

Fall 2018



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

Celia Bailey	Terri Hammatt	Charity Parsons
Lisa Delpit	Susan Lambert	Sandy Patrick
Tracie Garrett	Joni Orgeron	Celia Strickler
	Maida Owens	

Wendy Herschman, Executive Director

Kelly Jean, Administrative Assistant

Judy Lavergne, Interim Assistant Director

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

**The Red Shoes
2303 Government Street
Baton Rouge, LA 70806**

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

**www.theredshoes.org
info@theredshoes.org**

Executive Director: wendy@theredshoes.org

Scholar in Residence

Together, We Can Move Mountains

There is nothing we cannot change to create a better world for future generations, when we stand strong together.

A Spiritual Retreat

with

Dr. Christine Page, MD

**Author, International Speaker,
Holistic Doctor, Retreat Leader**



Friday	October 26	7-9pm
Saturday	October 27	10am-5pm
Sunday	October 28	10:30am-2pm

*Calling all wise women, pioneers and evolving female leaders!
Humanity needs your unique skills to birth a new world of peace, understanding & abundance for all.*

Have you noticed that when women gather, we start to talk... even in the grocery line? Why do we have this urge to start up conversations? As women, we seek points of common interest to unite us. We innately know we are stronger together, especially when we create a sacred space of common-unity or a community of heart-centered women. From ancient times, bonding through shared feelings and stories has brought us strength, healing and increased confidence in our own intuition.

Gather with your "sisters" to see your boldness and beauty reflected in their eyes. Discover how your inner power is nourished in community, your voice strengthened. During this retreat, we will have opportunities to share stories, enjoy guided meditation and heal emotional wounds which still exist between women so we can support each other with heartfelt compassion. When we connect without our masks and defenses, we feel the flood of love and empowerment and know that together, we can move mountains.

Facilitated by Dr. Christine Page, a pioneer in the field of healthcare for almost 40 years, working primarily with women. She is the author of eight books including Frontiers of Health and The Handbook of Women's Mysteries. Christine is also offering individual soul readings by appointment.

Friday only \$20

Full Retreat Early Bird paid by Oct 1 \$135/after \$150

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 women in the community.
- Your word of mouth advertising brings wonderful people into our programs.
- We appreciate your confidence in our work.

Dear Friends,

What is the kindest thing I can do for myself now? Pasha Hogan offered this query as suggested guidance during a recent retreat at The Red Shoes. The words are worth pondering. How often do we choose our actions in terms of kindness to self? How often do we harbor misgivings about experiences that might have been avoided if we had first asked this question? Our culture works hard to teach us that we have to do more and be better and that whatever we are— it can't possibly be enough. There is another way: Consider *What is the kindest thing I can do for myself right now?* As Brené Brown, author and inspirational speaker reminds us, “*We can't practice compassion with other people if we can't treat ourselves kindly.*” We have an opportunity, before the year closes, to do kind things for ourselves: take time for meditation or relaxing yoga, enjoy a collage class, attend a self-care class, or join one of our weekly circles that offers the warm embrace of community. Our upcoming retreat with Christine Page will provide the opportunity to heal together to grow into our greatness. Remember, making choices that are kind to ourselves will allow our light to shine as loving compassion for others. *Wendy Herschman, E.D.*



September



Complete yoga schedule on page 11

Transforming Trauma through Yoga

Sundays September 2-23 3-4:30 pm

Are you exhausted from coping? Explore the impact that trauma has on the mind, body and spirit. Using trauma-informed yoga and discussion, cultivate a skill set that allows you to feel safety in the body and quiet in the mind. If you have trouble trusting your body, spend time dwelling in the past or future, feel overwhelmed or stressed, it's time to get your life back. This gentle class is taught at the beginners level and is open to all.

Facilitated by Jillian Guinta, a Trauma Recovery and Somatic Healing Educator, with emphasis on wellness and personal development, registered E-RYT 500, and certified in Applied Positive Psychology (CAPP).

Per Session \$22

Sunday Sacred Circle (details p. 11)

Sundays Beginning Sept 2 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.

A 4-Week Self Care Challenge: Joy to You

Tuesdays September 4-25 6:30-8 pm

Everything we read and listen to tells us the importance of self-care. Curiously, everyone focuses on the “care” and very little attention is paid to the “self.” What if

you practiced self-care by actually caring about yourself: emphasizing the importance of inner nurture, connection, and peace? This new four week challenge builds on your willingness to Schedule time to Explore Learn and Fulfill your wishes and desires for joy. Self Care is a habit that empowers you to be a priority even while you care for others.

Facilitated by Angeletta KM Gourdine, Ph.D. in cultural studies and relationship coach who believes women need to know, understand and write their own story.

