

Spring 2017



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

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

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

We celebrate, empower and nurture women.

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

We connect creativity, spirituality and authenticity.

We provide a place of healing and reconciliation.

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

CIRCLE OF LEADERSHIP

Roberta Guillory, Founder

Donna Badon	Susan Lambert
Celia Bailey	Maida Owens
Lisa Delpit	Sandy Patrick
Tracie Garrett	Celia Strickler

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

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

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info@theredshoes.org
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Scholars in Residence

Living Within the Mystery
A Spiritual Retreat
with
Paula D'Arcy



Presented in partnership with
St. Joseph Spirituality Center

In Honor of Sister Lydia Champagne's Legacy

Friday March 3 7-9pm
Saturday March 4 10am-5pm
Location: St. Joseph's Academy Cafeteria

Treat yourself to an inspiring weekend with Paula D'Arcy, beloved retreat leader, author and spiritual teacher. Paula will welcome us into the landscape of Mystery. We'll explore the changes that arise as we experience life in a greater way, more fully aware of the unknown and the immensity of being here.

She will help us imagine "what if" this deepening knowledge were to become the world's intention... what might be born? Explore the changes that arise when life is experienced not as a series of events, but as participation within the Mystery. Discover how this change in awareness has the potential to transform the world we are co-creating.

Using poetry, film, music, storytelling and brief experiences of silence, Paula will lead us to become more fully aware of the immensity of being alive. Her presentation is rich with her own discoveries following the deaths of her husband and two year old daughter, Sarah, in a drunken driving accident in 1975. Paula survived the accident and was three months pregnant at the time. She gave birth to her daughter, Beth, six months later.

"I had to ask myself how I would meet these circumstances. What were my truths? And if I were able to live from deeper truths and a new awareness, what would I discover? I never imagined, in the beginning, that the beauty of being alive would have such power."

Paula D'Arcy is an author, playwright, former therapist, retreat director and founder of Red Bird Foundation: a non-profit dedicated to hearts in need of healing and hope.

\$65

Inspiring Scholars at The Red Shoes



Suzanne Giesemann, M.A.
April 7-8
(More info p. 7)

Miriam Divinsky
April 28-29
(More info p. 8)



Dear Friends,

When The Red Shoes was born in 1999 we believed strongly in the need for a greater impact in our society of the heart centered gifts of the feminine nature to balance the head centered gifts of the masculine. The Sacred Feminine was a new concept to many at this time. Our years have been filled with manifestations of the beauty, the power and healing energies of this Sacred Feminine. Spiritual teacher, Caroline Myss invites us to observe how much has changed in the past few years as the Sacred Feminine arises within the human psyche,

“The Sacred Feminine does not refer to something special for women. The Sacred Feminine is the balancing force to Sacred Masculine and its intellectual energies of reason and logic. We have entered a time in which the Sacred Feminine and its subtle and magnificent force is penetrating into every expression of life, from bringing us into awareness of the crisis within Mother Nature to awakening our mystical senses and mystical history.”

We invite you to join with us in the beautiful Red Shoes community which gathers with the intention of creating a space of love and healing for each other and our world. You are always welcome.

Fondly, *Roberta Guillory*, Founder



January



Complete yoga schedule on page 8

A Course in Miracles (details p. 11)

Mondays Beginning January 2 7-8:30 pm
Seeking happiness and peace? Begin the new year with our weekly study of A Course in Miracles, a powerful, life-changing course that guides us to happiness and peace. The first week will be a review of the end of 2016 lessons. On January 9th we will begin the course for 2017.

Meditation and Spiritual Awakening (details p. 11)

Wednesdays Beginning January 4 5-6 pm
Join us for a quiet time of exploration and meditation. Enjoy stillness that creates a time to empty and reconnect to Source. The first Wednesday of each month is a time of coloring meditation with quiet music. Some instruction offered each week as we develop and deepen our practice.

Kundalini Yoga

Thursdays Beginning January 5 9:30-10:30 am
Kundalini yoga connects our finite selves with the infinite through a dynamic blend of spiritual and physical practices. Known as the yoga of awareness, kundalini blends guided movements, breathing techniques, meditation and sound chanting. Participate on mats or chairs. This practice is for those with physical limitations or fully fit.

