

Spring 2019



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
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

Connecting Race, Love and Liberation

Love and justice are not two. Without inner change, there can be no outer change. Without collective change, no change matters.

**A Transformative
Community Weekend with
Rev. angel Kyodo williams**
*Zen priest, author, spiritual teacher and
founder of
Center for Transformative Change*



Saturday March 30 7-9 pm
Sunday March 31 10 am-5 pm
Location: Check our website for update.



Open yourself to a weekend of learning and transformation with Rev. angel Kyodo Williams. Mystic meets Warrior in this dynamic leader who offers this invitation to change - Within the idea of compassion lies a shared journey we must all make that transcends faith and tradition: the practice of being human. This is an urgent invitation for us to personally and collectively reckon with the pain and separation passed down by our nation's legacy of racial injustice, white supremacy and their interlocking oppressions—an inheritance which manifests in our communities, policies, and families. For us to transform as a society, we have to reclaim and repair the human spirit and allow ourselves to be transformed as individuals. Come together for an inspiring weekend:

- Learn how to connect in authentic and inclusive ways.
- Experience an embodied method for building internal capacity/growth.
- Unearth myths that deny history, social conditioning and their impact.
- Gain insight into how race maintains other forms of oppression.
- Recognize and disrupt the "politics of dis-belonging" to develop connection and begin to heal.

Facilitated by Rev. angel Kyodo Williams, African-American Buddhist, author of Being Black: Zen and the Art of Living With Fearlessness and Grace and co-author of Radical Dharma: Talking Race, Love & Liberation.

Saturday only \$20/ Sunday only \$55
Full Retreat Early Bird paid by March 1 \$65 /after \$70

Scholar in Residence

Dr. Michael Conforti
Internationally Known Author and Jungian Analyst

Friday, February 8 - Saturday, February 9 (details p. 5)

Dear Friends,

A new year holds such promise...will we make personal changes, will we speak our truths still unvoiced, will we pick up the undone tasks and do what needs to be done? There are many opportunities for you to say, 'yes' as you participate with The Red Shoes in the coming months.

Recently, I was able to attend an amazing gathering of over 8,000 people from all over the world at the Parliament of World Religions. I heard so many inspiring people: Gandhi's grandson spoke about being raised with non-violence and Vendana Shiva spoke of the need to prioritize Mother Earth: her people, land and water, above economic gain. I returned from this multi-faith, multi-ethnic gathering assured that no matter our spiritual path, we share truths: we need to love our neighbor and we need to respect the earth.

This season you will notice an icon next to certain programs that invite us to bridge and build new understandings about race so we can understand our neighbors and pursue reform and change.

Take care of the earth and take care of each other,

Wendy Herschman, E.D.



January

Complete yoga schedule on page 11

Dream Discovery

Thursdays Beginning Jan 3 10:30 am-12 pm

Discover more about yourself as you learn to work with your dreams. The language of dreams offers 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

Qigong /Chi Gong: A Path to Wellness

Thursdays Beginning Jan 3 11 am -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

Spiritual Journey Circle (details p. 11)

Thursdays Beginning Jan 3 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 Jan 3 7-8 pm

Together we explore guided meditation and share our experience, strength & hope toward living a Sober Life.

Sunday Sacred Circle (details p. 11)

Sundays Beginning Jan 6 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 Course in Miracles (details p. 11)

Mondays Beginning Jan 7 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

Mondays Beginning Jan 7 7-8:30 pm

Join us on Mondays 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. Guidance for beginners.

Facilitated by an ordained Zen monk, Muso Yuki .

Suggested donation \$10

Volunteer: Baton Rouge Food Bank

2nd Tuesdays January 8 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

An Introduction to Pranic Healing®

Tuesday January 8 6:30-8:30pm

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. Experience techniques to help you keep emotionally calm and mentally clear even in stressful situations. Learn how to purge negative thoughts and energies that prevent you from becoming prosperous and successful.

Facilitated by Pat Cole, an Intuitive Healer and an Introductory Workshop Leader on Master Choa Kok Sui's courses and a student of his courses and teachings on Pranic Healing and Arhatic Yoga.

\$15

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

Indigo Women's Enlightenment Circle

2nd Tuesdays January 8 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. January theme: *Psychometry - Psychic Touch & Spirit Messages*.