\$40

Compassion in Action Circle (details p. 11)

Wednesdays Beginning Sept 5 10:30 am-12 pm

Voices from the Bayou: After the tumultuous summer of 2016—a summer that saw the murders of Alton Sterling and innocent police officers as well as a historic flood—BRCC Professor Clarence Nero had no idea what to expect from students. He was determined to let them give expression to their experiences and reactions. Come to hear his students share from the collection of narratives born of their healing journey.

Meditation and Spiritual Awakening (details p. 11)

Wednesdays Beginning Sept 5 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.

Qigong /Chi Gong: A Path to Wellness

Thursdays Beginning Sept 6 11am -12 pm

Chi Gong is a powerful system of healing and energy medicine from China. It is the art and science of using breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate the life energy (Chi). Chi Gong practice leads to better health and vitality and a tranquil state of mind.

Facilitated by Janet Sullivan, licensed massage therapist who teaches chi gong and yoga.

\$10

Dream Discovery

Thursdays Beginning Sept 6 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 Sept 6 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 fresh perspectives.

AA Open Meeting - Realm of the Spirit

Thursdays Beginning Sept 6 7-8 pm
Together we explore guided meditation and share our experience, strength & hope toward living a Sober Life.

A Course in Miracles (details p. 11)

Mondays Beginning Sept 10 7-8:30 pm
Seeking a new, joy-filled perspective on life? Join our weekly study of *A Course in Miracles*, a powerful, life-changing course that guides us to peace.

Taste of Zen: Zazen and Dharma Talk

Monday September 10 7-8:30 pm
Join us twice each month to develop the practice at the heart of Zen Buddhism, *Zazen*. Experience seated Zen meditation and a Dharma talk with time for questions and discussion. We will regularly meet on the first and second Mondays of each month. Guidance for beginners.

Facilitated by an ordained Zen monk, Muso Yuki .
Suggested donation \$10

Volunteer: Baton Rouge Food Bank

2nd Tuesdays September 11 10 am-12 pm
Location: 10600 South Choctaw Dr. (Fraenkel Center)
Can you offer two hours that will make a big difference? Join our team, call today to volunteer. Help The Food Bank achieve their mission to feed the hungry in Baton Rouge. All food 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.

Wear closed-toe shoes / No Fee

Introduction to Pranic Healing

Tuesday September 11 6:30-8:30 pm
Join us to experience Pranic Healing®. Learn how to use Prana/Life force to accelerate your body's ability to heal itself. Discover how energy affects you physically, emotionally, mentally and spiritually. Learn how to purge negative thoughts and energies that prevent you from becoming prosperous and successful. Experience techniques to help you keep emotionally calm and mentally clear even in stressful situations.

Facilitated by Pat Cole, a disciple of Grandmaster Choa Kok Sui. Pat leads our monthly Pranic Healing Clinic and does private and distant healing sessions.

\$15

Indigo Women's Enlightenment Circle

2nd Tuesdays September 11 7-8:30 pm
Calling together women of spirit. Each month enjoy themed spiritual teachings and support, discussion and guided meditation and/or sound healing. September theme: *Bringing in Abundance*.

Facilitated by Jennifer Lauret, Reiki Master, Psychic, Trance-Medium, Hypnotherapist and Teacher and Rachel Chamness, Spiritual Counselor, Channel Medium, Reiki Master and Sound Healer.

\$20

Compassion in Action Circle (details p. 11)

Wednesdays Sept 12 -Dec 5 10:30 am-12 pm
How can we work to dismantle racism? Using Debbie Irving's book, *Waking Up White: And Finding Myself in the Story of Race*, we will explore how greater self-awareness releases thoughts of "the other." While we all harbor unconscious biases that contribute to a culture of racism, we can peel back the layers of our unconscious and awaken our Higher Self, embracing everyone as members of One Human Family.

Yoga Nidra: Relaxing Into Your Life's Purpose

Saturday September 15 10 am-12:30 pm
Take time out of your day to experience this soothing meditation, which will help ground you in your own spirit. Cultivate space to uncover your heart's true desires without distraction. We will create a clear space to focus on your intention for your life. Yoga Nidra is a simple meditation technique that can help you to create clarity and connect you to the deeper levels of consciousness. Dress comfortably, bring a journal and yoga mat. Some mats available on site.

Facilitated by Delisha 'DeeDee' Jones, certified yoga instructor, meditation facilitator and energy healer.
\$30

To Till and To Tend...

Genesis 2:15

Fall Vegetable Gardening

Saturday September 15 2-4 pm
Cooler weather is coming. Learn which plants grow well in the cool season and the best way to keep them producing! We'll discuss soil preparation, container, raised bed and in-ground gardening. Our climate offers lots of options: collards, mustard, broccoli, cauliflower, carrots.... Take home some fall plants and get ready to enjoy home-grown, healthy eating.

Facilitated by Stephanie Elwood, licensed horticulturist.