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

\$10

Dream Discovery

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

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

Spiritual Journey Circle (details p.11)

Thursdays Beginning January 5 6-7 pm
Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers. New paths appear as we look and listen from new perspectives.

Alcoholics Anonymous Open Meeting —Meditation

Thursdays Beginning January 5 7-8 pm
Together we will explore guided meditation and share our experience, strength and hope toward living a Sober Life.

Sunday Sacred Circle (details p.11)

Sundays Beginning January 8 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.

Compassion in Action Circle (details p. 11)

Wednesdays Beginning January 11 10:30 am-12 pm
Following the tragic shootings of July 2016, the legacy of racial inequality in Baton Rouge became national news. Through book discussions, documentaries and speakers we will examine areas of society where this disparity is most prevalent. We will explore two challenging works: ***America's Original Sin: Racism, White Privilege and The Bridge to a New America*** by Jim Wallis and ***The New Jim Crow: Mass Incarceration in the Age of Colorblindness*** by Michelle Alexander. Join us as we expand our awareness and explore positive ways to bring peace and healing to ourselves and our community.

Volunteer - Women Build: Habitat for Humanity
Saturday January 14 7:45am-3:30 pm

Women Build: It's not about excluding men, it's about including women.

Join us for a day of giving with Habitat for Humanity's Women Build. The home we will work on is for **Katherine Hall, mother of De'John (7) and Daniya (3).** You will know you are actively addressing the problem of children living in poverty by helping to build a safe family home. A professional construction staff will greet us at the Women Build site to explain the task for the day and basic safety measures. We will learn skills and have the tools necessary for the job. Together, we can

build safe, affordable Habitat for Humanity homes for those in need. Closed-toe shoes only. Drinks and snacks are provided. More information and a consent form will be available on registration.

Registration Required/No Fee

Awaken Your Intuition: Yoga Nidra Workshop
 Sunday January 15 2-5 pm
 Become increasingly aware of your inner world through Yoga Nidra, a practice that allows you to reach the deepest state of mind/body relaxation. Through breathing techniques and subtle energy exercises, explore and understand your intuition and recognize that this is an innate expression of your soul. Yoga Nidra is a reclined, guided meditation. No yoga postures; no experience is needed. Bring a blanket/pillow/mat. Dress comfortably.

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

\$45

Pranic Healing Clinic - Monthly
 3rd Wednesdays January 18 6:30-8:30 pm
Pranic healing is a powerful “no-touch” healing modality developed by Grand Master Choa Kok Sui using **“life force” or prana (chi) to heal emotional and physical ailments.** Pranic healing offers specific protocols for each condition. Enjoy receiving a healing session and learn to heal yourself.

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

Give Your New Year’s Resolution Legs
 Saturday January 21 10 am-4 pm
 You have a big dream or project—that book you want to write, the new business to launch, the garden to plant, the space to clean out, a new degree to earn—but you **can’t seem to get started. Join us for an interactive day of inquiry, strategizing, brainstorming exercises, encouragement, and mutual accountability to identify and start breaking through the blocks of overwhelm, procrastination, shame, perfectionism and fear. Our goal? To experience the exhilaration of stepping out of “Stuck” and into “Perfectly (im)Perfect Action.” Make 2017 the year you get it done!**

Facilitated by Chris Kisling, mentor and life coach who helps people break through the blocks that stand between them and the life they want. Learn more at You-Are-OK.com.

\$45

Volunteer: Baton Rouge Food Bank
 4th Tuesdays January 24 10 am-12 pm
 Location: 10600 South Choctaw Dr. (Fraenkel Center)
 Can you find time in your schedule? Just 2 hours makes a difference. The food bank counts on volunteers for

over 20,000 hours of help each year. All food donated must be sorted and categorized for distribution. That is where we come in: we will meet at the food bank to sort or bag food. Join our team, call us today to volunteer. (Wear closed-toe shoes.)