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

\$20

Compassion in Action Circle (details p. 11)

Wednesdays Beginning Jan 9 10:30 am-12 pm

Thought provoking discussion will be based on books chosen by the group on themes related to social problems including race, education, healthcare, oppression, the court system and incarceration.


Meditation and Spiritual Awakening (details p. 11)

Wednesdays Beginning Jan 9 5-6 pm

Join us for a quiet time of exploration and meditation. Enjoy stillness that creates a time to empty and reconnect to Source. Some instruction offered.

Hair Crownicles: A One Woman Show in Partnership with LaVOW

Saturday January 12 4pm

 Medina Perine, playwright and performer, shares her hair struggles as an African-American woman. As a child, Medina sees her hair and herself through the eyes of her adoring parents. However as society, peer pressure and marketing challenge her self-worth as a black woman, she perms, relaxes, wraps and hides her hair under wigs. We see her transformation, first covering up and changing her "crown" and finally embracing it and her true identity. While grounded in experiences particular to African-American culture, Medina taps into the part of each of us that thinks we need to change or hide ourselves in order to be desirable.

Performed by Medina Perine, a native of New Orleans who earned her BA at Southern University.

\$15

Learn Internet Safety from a Pro

Sunday January 13 3-4:30 pm

Technology and the internet have done many great things for our world, but there are some dangers to be aware of. As a consumer, it helps to be informed rather than fearful. Learn how to spot frauds and take steps to protect your identity and stay out of the "dark web." Join us to learn about scams and viruses, how they work and how to prevent them from affecting you. Bring your questions and we will offer user-friendly answers.

Facilitated by Tommy Draughn, owner Glasswing Tech LLC

\$10

The Path of Descent is the Path of Transformation: Talks from Richard Rohr's Conspire Conference

Mondays Jan 14-Feb 18 10:30 am-12:30 pm

How do we change and grow? How do we become our most whole and holy selves, deeply connected with God and others? The mystics of many spiritual traditions teach the path of descent—surrender, generative self-emptying—as the way of transformation. Learn with Richard Rohr, Barbara Holmes, Brian McLaren, Barbara Brown Taylor and Mirabai Starr. Open heart, mind and body to the wisdom found in darkness and descent.

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

\$60

Community Healing*: Meditation & Pranic Healing

3rd Wednesdays January 16 6:30-8:30 pm

***Special Focus: Law of Attraction: How Your Aura and Chakras Influence Your Prosperity**
Experience rejuvenation and healing through Pranic Healing. Light stretching is followed by the *Meditation on Twin Hearts*, a meditation based on the universal prayer of St. Francis that promotes physical and spiritual well-being. It blesses loved ones, your job and Mother Earth. Healing sessions offered after meditation.

Facilitated by Pat Cole, Misagh Naderi, and Mike Benton, students of Master Choa Kok Sui and members of Pranic Healing of Baton Rouge.

Suggested Donation \$10

Simple Meditation for Complex Times

Saturday January 19 9am -12 pm

Join DeeDee to learn and immerse yourself in deep, yet simple meditation techniques for daily stress relief. These techniques will include Yoga Nidra, Breathing Meditation, Visualization and more. Bring a journal, blanket and pillow. No prior experience needed. Mats and blankets available.

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

\$50

"Catch a Poem" Writing Workshop

Sunday January 20 2-4pm

Have you wanted to write poetry, but felt intimidated by the blank page? Release the need to rhyme and the fear of writer's block. Think "Fishing" as a metaphor for writing poetry, a teaching popularized by Sanford Lyne. "The poet and fisherman both have to have the right mood, the right place, and the right bait." Choose a "bait bucket" with four, seemingly unrelated words and then...start writing. Have fun and you will be amazed by what comes to the surface.

Facilitated by Caroline Derbes, retired school teacher, and a fellow in the National Writing Project.

\$10

Imprint: Leave Your Unique Mark

Saturday January 26 10:30 am-12:30 pm

Are you curious about what it's like to write your personal story? Would you like to change aspects of your life? Join us to discuss *Imprint*, a collection of stories by everyday women who faced challenges and still created a life of meaning. Every word will leave you wanting to know how they made it through better—and not bitter. Several authors will join us to discuss experiences which influenced their paths.