\$15

Louisiana Habitats: Ecological Awareness

Sunday September 16 1-2:30 pm
Louisiana's natural landscape supports much greater diversity than just "swamps." There are around 70 different habitat types native to the state, some of which were historically large-scale, and some are unique and of limited. Enjoy a "tour" of Louisiana's natural habitats, using a generous number of images. The forces maintaining habitats, conservation statuses and threats as well as ecological management will be discussed.

Facilitated by Chris Reid, PhD, Instructor, L.S.U. School of Renewable Natural Resources.

\$5

Everything Belongs: A Spiritual Discussion of Talks from Richard Rohr's Conspire Conference

Mondays Sept 17-October 22 10:30 am-12 pm

"No one needs to be punished, scapegoated, or excluded... I invite you to conspire—to breathe together and imagine peaceful ways of changing the world."

Richard Rohr invites us to let great love, suffering and contemplative practice teach us that everything belongs, even our faults and weaknesses. Only the contemplative mind has the ability to hold light and dark together; only unitive consciousness allows transformation at the deepest levels. We have the capacity to grow into a new identity, one that holds space for everyone to belong and be loved. Join us as we study the wisdom offered by Richard Rohr, Christena Cleveland, James Alison and Mirabai Starr.

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

\$60

Twin Heart Meditation and Pranic Healing

3rd Wednesdays September 19 6:30-8:30 pm

Mid-week - mid-month stress have you down? Join us for an evening of rejuvenation and healing with energetic cleansing and meditation. We begin with light stretching followed by the "Meditation on Twin Hearts." This non-denominational meditation promotes physical and mental well-being, as well as inner illumination. Healing sessions are offered after meditation.

Facilitated by Pat Cole - Rita Reggio and trained students of Master Cho Kok Sui and members of Pranic Healing of Baton Rouge.

Suggested Donation \$10

Memory Bracelet: Making Meaning

Saturday September 22 10 am-2:30 pm

The universe begins with roundness; so say the myths. The great circle, the spiral ... the infinite womb: such are the symbols that try to express ... the wholeness of things... Barbara G. Walker

Find the gems in each chapter of your journey. We will center our minds as well as our hands and reveal to the world what's in our hearts through bracelet making. Guided imagery, meditation and journaling will inspire us to create a unique bracelet as a personal, "circle of life," story-telling tool. With carefully chosen beads and meaningful sequencing, our "circle" jewelry will reflect our journey. Your unique and beautiful bracelet will tell your story and inspire your future.

Facilitated by Carolyn Burns, a licensed marriage and family therapist and Elaine Pote, who has been making jewelry for 40 years and enjoys beading as meditation.

\$48

Autumn Equinox Gong Bath

Saturday September 22 6:30-8 pm

Join us for a concert and gong bath to transition from the hot energies of Summer to the calmer notes of Fall.

Feel the vibrational change and sense the subtle tones of transformation. No water is involved in a gong bath; participants sit or recline and allow the sounds to "wash over" them. The concert includes a variety of instruments and "singing" bowls. You may bring a yoga mat and pillow. Some mats and blankets available.

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

\$20

Let's Do Lunch ... at the Watermark

Louisiana Artist Angela Gregory Is the Main Course Tuesday September 25 11:30 am-1:30 pm

It's your treat! Join us for a day of art, history, delicious food and good company. Meet at the LSU Museum of Art to enjoy a guided tour of the Angela Gregory exhibit with historian, Susan Hymel. We will walk to the Watermark Hotel and have lunch in the restaurant, The Gregory, to enjoy the full flavor of the artist's reliefs that span the space. We'll learn about these panels by Gregory and we will also take a "backstage tour" to see other areas and art that fills the halls of the historic Watermark hotel. Museum admission, full lunch with choice of 3 entrées, dessert, beverage and tip included.

Prepaid by September 21 cash or check \$30

Breast Vitality— Isle of Woman

Saturday September 29 10 am-12 pm

Women, it is time to learn about breast care. We will cover some basics of breast vitality: understanding them and their needs, how to nourish them and heal our inner messages to them. We will also learn a daily breast self-massage. Students will leave with knowledge, know-how and a little bottle of handmade herbal breast massage oil and recipe to make at home.

Facilitated by Megan Assaf, BFA, LA- LMT #7999; WildRose Wellness Arts, INC.

\$20



October

Weekly Programs:

Sunday Sacred Circle	Sun	5-6p	pg 11
Course in Miracles	Mon	7-8:30p	pg 11
Compassion in Action	Wed	10:30a-12:30p	pg 11
Meditation	Wed	5-6 pm	pg 11
Dream Discovery	Thurs	10:30a-12p	pg 2
Chi Gong	Thurs	10a-12p	pg 2
Spiritual Journey	Thurs	6-7p	pg 11
AA Meditation Mtg	Thurs	7-8p	pg 3

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Monthly Programs

1st & 2nd Mondays	Zen	7-8:30p	pg 3
2nd Tuesday	Food Bank	10a-12p	pg 3
3rd Wednesday	Pranic Hlg	6:30-8:30p	pg 4

Taste of Zen: Zazen and Dharma Talk (details p. 3)

Mondays October 1 & 8 7-8:30 pm

Join us to develop the practice at the heart of Zen.