No Fee

Lunations: New Moon Ritual
 Thursday January 26 6-7:30 pm
 Join us as we tap into the cycle of the moon, a source for re-centering and re-grounding. Inspired by Christine Page’s research on the “healing power of the sacred woman,” our monthly gatherings on the evening of the new moon include discussion, meditation, music and a water ritual. With the dark sky of the new moon, learn to tap into your own power and let go of thoughts and feelings that no longer serve you. This monthly gathering provides a safe, nourishing space for support.

Facilitated by Lisa Bovenkamp-Langlois, who enjoys sharing and is nourished by this ritual.

\$5

Be the Author of Your Life in 2017
 Tuesday January 31 6:30-8 pm
 Have you set your intentions for how you would like your 2017 to unfold? Does this give you stress or is it inspiring? In this workshop, you will identify what you want more of in different aspects of your life and explore the common threads in what seems like 15 separate areas. Honing what your heart is really calling for allows you to hold the goal and be in right action towards it all year. Your to-do list turns into something inspiring and attainable! You will also learn energetic tools to support your ability to allow your desires to manifest. Make your vision of 2017 a reality!

Facilitated by Donna Accardo, Louisiana Coordinator for The Way of the Heart and a facilitator since 2005.

\$15



February



Weekly Programs:

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

3rd Tuesday	Food Bank	10 am-12pm	pg 3
3rd Wednesday	Pranic Clinic	6:30-8:30pm	pg 3

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

Dance in the Sun Vision Board Workshop
 Saturday February 4 10 am-4 pm
 Start the new year by defining clear and meaningful goals! Keep your goals in front of you by creating a vision board with pictures and words that illustrate what you want to achieve. A vision board is a way to sell your own ideas to yourself, to anchor to your dreams and to allow the magic of manifestation to work in your life. Join us to focus on your authentic life, your core **clarity. Let go of what's in the way** - clearly connect with your dreams while designing a vision that calls to you and will attract your ideal outcomes.

Facilitated by Monique Moliere Piper, M.A., a speaker, bestselling author and certified professional coach. She has coached women for over 7 years.

\$35

Isle of Women Series: Learn Loving Foot Care
 Tuesday February 7 6-8:30 pm
 Pamper yourself with a natural, easy-to-do foot spa routine. Join this class of our "Isle of Women" series, modeled on a mythic place where women nourished the healthy feminine, caring for bodies, hearts and souls. We will create and experience an herbal soak, make our own all-natural foot butter and use it to give ourselves a basic foot massage. Because our feet are a source of alignment and stability in our lives, treating them with mindfulness centers us. Bring the spa home - you will receive a soaking basin, massage butter, recipes and instructions. Please bring a clean 2-4 ounce sized jar with lid, a hand towel, and clean feet.

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

Product supplies included \$25

Book Study: *Being Mortal*
 Thursdays February 9-23 6-7:30 pm
Being Mortal provides a very human discussion of a subject many of us know we need to attend to and yet avoid: the realities of physical decline and mortality. In this New York Times best-seller, Dr. Atul Gawande draws from his personal and professional experience to describe the advances made by medical science in prolonging human life—and the limitations of medical science in caring for those at the end of life. Dr. Gawande describes the contemporary American scene in elder care with its pitfalls and possibilities, pointing always to how we might provide care in which the elderly maintain a sense of autonomy, dignity and purpose.

Facilitated by Ann Trousdale, author of Cotton Patch Rebel and a deacon in the Methodist Church.

\$25

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

Open Mic Music and Poetry
 Friday February 10 7-8:30 pm
 Looking for a great start to the weekend? Celebrate the best of the arts in Baton Rouge! Enjoy a night of unique creative offerings: poetry and music to stir your heart and soul. Join our audience to experience this tapestry of talent and stay for coffee and desserts. Musicians, singers and poets: Share your original or favorite works **in this supportive, appreciative "coffee-house" setting.** Call early to reserve your 5-minute spot.

\$5

A Gift of Love: Have I Got a Story for You...