Then we will dive deeper...What would leave an imprint on the quality of your life? What change could impact your daily experience? We will determine how to step into the change without becoming overwhelmed. Leave with a plan of how to create the change you want from clearing a closet to launching your business.

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

\$20

Quaker Circle

Sunday January 27 3-4:30 pm

Curious about the history of that guy on the oatmeal box? Visit with local Quakers and learn about a religious denomination that started in England around the year 1647. Find out how Quakers have survived into the 21st century without a creed, and about the testimonies that create the foundation for living the Quaker way. After our discussion, we'll settle into thirty minutes of worship "in the manner of Friends."

Facilitated by members of Baton Rouge Friends Meeting (Quakers).

Suggested donation \$5

Learn To Meditate for Stress Release and Healing

Friday February 1 6:30-8pm

"By Practicing Stillness, one becomes aware of the Divine Presence within one's Self." Master Choa Kok Sui

Join us for a powerful introductory talk to learn the purpose of meditation and how it can help you manage stress, connect with intuition, experience forgiveness and embrace your strength. Learn the powerful *"Meditation on Twin Hearts"* to calm your emotions and connect with inner peace and a sense of the divine.

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

Reframing Our Story: Words Matter

Saturday February 2 10 am-3 pm

The stories we tell about ourselves and our experiences shape our present and future. We'll work with a personal story that we see as a not so good experience and change our perception of the story and the emotions it evokes by using different words to retell the story. Become conscious of the power of your words and how their vibrational frequencies can be felt in the body through our involuntary emotional reactions. This technique brings us back into our bodies, promoting healthy body awareness and brings us into "the now" as we practice true reality story telling.

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.

\$40

Author Talk: Reckoning with Our Roots

Sunday February 3 2-4 pm

"I'm tired of carting around decades of rage and shame about my white people."



Author Joan Wynne tells the story of her love-hate relationship with the south in this book of essays that awakens the past as a path to healing. Her ambivalence, she explains, began when she was 8 years old: she saw a magazine photo of men and women swinging chains threateningly at young black children, trying to integrate a school. From that moment on, Wynne wrestled with the good, the bad, and the ugly of the southern experience. She challenges us to confront the country's past and present institutional tyranny, so we can ultimately come home to our nation's founding ideals. Join us as Wynne examines power and privilege, and wonders, "are we serious about sacrificing privilege so equity might finally begin to bloom in America?"

Facilitated by Joan Wynne, author, educator, Florida International Community retired professor and winner of the Martin Luther King Jr. Peace Award.

\$10

February

Weekly Programs:

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

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| 2nd Tuesday | Food Bank | 10a-12p | pg 2 |
| 3rd Wednesday | Pranic Hlg | 6:30-8:30p | pg 3 |

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

225-338-1170

Zen in the West: An Introductory Short Course
Mondays February 4-25 7-8:30 pm

Join us to learn Zen basics to build a meaningful life practice. Each week we will deepen our understanding.

Feb 4 - What is Zen? How is this ancient practice relevant to my life? **Feb 11**- Sitting Practice (Zazen)

Explore mindfulness, posture, and presence.

Feb 18 - Koan Practice: Great Doubt and Awakening

Feb 25 - Morality (Compassionate Life Practice) -

Explore three perspectives on manifesting the precepts.

Facilitated by: Gary Muso Pettigrew Hoshi, an ordained monk and Dharma holder in the White Plum Zen Buddhist lineage, and Shelby Jukai Gallagher, B.A. in Religious Studies.

Donation per class \$10

Tools To Discover Peace: Meditation

Tuesdays February 5-26 6-7 pm

Meditation helps us to stop *doing* and start *being*. We will enjoy practicing basic meditation techniques that help us to enter the meditative mind state. Beginners and advanced practitioners of meditation welcome.

Week 1: The relaxation response - Meditation: progressive muscle relaxation, create your sacred space (guided meditation)

Week 2: Stress management, slowing down your breathing - Meditation: chakra breathing, using nature sounds to relax (whales)

Week 3: Brain waves, brain wave entrainment, trance - Meditation: drumming patterns

Week 4: Pillars of meditation, mantra, raising your vibrations - Meditation: musically guided with mantra

Facilitated by Lisa Langlois, Ph.D. in physics, D. MS. in Metaphysical Sciences, Reiki Master and Meditation teacher - dedicated to women's healing and empowerment.