Chakra Connections

Fridays October 5-19 5:30-7 pm

Take a journey through your energy system and learn to apply this powerful wisdom to your daily life. Tina will include music, chanting, aromatherapy* and body movement to bring awareness to your balance, digestion and communication centers in this 3 class series. Bring a journal! You may want to record some connections during class. (*Aromatherapy is completely optional and offered after class.)

Facilitated by Tina Ufford, certified yoga instructor, RYT 200 through Louisiana Yoga School and licensed massage therapist.

\$12 each/series of 3 \$30



Open House Party:

Step Out of the Ordinary: Discover You!

Sunday October 7 4:30-6 pm

Follow the yellow brick road to The Red Shoes. Discover that the joy, peace, balance and fulfillment you seek, are within - just click your heels and experience the opportunities that await you within our supportive and inclusive community. Explore the magic: program samplings, guided meditation, creative activities and delicious delicacies. Welcome to our oasis where mind, body and spirit are nurtured.

No Fee

Who Doesn't Need a Miracle?

Monday October 8 7-8:30 pm

Experience *A Course in Miracles*, a powerful, life-changing 365 day study suggesting a path to universal love and peace. *The Course* includes 12 exercises on raising awareness of love's presence and healing relationships through forgiveness. *The Course* combines spiritual inspiration with a psychological understanding of belief and defense systems and perception. Attend this introductory gathering to open your heart.

Facilitated by Nic Ourso inspired student of The Course.

\$5

Food for Thought... Volunteer

Tuesday October 9 10 am- 12 pm

Greater Baton Rouge Food Bank 10600 S Choctaw Dr.

No one should go hungry. Our community needs you! Join The Red Shoes caring team at the Greater Baton Rouge Food Bank. Make new friends while sorting food to prepare for distribution. Your 2 hours makes a huge difference. Wear closed-toe shoes.

No Fee

Read Your Lips! Nourish Them, Too.

Tuesday October 9 6:30-8 pm

Did you know your lips can show you clues to your general health? In this dynamic class we will be learning a few tips on reading the lips for clues to health as well as demonstrating how to make your own lip balm from easy skin-nourishing ingredients. Participants go home with a handout of recipes and a small tin of freshly made lip balm.

Facilitated by Megan Assaf, BFA, LA- LMT #7999; WildRose Wellness Arts, INC.

\$10

Indigo Women's Enlightenment Circle (details p. 3)

Tuesday October 9 7-8:30 pm

Enjoy a themed teaching, discussion, guided meditation or sound healing on *Attracting More Love in Your Life*.

Mustard Seeds & Waterlines

Wednesday October 10 6:30- 8 pm

Author Talk - The flood of 2016 is the inspiration for this memoir by a local author, "The water may have receded from our yard, but it continued to close in on my soul, threatening to drown me..." Join us to hear about the writing process, the experiences and the woman behind this powerful story of faith rediscovered.

Facilitated by Karen Milioto, local author.

No Fee

Dreams: Discover What Lies Below the Surface

Thursday October 11 10:30 am- 12 pm

Have you wondered how to make sense of your dreams? Dream work opens the door to an understanding of your true nature: your life, values and relationships. Discover the significance of the images in your dreams. Guided meditation will lead us to a discussion of the messages that come from your subconscious. Receive a dream journal and begin writing in it today.

Facilitated by Joan McCaskill, Spiritual Director, MA.

\$5

Scepter of the Soul

Friday October 12 10:30 am- 12 pm

Create a symbol of your sovereignty, your feminine power to create what you want for yourself and for the world. Choose images symbolic of your essence and your dreams and then carefully craft them onto your collaged, Scepter of the Soul. Leave with a unique and beautiful reminder of your power as a woman. Instruction & supplies provided. Bring bling just for fun.

Facilitated by Pam Arnold, collage artist enthusiast.

\$5

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

**Transformation Through Sound:
Yoga with Bowls**

Saturday October 13 1:30-3 pm

*"The resonance of the bowls seems to grow
our interior spaces."*

Enter a peaceful space of vibrational calming tones in this gentle yoga class. The therapeutic power of crystal bowls guides us as we leave the noise of life and access a sacred place of tranquility. The tones of the bowls enrich guided yoga and meditation: sense your body harmonizing with the vibrations. All levels welcome.

Facilitated by Daniel Collins, Clayfire LLC, & Tina Ufford, Certified Yoga Instructor.