Gifting Your Family with Stories of the Past
 Sunday February 12 2-5 pm
Don't allow your family's history to be lost. It's easy enough to document your family today with smart phones and social media - but how do you capture stories and memories from previous generations? One of the best gifts you can give your family is a sense of their history. We will use various prompts and exercises to **begin writing the stories of our family's past: stories** that are funny, inspiring, dramatic or poignant. Create a concrete gift that can be handed down through generations. All writing levels welcome.

Facilitated by Robin Palmer Blanche, author, screenwriter, mother of two under two.

\$40

NIRA: Meditation Retreat

Saturday	February 18	8 am-5 pm
Sunday	February 19	8 am-5 pm

Introduction to NIRA: Meet Dr. Sitesh Roy
 Date to be announced 7-8:30 pm
 Learn about NIRA, a non-profit wisdom school for healing and self-transformation based in Mumbai, India.

\$5

Retreat : Meditation, Healing and Transformation
 Experience an intensive 2-day retreat focusing on the art of self-healing and body purification to alleviate stress and release negative emotions. This master-led process emphasizes the deep understanding of the true self and assists in personal clearing and transformation. The goal is the centering of energies to connect with higher realms of consciousness to bring about peace and the healing of physical, emotional and mental blocks. Practices include guided sessions on stress management, silence, relaxation techniques, healing processes and sacred meals. Release anxiety as this NIRA trained team helps you develop new living skills to restore balance.

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

Energized vegetarian lunch included.
 Early bird before February 1 \$150 / \$175

The Journey: From Idea to Profitable Business
 Wednesday February 22 6:30-8:30 pm
 Begin your journey as an entrepreneur on the right foot. According to research, 8 out of 10 businesses fail. How can you be in the successful minority? Explore start-up business obstacles and how to overcome them. Learn the two most important components every business owner must have to be profitable. Attendees will receive a free Business Breakout template to help chart out your next moves. Nothing can stop you now!

Facilitated by Monique Moliere Piper, M.A., a speaker, bestselling author and certified professional coach. She has coached women for over 7 years.

\$10

Lunations: New Moon Ritual (details p. 3)
 Saturday February 25 6-7:30 pm
 Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.



March



Weekly Programs:

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A Spiritual Retreat

Presented in collaboration with
 St. Joseph Spirituality Center

In Honor of Sister Lydia Champagne's Legacy

Paula D'Arcy

Living within the Mystery

March 3&4 - Friday, Saturday

Location: St. Joseph's Academy Cafeteria

(details p. 1)

Meditation for Stress Relief: Pranic Healing
 Monday March 6 7-9 pm
 Experience intense peace, stillness and bliss through **this guided, "Twin Hearts" meditation. This experiential talk will demonstrate how to use prana (life force) to help reduce stress and generate prosperity and success. Join us to feel energy and enhance your knowledge of**

the chakras and the energy body.

Facilitated by Misagh Naderi, Prantic Healing practitioner since 2008 and a disciple of Grandmaster Choa Kok Sui.

\$10

Alexander Technique: Mindful Movement to Health
 Tuesdays March 7-21 7-8:30 pm
 The Alexander Technique is a way of learning to move mindfully through life. It identifies harmful tension habits built over a lifetime of stress and teaches how to change habits and move more freely by finding the space of stillness within from which all movement emerges. It is a simple and practical method for improving ease and freedom of movement, balance, support and coordination while reducing pain. We will explore the basic principles through discussion, experiential movement and hands-on work.

Facilitated by Patricia O'Neil, professor of Voice Emerita at LSU and a certified Teaching Member of Alexander Technique International since 2002.

\$60

The Dialogue on Race: Louisiana
 Wednesdays March 8-April 12 12-2 pm
It's time to talk. Racism is perhaps the most elusive, penetrating and permeating challenge in our society. Understanding what racism is and how it operates through institutions in our system is the core of The Dialogue, an award winning program that helps people understand racism as an institutional construct that was built into our system and still exists today. So daunting a question is racism, the conversation is often avoided. The series is led by trained facilitators and participants prepare for the weekly discussions by reading short articles before each session. The facilitators create a safe environment for open, honest discussion.