\$10 each/4 week series \$30

*In Partnership with the
CG Jung Society of Baton Rouge*

Scholar in Residence

Dr. Michael Conforti

presents

The Winds of Psyche

*Understanding the winds of collective storms
blowing through us today*

Friday February 8 7-9 pm

Saturday February 9 9 am-1:30 pm

Friday: *Your Visions Will Become Clear Only When You Can Look Into Your Own Heart.* - Carl Jung

Join us to delve into Psyche, our conscious and unconscious, to recognize the twists and turns that may result in a beautiful life or keep us tangled in the thicket. Life teaches us that the winds of Psyche are beyond our control, yet we still hold the illusion that we are in charge of our life and emotions. To cultivate a relationship with Psyche requires us to honestly face life

and realize that, at times, life is dictated by these unseen winds that blow us far from the life we are meant to live. We will explore Carl Jung's work which represents a spiritual approach to life as we learn to live in relationship to Psyche. Archetypal dreamwork will deepen our discussion.

Saturday: What Shapes a Life?

Archetypes, Complex, Self, and Denial

Join us to look at the ways psyche and the archetypes structure a life and how these archetypal realities manifest. Through a presentation of Jung's work on the Archetype, Complex and Self, coupled with a discussion of the workings of denial, memory, forgetting and repetition, we will look at the presence of unconscious dynamics in personal and collective life. Explore how these form-shaping dynamics affect global and collective life. The archetypal nature of dreams will illuminate our study.

Facilitated by Dr. Michael Conforti, a Jungian analyst in private practice in Mystic, CT, and the founder and director of the Assisi Institute.

**CEUs Friday (2.0) Saturday (4.0) LPCs & MSWs \$10
Friday \$20 / Saturday \$65/ Combo \$80**

Volunteer GBR Food Bank (details p. 2)

Tuesday February 12 10 am- 12 pm

Greater Baton Rouge Food Bank 10600 S Choctaw Dr.

No one should go hungry. Our community needs you!

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

Tuesday February 12 7-8:30 pm

Enjoy guided meditation, sound healing and a themed discussion: *Oracle Card Instruction & Spirit Messages.*

Strengthening Chakras with Calming Tones

Saturday February 16 1-2:30 pm

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

Enter a transformative space as we tune our energies with vibrational tones in this gentle yoga class. We will focus on aligning the chakras through movement and sound. Yogic movements and the vibrations of the quartz crystal singing bowls will strengthen the chakras and guide us on this journey. All levels welcome.

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

\$20

Open Mic Poetry & Music

Saturday February 16 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. We now have a piano, if you would like to play for us! Call early to reserve your 5-minute spot.

\$5

Presented in partnership with Southern University
Law Center's Louis A. Berry
Institute for Civil Rights and Justice

The Role of the People in Justice Battles: An Overlooked Aspect of Civil Rights Litigation

Sunday February 17 2-4 pm



My twenty-one years as a lawyer has caused me to conclude that systemic injustices often require an in-court strategy and a simultaneous out-of-court advocacy effort.

Join us to learn that we each have a role to play in social justice and criminal justice reform and how each of us can take an active role in creating change. In observance of Black History month, Professor Angela Allen-Bell, Director of the Institute for Civil Rights and Justice, will lead a discussion about how "working from the streets" was used to fight injustice during the civil rights era and how it is still necessary today. She will explain her work on three historic advocacy campaigns: Louisiana's non-unanimous jury campaign, "Soledad Brother" John Clutchette's case and the Angola 3 case.

Facilitated by Professor Angela Allen-Bell, B. K. Agnihotri Endowed Professor Southern University Law Center and Director of Louis A. Berry Institute for Civil Rights and Justice—and advocate for social, criminal and restorative justice.

\$10

Community Clinic*: Pranic Healing (details p. 3)

Wednesday February 20 6:30-8:30 pm

*Special Focus: Learn techniques to assist you in dealing with relationships at work and with family and friends.



