching offers daily exercises focusing on raising awareness of love's presence and healing relationships through forgiveness. Enjoy a circle of support for this transformative inner work.

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

Expand your awareness on issues that are at the forefront of our society today. Books, films, guest speakers and TED talks will spur our discussions. 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. Some instruction offered as we deepen our practice.

* The first Wednesday of each month is a time for contemplative coloring with calming music.

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. Share in discussions that enrich your life on a deep, personal level. Return each week for spiritual connection and community.

Facilitated by Wendy Herschman, & members of the circle.

Suggested monthly donation \$20



The Red Shoes

A CENTER FOR PERSONAL & SPIRITUAL GROWTH

2303 Government Street
Baton Rouge, LA 70806

Non Profit Organization

U.S. Postage Paid

Baton Rouge, LA

Permit No 2200

Inspiration On the Way

Meghan Don
Pasha Hogan
and more

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
program is all about!