\$25

Oneness: Meditation with Art Journaling
 Wednesday March 8 6:30-8:30 pm
 A powerful spiritual experience awaits you when we combine the art of meditation, internal reflection and art journaling, external expression. Both meditation and journaling open us to discovery by observing without judgment. Oneness Baton Rouge, part of an organization with the mission to awaken humanity to higher states of consciousness, offers this sacred time to go within and connect with whatever wants to be expressed in the moment. Materials will be provided.

Facilitated by James Brinson, coordinator of Oneness Baton Rouge and Lisa White.

Suggested donation \$15

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.

Book Study: Women Who Run with the Wolves
Fridays March 10-31 10:30 am-12 pm

“Healthy wolves and healthy women share certain psychic characteristics: keen sensing, a playful spirit, and...are relational by nature, inquiring and possessed of great endurance and strength...”

This extraordinary book is dedicated to the powerful, often untapped force, which lives deep in every woman. A book study of *Women Who Run with the Wolves* by Clarissa Pinkola Estes was the inspiration for the name of our organization, The Red Shoes. Through an understanding of these fairy tales, as women, we reconnect to deep creativity, to our good instincts and the ageless wisdom of the feminine. We will read stories, including *The Red Shoes*, noticing how they inform, illuminate and challenge us in our own lives. Are **you ready to embrace your wild woman?** *“Let us return now, wild women howling, laughing, singing...”*

Facilitated by Joan McCaskill, spiritual director, MA. \$40

Simple Wisdom for Women
Saturday March 11 9 am- 5 pm
“Simple Wisdom for Women” is a learning experience that teaches us how to live each day in a healthier, more balanced and joyful way. It combines cutting-edge science with enduring ancient wisdom to improve your life and the lives of those we love. Each topic: food choices, movement, stress, environmental medicine and mental processes, is paired with experiential exercises to reinforce the teachings and offer tools to implement immediately. Join us to learn how simple, sustainable lifestyle choices can have a big impact on the health, vitality and purpose of our lives.

Facilitated by Gloria Dunn, M.D., a board-certified Anesthesiologist for 20 years. “GiGi” left that path to impact the lives of women by becoming a physician educator, completing the Integrative Medicine fellowship, Arizona Center for Integrative Medicine.

Includes a nutritious, well-sourced lunch from MJ’sCafe
Early Bird Paid by March 1 \$75/\$85

Why Didn’t I Know about This Sooner?

A Three-Part Healthy Aging Series
Sundays March 12-26 2-4 pm
As many of us help a friend or family member through the aging process, we begin to think about our own **“golden years.” How can we best advocate for a loved one?** Do we want our senior years to *happen* to us or do we want to actively choose how we live the later years of our lives? For this three part series, we have invited an outstanding panel of caring experts on aspects of aging and end of life issues to begin an important conversation. Each session will target a specific topic and informed speakers will share their wisdom. This series will weave spiritual, ethical, practical, financial and medical components together in a way that

empowers us to have necessary conversations. Each Sunday lecture will be followed by discussion. Among the topics that will be addressed: options for living models, spiritual needs, writing a will that supports your values, conversations with a physician about end-of-life choices, why and when to call hospice, medical directives that can be put in place to honor our wishes and how do we know what our wishes are. Join us and explore the stages of aging - from the golden years to the last good-bye. Register today to receive the topics and speakers for each week or check our website.

\$40

Your Questions Please! We Have Answers:
Yellow Brick Academy for Entrepreneurs
Wednesdays March 22 & 29 6:30-8 pm
Do you need help thinking through your ideas for starting or growing your business? This series will help answer your questions so you can take the next steps to success. Please bring at least one question to our first class. With your questions answered, we will talk about some business basics and plan three individualized next steps on your path to your business goals.

Facilitated by business professionals in collaboration with the SELA Women’s Business Center, the Good Work Network and The Red Shoes Lifting Loans program. \$20

Painting the Music: An Intuitive Painting Evening
Friday March 24 7-9 pm
The true beauty of music is that it connects people. It carries a message, and we, the musicians, are the messengers.” Roy Ayers
What is your favorite music and what does it do for you? Chances are, regardless of the genre, your favorite music transforms your mood and transports your soul. Now, what would that look like in color? Let’s experience together some of the ways that music can inform and transform a painting!