March



Weekly Programs:

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SuperBrain Yoga® : An Introduction

Wednesday March 6 6:30-8:30 pm

Learn to boost your vitality, recharge your brain power and experience emotional calm and mental clarity with this ancient technique that harnesses the body's primordial energies. SuperBrain Yoga® is simple and

energizes the brain and keeps the mind sharp even as the body ages. Through this simple yet powerful exercise, you can increase focus and learning ability. *Superbrain Yoga may improve academic and behavioral performance in children diagnosed with Autism & ADD.*

Facilitated by Pat Cole, a disciple of Grandmaster Choa Kok Sui. (see page 2, January 8 class)

\$15

In partnership with Coyote Moon, on Perkins Rd

Discover the Power of the Flower with Dr. Jayme M. Jensen

Join us for a powerful weekend to clear, heal and nurture. Flower and Gemstone Essences are complex vibrational infusions that work on the body's energy field. They are effective for creating balance, releasing old patterns of behavior and emotions, and helping us to express our highest potential. Essences transfer the vibrations of flowers, gemstones, precious metals and color to the user's energy field, allowing them to assimilate the corrective frequencies needed to heal and restore.

Intro to Shanti Kai Flower and Gemstone Essences

Friday March 8 7- 8:30 pm

Learn with the founder of Shanti Kai: What are Essences and how are Shanti Kai products unique and often the "missing ingredient" in healing regimens. Experience a Shanti Kai Aura Clearing to remove "negativity" in subtle energy bodies and a Shanti Kai Aura "Sealing" or Shielding/ Protection Exercise.

Clearing, Connecting and Attracting

Saturday March 9 10 am- 5 pm

Take a four part experiential journey through the wonders of Essences.

1. Aura and Room Clearing: We will practice by clearing the workshop space and expand our tools to clear out rooms, offices and cars.
2. Intuitive Development: Strengthen and rebuild your connection to your own intuitive intelligence and innate sensitivity.
3. Release and clear blockages and attract abundance: Experience Shanti Kai Essences in a profoundly deep exercise that clears energy blocks and obstacles that are negatively impacting you and aligns you with things you want and need to manifest in your life such as relationships, prosperity, healing and abundance!
4. Connect to your Higher Purpose with Shanti Kai Essences. Enjoy a meditative exercise for developing your higher connection. Purge limiting beliefs and fears and work with the higher frequency products to understand your unique purpose on the planet.

Facilitated by Dr. Jayme M. Jensen, of Hawaii, NHD, ACCHT, CHMRP, RT, Doctor of Natural Health.

Friday \$10/ Saturday \$ 70 / Both \$75

Jayme will be at Coyote Moon on Sunday & Monday to answer questions and do private 30 minute sessions.

Gong Bath: Welcome the Rhythms of Spring

Sunday March 10 3-4:30 pm

Join us for a concert and gong bath to transition from the energies of Winter to the festive notes of Spring. 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, pillow and blanket to rest comfortably. Some mats and blankets available.

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

\$20

Volunteer GBR Food Bank (details p. 2)

Tuesday March 12 10 am-12 pm
Greater Baton Rouge Food Bank 10600 S Choctaw Dr.
No one should go hungry. Our community needs you!

Tending Your Creative Roots: Introductory Class

Tuesday March 12 6-7:30 pm

Your creative life can not thrive if your roots are not healthy. Join us to explore a new path to cultivating creativity by identifying your unique gifts and understanding how they are different from your skills. The creative goal is to combine skills and gifts in order to experience the greatest fulfillment in life. Learn about an upcoming opportunity beginning March 26 to study with the author of *Growing Your Creativity*, a step-by-step guide to developing a creative life.

Facilitated by author Connie McLeod, speaker, art director, marketer and writer.

Introductory class \$5

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

Tuesday March 12 7-8:30 pm

Enjoy guided meditation, sound healing and a themed discussion: *Automatic Writing & Spirit Messages*.

Volunteer: Spring Fling

Sweet Dreams Women and Children's Shelter

Thursday March 14 6:45-8 pm

Location: 1623 Convention Street

Volunteer to participate and help plan a Spring Fling 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.

No Fee

Brent Baum - Powerful Interventions in Healing: Release Stress, Negativity, Pain and Trauma

Tuesday March 19 6:30-8:30 pm

Take a careful look at the "Primary Languages of Healing" - Energy, Color, Sound and Vibration. We will

explore practical interventions to foster healing and optimal health. By learning to establish safety and connecting to the resources we have available for healing in the bodymind, we can address pain and triggers at their source. While stress, anxiety and trauma distort our experience, we can gain mastery over the states of consciousness often rooted in past memories and traumatic imprints. Discover remarkable resources for healing. Learn to focus, maintain safety, release the "stuck moments" and return to living optimally in the present moment.