\$10

Open Mic Poetry & Music

Saturday October 13 7- 8:30 pm

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. Stay for coffee and desserts. Musicians, singers and poets: Share your favorite works in this appreciative, supportive "coffee-house" setting. Call early to reserve your 5-minute spot.

\$5



Shifting and Winning: Author Workshop

***Intrinsic Shift* by Tonia Askins and Tasha Huston**

Sunday October 21 2-5 pm

Have you been struggling to understand the path your life has taken? Have you tried new things but still feel deeply attached to the old? Change pushes us into the wilderness of the realm outside our comfort zones. Join Tasha Huston to explore how to go through your darkest hour and what a delightful surprise awaits you on the other end. By identifying eleven key attributes of a shift, she illuminates why life shifts happen, how to handle them when they come and the best way to make sure your shift happens gracefully.

Facilitated by Tasha Huston, B.A. in Sociology and a BA and Master's in Theology and Religious Studies.

\$20

Together, We Can Move Mountains

A Spiritual Retreat

with

Dr. Christine Page, M.D

October 26-28

Details p.1

Fit for Fall Prevention

Tuesdays Oct 16-Nov 6 6:30-8 pm

Wow, 50% of falls can be prevented! This class is a must. Let's have some serious fun with Toni Phillips, Director of One Up Fall Prevention. Learn sensory, stability and core strength skills as well as how to protect yourself in the event of a fall. Toni has transformed her personal experience with her own fall at work into a passion for prevention.

Facilitated by Toni Phillips, Bachelor of Applied Science - BASc, M.Ed., fall prevention practitioner.

\$40

Meditation and Pranic Healing (details p. 4)

Wednesday October 17 6:30-8:30 pm

Join us for an evening of rejuvenation and healing.

Meditation for Self-Care

Saturday October 20 10 am-2 pm

DeeDee Jones will walk you through simple tools to integrate meditation into your daily life. You will not only learn - but you will receive self-care and nurturing techniques including sound healing and guided meditations to bring peace and clarity into your life. Learn to breathe, focus your attention and get in touch with deeper levels of your spirit on a daily basis. Dress comfortably. Bring a yoga mat and/or pillow, if you like.

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

\$50



November

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Monthly Programs

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2nd Tuesday	Food Bank	10a-12p	pg 3

Full and partial scholarships are always available.

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

Consider Rounding Up!

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

Please register for our programs

by phone, email or online.

225-338-1170 | info@theredshoes.org

www.theredshoes.org

Chakra Power: Artfully Create Your Understanding
Saturday November 3 10 am- 3 pm

Did you know you have the power within you to direct the flow of your energy to create, heal, awaken, inspire and much more? Attuning to the healing powers of the chakras, the eight major centers of energy, helps relieve stress, creates balance and assists with pain relief. Ready to have fun? Learn new poses, chants and sounds to open each chakra and move through these energy centers. To embody the teachings, we will access a variety of art mediums including paint and pipe cleaners to deepen our connection with each chakra.

Facilitated by Janet Sullivan, licensed massage therapist who teaches chi gong, shiatsu, self-massage seminars and both Kundalini and Hatha yoga.

\$45

Intuition: Your Connection with the Divine.
Sunday November 4 1:30-4:30 pm

Live the intuitive life, a new way of Being. Become aware of choosing between guidance from intuition or from ego and experience the difference between thriving and surviving. Befriend your inner life coach by developing daily techniques and practices to access and respect your own intuition. Learn to choose purposeful actions versus triggered reactions when heart brain, gut brain and head brain are fully integrated.

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

Holiday Cheer: SIGH for Self-Care
Tuesdays November 6 & 13 6:30 -8 pm

The holidays are a time of sharing with family and friends, celebrating and thanksgiving, but the joy of these times can leave us anxious and overwhelmed. The commercialism, the decorations, the meals and even the expectation of cheer can be draining. *Self-Care for the Holidays* empowers you to embrace the holiday season with a comforting strategy of SIGH. Because “merry” begins with “me,” you will develop a strategy of Solitude, Invitation, GratITUDE and Honor. Create a space for compassionate self nurture as you navigate the hustle and bustle of traditions and festivities. Give yourself permission to throw off expectations and embrace the season of giving and love.

Facilitated by Angeletta KM Gourdine, a Ph.D. in cultural studies and relationship coach.

\$20

Superbrain Yoga
Wednesday November 7 6:30-8:30 pm

Learn to boost your vitality, recharge your brain power, experience emotional calm and mental clarity with this ancient technique that harnesses the body's primordial

energies. SuperBrain Yoga® is a simple and effective way to energize the brain and keep the mind sharp even as the body ages. Through this simple yet powerful exercise you can increase focus and learning ability.