Facilitated by Antoinette Johnson, visual and intuitive artist, owner of Source Connect Studio and Gallery. \$30

Yoga Nidra: Entering the Heart
Saturday March 25 10 am-12 pm
Through affirmative prayer and meditation enter into communion with the non-judgmental, compassionate aspect of your being. We will experience deep relaxation to facilitate self-healing through the energy of the heart. Yoga Nidra is a reclined, guided meditation. No yoga postures; no experience is needed. Bring a blanket/pillow/mat. Dress comfortably.

Facilitated by Delisha “Dee Dee” Poullard, certified yoga instructor, meditation facilitator & energy healer. \$25

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

Lunations: New Moon Ritual (details p. 3)
 Sunday March 26 6-7:30 pm
 Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

Volunteer - Step Into Spring Party at Bishop Ott
Sweet Dreams Women and Children's Shelter
 Thursday March 30 6:45-8:30 pm
 Location: 1623 Convention Street
 Volunteer to participate and help plan a party for women and children, complete with games, crafts and treats. But rather than giving, you will receive the greatest gift: the smiles of those you meet during this heart-warming evening. Register today and we will coordinate this special evening via email!

No Fee



April

Ongoing programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
Course in Miracles	Mon	7-8:30 pm	pg 11
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Monthly Programs

4th Tuesday	Food Bank	10a-12p	pg 3
3rd Wednesday	Pranic Clinic	6:30-8:30p	pg 3

Tango: The Relationship Dance
 Saturday April 1 2-5 pm
 Argentine Tango is an intricate dance filled with sensuality, passion, invitation, peace and pardon; a dance where the masculine and the feminine are defined and distinguished, yet the goal is to become **"one."** Learn about the scientific differences between the male and female brain and see how it plays out: Who is leading and following? Who guides and who responds? Tango requires a sensitivity and a way of listening that causes one to be more familiar with oneself. Partners welcome but not necessary.

Facilitated by Christina Johnson, MA, LPC, licensed psychotherapist and bodyworker, author and Argentine tango dancer for 18 years.

Early Bird Discount paid by March 15 \$65/ \$75

Tango Therapy: Restorative and Relational
 Sunday April 2 2-3:30 pm
 Discover the beauty and healing power of the Argentine Tango. Tango therapy presents exercises for people who may be compromised through surgery, accident or diseases. This workshop is comprised of exercises and musical movements used for rejuvenating and

invigorating the body and mind. If you are able to walk, then you can enjoy the therapeutic value of these unique classes. Listen and feel the music in your heart. No partner needed!

Facilitated by Christina Johnson, see April 1 Tango.
 Early Bird Discount paid by March 15 \$40/\$50

Opening to Love's Possibility: Melinda Walsh

Wednesday April 5 6:30-8 pm
 Just as filmmakers write scripts, we unconsciously create internal scripts that form our love story. Could yours use a rewrite? Taking a fresh look at our story about love in all its forms - romantic, platonic, familial, spiritual - can remove limitations and open us up to a life filled with nourishing, healthy love.

Facilitated by Melinda Walsh, author, award-winning marketer with film experience that taught her the use of Story to make transformational shifts.

\$15

Spiritual Retreat Weekend
The Gift of One Heart
 with Suzanne Giesemann

Friday April 7 7-9 pm
 Saturday April 8 10 am-4 pm

This retreat will change your heart. You'll feel it beating in harmony with all that is. Discover how to see with the eyes of the soul and find peace in any situation. The Gift of One Heart was divinely inspired and designed to assist you in understanding and aligning with your highest self. Gain insight into dealing with fear, doubt, grief and other unwanted emotions. As you hear the story of **Wolf's Message**, you will know it was meant for you and for these times we are living in.