Brent will see clients for private appointments at The Red Shoes. Contact Antoinette Kleinpeter at 247-8202 or email majk1111@cox.net to schedule.

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

\$10

Community Clinic: Pranic Healing (details p. 3)

Wednesday March 20 6:30-8:30 pm

Join us for an evening of rejuvenation and healing with energetic cleansing and meditation.

Growing Your Creativity

Tuesdays March 26-April 30 6-7:30 pm

Growing Your Creativity is a 6-week experiential course based on a workbook with questions and tools that will help you connect deeply with your unique life. Together with the author, explore your creative process, your pivotal moments, your gifts, your strengths and your biggest dream. Exercises in this newly published text on creativity will guide you to live in the present moment and to own the strengths you already have. Learn to view your life creatively and imagine and grow the life you want. Registration fee includes book—\$24.95 value.

Facilitated by Connie McLeod, (see March 12 Intro bio)

Registration day of March 12 intro \$70/ after \$75

Scholar in Residence
Rev. angel Kyodo Williams
Connecting Race, Love and Liberation
March 30-31
Details p.1

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.

Mail your tax-deductible donation today:
2303 Government St. Baton Rouge, LA 70806
or online: www.theredshoes.org

April

Ongoing programs:

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| Chi Gong | Thurs | 11a-12p | pg 2 |
| Spiritual Journey | Thurs | 6-7p | pg 11 |
| AA Meditation Mtg | Thurs | 7-8p | pg 3 |

Complete yoga schedule on page 11

Monthly Programs

| | | | |
|---------------|------------|------------|------|
| 2nd Tuesday | Food Bank | 10a-12p | pg 2 |
| 3rd Wednesday | Pranic Hlg | 6:30-8:30p | pg 3 |

Embracing Mystery: *The Wisdom Of Not Knowing*

Mondays April 1-22 10:30 am-12 pm
 Have you noticed a certain discomfort when you are not in control? Do you want to know how things will turn out? Join us to discuss concepts and experience exercises and meditations taken from *The Wisdom of Not Knowing*, an exploration of the challenges and possibilities of the unknown. We will draw from other sources that reveal that the unknown is a deep current that runs throughout all religions and mystical traditions. It can be a source of paralyzing fear or a starting point for transformation and creativity. We will try to grow our personal tolerance for "not knowing."

Facilitated by Joan McCaskill, Spiritual Director, MA.

\$40

Sean Johnson and the Wild Lotus Band

Sunday April 7 4-6 pm

Location: Check our Website for Update

Open your heart to the power of kirtan - mantras charged with dynamic rock, funk, gospel, and world grooves. From Bhakti Fest to The New Orleans Jazz Festival, Sean Johnson And The Wild Lotus Band strike peoples' hearts with their soulful, imaginative, and dynamic music that bridges the east and the west. Sing, dance, stretch and travel on a revelatory journey through myriad sounds, flavors, and languages including belly dance rhythms, Motown-inspired grooves, back porch guitar stomp, gospel chorus, and passionately sung verses from Rumi, The Radiance Sutras, and mantric chants from yoga and other spiritual traditions.

Bring a yoga mat or sit in chairs provided. *New Orleans native Sean Johnson is the founder of the band and loves to inspire people through a creative integration of imaginative music, yoga, storytelling, and poetry. He's been leading kirtan for the last twenty years. CDs will be available for purchase.*

\$20

Volunteer GBR Food Bank (details p.2)

Tuesday April 9 10 am- 12 pm
 Greater Baton Rouge Food Bank 10600 S Choctaw Dr.
 No one should go hungry. Our community needs you.

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

Tuesday April 9 7-8:30 pm
 Enjoy guided meditation, sound healing and a themed discussion: *Automatic Writing & Spirit Messages.*



**Discovering Your Inner Peace -
 Retreat for Survivors of Sexual Assault**
Saturday April 13 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 in conversation with a caring 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

Community Clinic: Pranic Healing (details p.3)

Wednesday April 17 6:30-8:30 pm
 Join us for an evening of rejuvenation and healing with energetic cleansing and meditation.

Baton Rouge Earth Day: The Soleful Labyrinth

Sunday April 28 12-4:30 pm
 LSU Ag Center's Parker Coliseum
 Looking for ways to reduce your carbon footprint? If you have gently used shoes collecting dust in your closet, consider giving them new life and bring them to The Red Shoes beginning April 10.