Facilitated by Misagh Naderi, a disciple of Grandmaster Choa Kok Sui and an introduction leader of his courses. Focusing on health, Misagh has a PhD in Biochemistry.

\$15

Breathwork Journey for True Freedom
Saturday November 10 10 am-5 pm

What would you like to be free from? What would you like to be free to do...or to be? The answers are inside. Let the breath open you to your deepest truths and highest aspirations, while releasing all that blocks or hinders you from your potential. Integrative Breathwork is an inner depth journey experienced lying down with eyes closed. It is an active meditation process that combines focused breathing with a musical journey and rhythmic circular breathing for cleansing, self-awareness and spiritual connection. Breathwork sessions will be followed by reflective mandala artwork. We will work in random pairs to support each other's process. Breathe deep for personal freedom.

Facilitated by Patricia Stout, LCSW-BACS, certified as a facilitator of Integrative Breathwork, Psycho-Spiritual Integration and a Therapeutic Breathwork Trainer.

\$75

Indigo Women's Enlightenment Circle (details p. 3)
Tuesday November 13 7-8:30 pm

Enjoy a themed teaching, guided meditation and/or sound healing: *Healing as a Whole Mind, Body, Soul.*

Isle of Woman: Elderberry for Winter Wellness
Saturday November 17 10 am -12 pm

learn about the uses of this plant for winter health, as well as how to make your own Elderberry syrup and cordial! Students bring home a handout of recipes, a little syrup and cordial. Please bring two 4-8 oz clean glass jars with a lids.

Facilitated by Megan Assaf, BFA, LA- LMT #7999; WildRose Wellness Arts, INC.

\$35

Gratitude Gong Bath (details p. 4)
Sunday November 18 2:30-4 pm

Join us for a concert and gong bath to bring us into deep connection with gratitude. Approaching the season of Thanksgiving, we will take time to appreciate the things that make life special as the tones and vibrations open us to heightened awareness. No water is involved in a gong bath; participants sit or recline and allow the sounds to "wash over" them.

Facilitated by Daniel Collins and Olivia Sophia.

\$20

Collage Holiday Cards

Friday November 30 10:30 am-12:30 pm

Enjoy creating a hand-made card and make this holiday season special. "Just say no" to store bought or e-cards and collage your personal greeting cards! Using fabrics and paper images, we will create unique treasures for the holiday season. The card you make will be received as a gift from the heart. Learn basic techniques and principles of collage as you make beautiful and reproducible holiday works of art. Materials supplied.

Facilitated by Pam Arnold, a longtime collage enthusiast and teacher.

\$10



December



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3rd Wednesday	Pranic Hlg	6:30-8:30p	pg 4

Dance in the Sun Vision Board Party

Saturday December 1 7-8:30 pm

2018 went by in a flash! The New Year is pounding at the door. Let's get together to create our vision board to ensure we accomplish our goals in 2019. A Vision Board is a collage of pictures and words usually torn out of magazines or any image that can serve as an example of what you want to show up in your life. The power of a vision board is that you clarify, define and keep your intentions in front of you, reminding you of what you want to achieve. Your vision board empowers you to stay focused and motivated. Do you want to travel, change careers, buy a new home or enjoy better relationships? The choice is yours. Let's make sure we start the New Year with a plan and not just hope.

Facilitated by Monique Moliere Piper, M.A., a speaker, bestselling author and certified professional coach.

\$20

Christ of the Celts: The Healing of Creation

Tuesdays December 4 & 11 10:30 am-12 pm

Join with us to ponder John Phillip Newell's question, "Who is Christ today?" Newell shows how the ancient Celtic vision of Christ embodies a concern for the healing of creation and the healing of the human. Sensing the human longing for peace in the face of fear

and global fragmentation, Newell offers the ancient traditions of Celtic Christianity as a way forward in healing humankind and the earth. Discover this Christ who rather than only a sacrifice is a manifestation of love, a representation of harmony with God and nature - the picture of Christ needed today.

Facilitated by Joan McCaskill, Spiritual Director, MA.

\$20

"Won't You Be My Neighbor?" :

An Opportunity To Understand & Overcome Bias
Wednesdays December 5 & 12 6:30-8 pm

Biases are the stories we make up about people before we actually know who they are. Baton Rouge is 54% black, 39% white - how might we truly live together as neighbors? It is time to work through some old stereotypes and change our default reactions. We don't want to be color blind, rather we want to see potential, competency, professionalism and compassion in all faces. We want to look openly into reality to move beyond assumptions. Join us for this 2-part series that will include short films to inspire conversation and provoke new insights. Welcome to our "neighborhood," where the goal is to know, respect and love our neighbors. The more diverse our gathering, the more we will learn.

Facilitated by Charity Moran Parsons, a teacher, K-12 coach, and founder of idoschool.com and Dr. Lisa Delpit, Felton G. Clark Distinguished Professor of Education.