On Earth Day, we will be creating a labyrinth made up of the donated shoes. **Honor Mother Earth: recycle, reuse and repurpose.** Come join us for a day of fun at the new LSU location and walk the soleful labyrinth. Following the event, all shoes will be donated to St. Vincent De Paul and Cenikor. Help us do good for the earth and its people!

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

The Red Shoes 2019 Spring Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|---|---|
| JANUARY | | Closed ¹ | Closed ² | Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p ³ | Yoga 8a ⁴ | ⁵ |
| ⁶ Sacred Circle 5p | Yoga 8a / 5:30p ⁷ ACIM 7p Zen 7p | Yoga 8a ⁸ Food Bank 10a Intro Pranic 6:30p Enlightenment Circle 7p | Yoga 8a ⁹ Compassion in Action 10:30a Meditation 5p | Yoga 8a / 5:30p ¹⁰ Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | Yoga 8a ¹¹ | ¹² Play: "Hair Crownicles" 4p |
| ¹³ Internet Safety 3p Sacred Circle 5p | Yoga 8a / 5:30p ¹⁴ CS Yoga 10:30a Conspire 10:30a ACIM 7p Zen 7p | Yoga 8a ¹⁵ | Yoga 8a ¹⁶ Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p | Yoga 8a / 5:30p ¹⁷ Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | Yoga 8a ¹⁸ | ¹⁹ Simple Meditation for Complex Times 9a-12p |
| ²⁰ Catch a Poem 2p Sacred Circle 5p | Yoga 8a / 5:30p ²¹ CS Yoga 10:30a Conspire 10:30a ACIM 7p Zen 7p | Yoga 8a ²² | Yoga 8a ²³ Compassion in Action 10:30a Meditation 5p | Yoga 8a / 5:30p ²⁴ Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | Yoga 8a ²⁵ | ²⁶ Imprint: Leave Your Mark 10:30a |
| ²⁷ Quaker Circle 3p Sacred Circle 5p | Yoga 8a / 5:30p ²⁸ CS Yoga 10:30a Conspire 10:30a ACIM 7p Zen 7p | Yoga 8a ²⁹ | Yoga 8a ³⁰ Compassion in Action 10:30a Meditation 5p | Yoga 8a / 5:30p ³¹ Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | | |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| FEBRUARY | | | | | Yoga 8a ¹ Meditation for Stress Release 6:30p | ² Reframing Our Story 10a |
| ³ Author: Reckoning with our Roots 2p Sacred Circle 5p | Yoga 8a / 5:30p ⁴ CS Yoga 10:30a Conspire 10:30a ACIM 7p Zen Intro 7p | Yoga 8a ⁵ Meditation Tools to Find Peace 6p | Yoga 8a ⁶ Compassion in Action 10:30a Coloring Meditation 5p | Yoga 8a / 5:30p ⁷ Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | Yoga 8a ⁸ Michael Conforti 7-9p | ⁹ Michael Conforti 9a-1:30p |
| ¹⁰ Sacred Circle 5p | Yoga 8a / 5:30p ¹¹ CS Yoga 10:30a Conspire 10:30a ACIM 7p Zen Intro 7p | Yoga 8a ¹² Food Bank 10a Meditation Tools 6p Enlightenment Circle 7p | Yoga 8a ¹³ Compassion in Action 10:30a Meditation 5p | Yoga 8a / 5:30p ¹⁴ Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | Yoga 8a ¹⁵ | ¹⁶ Strengthening Chakras with Calming Tones 1p Open Mic 7p |
| ¹⁷ The Role of the People 2p Sacred Circle 5p | Yoga 8a / 5:30p ¹⁸ CS Yoga 10:30a Conspire 10:30a ACIM 7p Zen Intro 7p | Yoga 8a ¹⁹ Meditation Tools 6p | Yoga 8a ²⁰ Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p | Yoga 8a / 5:30p ²¹ Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | Yoga 8a ²² | ²³ |
| ²⁴ Sacred Circle 5p | Yoga 8a / 5:30p ²⁵ CS Yoga 10:30a ACIM 7p Zen Intro 7p | Yoga 8a ²⁶ Meditation Tools 6p | Yoga 8a ²⁷ Compassion in Action 10:30a Meditation 5p | Yoga 8a / 5:30p ²⁸ Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | | |

The Red Shoes 2019 Spring Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|--|--|---|
| MARCH | | | | | Yoga 8a ¹ | ² |
| ³ Sacred Circle 5p | ⁴ Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen 7p | ⁵ Yoga 8a | ⁶ Yoga 8a Compassion in Action 10:30a Coloring Med 5p SuperBrain Yoga 6:30p | ⁷ Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | ⁸ Yoga 8a Flower Essences 7-9p | ⁹ Flower Essences 10a-5p |
| ¹⁰ Gong Bath 3-4:30p Sacred Circle 5p | ¹¹ Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen 7p | ¹² Yoga 8a Food Bank 10a Intro Creative Roots 6p Enlightenment Circle 7p | ¹³ Yoga 8a Compassion in Action 10:30a Meditation 5p | ¹⁴ Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Shelter Party 6:45p AA Meditation 7p | ¹⁵ Yoga 8a | ¹⁶ |
| ¹⁷ Sacred Circle 5p | ¹⁸ Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen 7p | ¹⁹ Yoga 8a Brent Baum- Interventions in Healing 6:30p | ²⁰ Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p | ²¹ Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | ²² Yoga 8a | ²³ |
| ²⁴ Sacred Circle 5p | ²⁵ Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen 7p | ²⁶ Yoga 8a Growing Creativity Series 6p | ²⁷ Yoga 8a Compassion in Action 10:30a Meditation 5p | ²⁸ Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | ²⁹ Yoga 8a | ³⁰ Connecting Race, Love, Liberation 7-9 Sunday 31 Connecting Race, Love, Liberation 10a-5p |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| APRIL | ¹ Yoga 8a / 5:30p CS Yoga 10:30a Not Knowing 10:30a ACIM 7p Zen 7p | ² Yoga 8a Growing Creativity 6p | ³ Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p | ⁴ Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | ⁵ | ⁶ |
| ⁷ Kirtan Wild Lotus Band 4-6p Sacred Circle 5p | ⁸ Yoga 8a / 5:30p CS Yoga 10:30a Not Knowing 10:30a ACIM 7p Zen 7p | ⁹ Yoga 8a Food Bank 10a Growing Creativity 6p Enlightenment Circle 7p | ¹⁰ Yoga 8a Compassion in Action 10:30a Meditation 5p | ¹¹ Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Chi Gong 11a Spirit Journey 6p AA Meditation 7p | ¹² Yoga 8a | ¹³ STAR Retreat for Survivors of Sexual Assault 10a-4p |
| ¹⁴ Sacred Circle 5p | ¹⁵ Yoga 8a / 5:30p CS Yoga 10:30a Not Knowing 10:30a ACIM 7p Zen 7p | ¹⁶ Yoga 8a Growing Creativity 6p | ¹⁷ Yoga 8a Compassion in Action 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 | ²⁰ |
| ²¹ Sacred Circle 5p | ²² Yoga 8a / 5:30p CS Yoga 10:30a Not Knowing 10:30a ACIM 7p Zen 7p | ²³ Yoga 8a Growing Creativity 6p | ²⁴ Yoga 8a Compassion in Action 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 | ²⁷ |
| ²⁸ Earth Day Labyrinth 12p Sacred Circle 5p | ²⁹ Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen 7p | ³⁰ Yoga 8a Growing Creativity 6p | | | | |



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

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 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 9:30-11 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

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&
Dr. Michael Conforti
...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, 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!

Join the Circle of Giving

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

Did you know?

- In 2018, we offered over 300 programs.
- Over 8,285 people participated with us.
- 508 new people discovered The Red Shoes.
- Our low fees keep our programs inclusive, but do not cover operating expenses and facilitator fees.
We Need Your Help For That!
- Your gifts help us provide uplifting and affordable programming for all in our community.

The Red Shoes is a valuable resource to diverse community groups including Cancer Services of GBR, Baton Rouge Earth Day, Dialogue on Race Louisiana, Capital Area Human Services, the Bishop Ott Shelter, Mary Bird Perkins/Our Lady of the Lake Cancer Center, STAR and the GBR Food Bank.

Your donation enables us to offer hope and healing to women in the community. They are so grateful.

**Make Your Donation Online Today
or mail a check to 2303 Government St. 70806**
Please visit our website: www.theredshoes.org