Each \$10/ Series \$15

Holiday Luncheon

Friday December 7 12-1:30 pm

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

Reservations by December 4, please! \$10

Indigo Women's Enlightenment Circle (details p.3)

Tuesday December 11 7-8:30 pm

Enjoy a themed teaching, guided meditation and/or sound healing on *Meeting Your Spirit Guides*.

Volunteer: Winter Wonderland Party

Sweet Dreams Women and Children's Shelter

Thursday December 13 6:45-8 pm

Location: 1623 Convention Street

Volunteer to participate and help plan a Winter Wonderland party for women and children, complete with games, crafts and treats. But rather than giving, you will receive the greatest gift, the smiles of those who call this shelter "home." Register today and we will coordinate this special evening via email.

The Red Shoes 2018 Fall Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SEPTEMBER						1
2 Trauma Series 3-4:30p Sacred Circle 5p	3 Closed for Labor Day	4 Yoga 8a Self Care 6:30p	5 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	6 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	7 Yoga 8a	8
9 Trauma Series 3-4:30p Sacred Circle 5p	10 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Taste of Zen 7p	11 Yoga 8a Food Bank 10a Self Care 6:30p Intro to Pranic 6:30p Enlightenment Circle 7p	12 Yoga 8a Compassion 10:30a Meditation 5p	13 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	14 Yoga 8a	15 Yoga Nidra: Life's Purpose 10a-12:30p Gardening 2-4p
16 Louisiana Habitats 1-2:30p Trauma Series 3-4:30p Sacred Circle 5p	17 Yoga 8a / 5:30p CS Yoga 10:30a Everything Belongs 10:30a ACIM 7p	18 Yoga 8a Self Care 6:30p	19 Yoga 8a Compassion 10:30a Meditation 5p Pranic Healing 6:30p	20 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	21 Yoga 8a	22 Memory Bracelet 10a-2:30p Gong Bath 6:30-8p
23 Trauma Series 3-4:30p Sacred Circle 5p	24 Yoga 8a / 5:30p CS Yoga 10:30a Everything Belongs 10:30a ACIM 7p	25 Yoga 8a Self Care 6:30p Angela Gregory Lunch 11:30a	26 Yoga 8a Compassion 10:30a Meditation 5p	27 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	28 Yoga 8a	29 Isle of Woman: Breast Vitality 10a-12p
30 Sacred Circle 5p						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
OCTOBER	1 Yoga 8a / 5:30p CS Yoga 10:30a Everything Belongs 10:30a ACIM 7p Taste of Zen 7p	2 Yoga 8a	3 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	4 Yoga 8a / 5:30p Kundalini 9:30a Chi Gong 11a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	5 Yoga 8a Chakra Connections 5:30p Women's Week	6 Women's Week
7 Open House 4:30-6p Sacred Circle 5p	8 Yoga 8a / 5:30p CS Yoga 10:30a Everything Belongs 10:30a Miracles 7p Taste of Zen 7p Women's Week	9 Yoga 8a Food Bank 10a Nourish Lips 6:30p Enlightenment Circle 7p Women's Week	10 Yoga 8a Compassion in Action 10:30a Meditation 5p Author Talk 6:30p Women's Week	11 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p Women's Week	12 Yoga 8a Scepter Collage 10:30a Chakra Connections 5:30p Women's Week	13 Yoga with Bowls 1:30-3p Open Mic 7-8:30p Women's Week
14 Sacred Circle 5p Women's Week	15 Yoga 8a / 5:30p CS Yoga 10:30a Everything Belongs 10:30a ACIM 7p	16 Yoga 8a Fall Prevention 6:30p	17 Yoga 8a Compassion 10:30a Meditation 5p Pranic Healing 6:30p	18 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	19 Yoga 8a Chakra Connections 5:30p	20 Meditation for Self Care 10a-2p
21 Intrinsic Shift Workshop 2-5p Sacred Circle 5p	22 Yoga 8a / 5:30p CS Yoga 10:30a Everything Belongs 10:30a ACIM 7p	23 Yoga 8a Fall Prevention 6:30p	24 Yoga 8a Compassion 10:30a Meditation 5p	25 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	26 Yoga 8a Retreat: 7-9p Christine Page Together We Can!	27 Retreat: 10a-5p Christine Page Together We Can!
28 Christine Page 10:30a-2p Sacred Circle 5p	29 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	30 Yoga 8a Fall Prevention 6:30p	31 Yoga 8a Compassion 10:30a Meditation 5p			

The Red Shoes 2018 Fall Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOVEMBER				1 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	2 Yoga 8a	3 Chakra Power w/Art 10a–3p
4 Intuition 1:30-4:30p Sacred Circle 5p	5 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Taste of Zen 7p	6 Yoga 8a Fall Prevention 6:30p Holiday Self Care 6:30p	7 Yoga 8a Compassion 10:30a Coloring Med 5p SuperBrain Yoga 6:30p	8 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	9 Yoga 8a	10 Breathwork Journey 10a–5p
11 Sacred Circle 5p	12 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Taste of Zen 7p	13 Yoga 8a Food Bank 10a Holiday Self Care 6:30p Enlightenment Circle 7p	14 Yoga 8a Compassion 10:30a Meditation 5p	15 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	16 Yoga 8a	17 Isle of Woman: Winter Wellness 10a-12p
18 Gratitude Gong Bath 2:30-4p Sacred Circle 5p	19 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	20 Yoga 8a	21 Closed for Thanksgiving	22 Closed for Thanksgiving	23 Closed for Thanksgiving	24
25 Sacred Circle 5p	26 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	27 Yoga 8a	28 Yoga 8a Compassion 10:30a Meditation 5p	29 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	30 Yoga 8a Holiday Cards 10:30a	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
DECEMBER						1 Vision Board 7–8:30p
2 Sacred Circle 5p	3 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Taste of Zen 7p	4 Yoga 8a Christ of Celts 10:30a	5 Yoga 8a Compassion 10:30a Coloring Med 5p Neighbor 6:30p	6 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	7 Yoga 8a Holiday Luncheon 12p	8
9 Sacred Circle 5p	10 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Taste of Zen 7p	11 Yoga 8a Food Bank 10a Christ of Celts 10:30a Enlightenment Circle 7p	12 Yoga 8a Compassion 10:30a Meditation 5p Neighbor 6:30p	13 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Shelter Party 6:45p AA Meditation 7p	14 Yoga 8a	15
16 Sacred Circle 5p	17 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	18 Yoga 8a	19 Yoga 8a Compassion 10:30a Meditation 5p Pranic Healing 6:30p	20 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p	21 Yoga 8a	22
23 Sacred Circle 5p	24 Closed for Winter Holidays	25 Closed for Winter Holidays	26 Closed for Winter Holidays	27 Closed for Winter Holidays	28 Closed for Winter Holidays	29
30 Sacred Circle 5p	31 Closed for Winter Holidays					



Yoga



Sacred Circles

Morning Yoga - A Perfect Beginning

Monday-Friday 8-9 am

Wake up the body and invigorate your mind and spirit with morning yoga! Start your day with gentle stretching to increase circulation, improve posture and enhance your energy level. Enjoy a slow, meditative approach to yoga with a focus on breathing, core strength and proper body alignment. Become grounded and focused for the day. All levels of experience welcome.

Facilitated by Tina Ufford, RYT 200 through Louisiana Yoga School and Vanessa Parks.

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

Yoga for Cancer Survivors **Cancer Services**

Mondays 10:30-11:30 am IMPROVING LIFE. EMPOWERING LIVES.

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 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. Gentle physical movement, breathing exercises and meditation are designed to enhance well-being, increase flexibility and build strength. Perfect for beginners or experienced students who enjoy a less strenuous practice.

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

\$8 per class / 7 classes \$48

Kundalini Yoga –Weekly

Thursdays 9:30-10:30 am

Kundalini yoga connects our finite selves with the infinite through a blend of spiritual and physical practices. 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

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

Sunday Sacred Circle: Matters of the Heart

Sundays Weekly 5-6 pm

Nourish your spirit: a time of introspection, ecumenical and inter-religious unity expressed 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

Seeking happiness and peace? Our weekly study of *A Course in Miracles* is a powerful, life-changing course. This universal spiritual teaching offers daily exercises to raise awareness of love's presence, and through forgiveness, heal relationships. Join us to discuss the daily exercises and build 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 social justice issues at the forefront of our society today. Books and guest speakers stimulate our discussion. Learn more about the issues and discover how you can be part of the solution. Be the change! (Details on our website.)

Facilitated by Compassion in Action Circle members.

Suggested monthly donation \$20

Meditation and Spiritual Awakening

Wednesdays Weekly 5-6 pm

Guided meditation leads into quiet calm for the mind and a release of stress. Open to wisdom from inspiring spiritual teachings. Instruction is offered in developing and deepening our practice. All levels of experience welcome. * The first Wednesday of the month will be a time for contemplative coloring, a relaxing form of active meditation 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

As a circle of seekers, we immerse in diverse spiritual teachings. Share in discussions that enrich life on a deep, personal level. A study of thought-provoking writers and luminaries enhance this spiritual journey. Return weekly for spiritual connection and community.

Facilitated by Wendy Herschman, Executive Director of The Red Shoes, & Spiritual Journey Circle members.

Suggested monthly donation \$20



The Red Shoes

A CENTER FOR PERSONAL & SPIRITUAL GROWTH

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Inspiration On the Way
Dr. Christine Page
October 26-28
We Can Move Mountains!

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, partially 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!**