Friday April 7 Heart Gifts
 Based on the true story told in her book **Wolf's Message**, Suzanne provides fascinating evidence of our interconnectedness. Using the lessons and teachings **from "Wolf," one special soul you will never forget, she** shares the keys to achieving freedom from the ego, resulting in balance and alignment with your true self.

Saturday April 8
 Part 1 - From Heart Gifts to The Gift of One Heart Journey along as Suzanne shares a series of magical synchronicities culminating in a powerful message about the nature of the soul.
 Part 2 - In the United States of Awareness Learn practical exercises and unique tools to reduce pain and suffering and find the freedom and joy that are your birthright.

Facilitated by Suzanne Giesemann, M.A., spiritual teacher, evidence-based medium and author of eleven books. She is a former U.S. Navy Commander, special assistant to the Chief of Naval Operations, and an aide to the Chairman of the Joint Chiefs of Staff.

Early Bird Discount paid by March 15 \$80/ \$90

Isle of Women: Herbal Bath Craft Potpourri
Sunday April 9 2-4:30 pm
Enjoy a healthy and relaxing bath. Learn three, all-natural methods to make your baths more therapeutic and enjoyable! We will discuss and then create herbal bathing tea, herbal bath soaking salts and herbal bath fizzy bombs. Students will take home easy-to-follow recipes and a jar of each bath goodie!
Please bring to class: 3 clean 4-8 ounce jars.

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

Product supplies included \$25

Oneness Blessing and Meditation
Wednesday April 19 6:30-8:30 pm
Spend an evening experiencing the Oneness Blessing, an energetic practice to help shift consciousness and experience Oneness within. The intention for this meditation and gathering is to enjoy discussion and learn techniques for awareness and reflection.

Facilitated by James Brinson, Oneness Baton Rouge.
Suggested Donation \$10

Yoga Nidra Workshop:
Rest in the Arms of Mother Earth
Saturday April 22 10 am-1 pm
Celebrate Earth Day weekend by meditating on the abundant, healing energy of Gaia; Mother Earth. In this Yoga Nidra practice, we will manifest a grounding connection to creation through creative visualization, affirmative prayer and meditation. We will rest in the energy of Mother Earth through mental release, physical restoration and spiritual understanding.

Facilitated by DeeDee Poullard. (Bio: see March 25, p. 7)
\$45

Baton Rouge Earth Day: The Soleful Labyrinth
Sunday April 23 12-4:30 pm
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 1. 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 downtown on North Blvd. 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!

Lunations: New Moon Ritual (details p. 3)
Tuesday April 25 6-7:30 pm
Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

Spiritual Retreat Weekend Manifesting the Life You Want To Live with Miriam Divinsky

Open to conscious transformation with a true spiritual alchemist. Explore energy techniques to remove blocks that stand between you and your purely divine self.

Dowsing: Search for Truth
Friday April 28 7-9 pm
You can access your own truth—truth that sets you free to own your life—and live it by choice. Make the **“impossible” possible with the ancient art of spiritual dowsing**, an intuitive biofeedback system of measuring and changing the energies in and around us. Dowsing is a transformation technology that allows us to raise our spiritual, mental, emotional and physical energies to create the life we want.

Manifesting the Life You Want To Live
Saturday April 29 9:30 am-5:30 pm
If you knew that you were immortal, that you DO live forever, what would you live for? Access your divinity and your own highest guidance that leads you to manifest the life you desire in alignment with the purpose you came here to fulfill. Gain access to your own truth - the truth that sets you free to own your life and to live it by conscious choice. With an awareness of the spiritual laws, you can enter an area of conscious manifestation and create affirmations that really move your life in the direction you choose. Explore repressed fears and emotions that prevent healing. Experience their release, enabling you to access your full potential and connect to Source. Consciously realize a higher and more fulfilling life.

Facilitated by Miriam Divinsky, Ph.D., certified spiritual dowser, licensed spiritual health coach, founder of the Authentic Life Center in Magnolia, MA, and Certified Advanced Clinical Hypnotherapist.
Friday \$20 / Saturday \$75 / Combo \$90

The Red Shoes' Lifting Loans Program: Women Helping Women

The Red Shoes is a center dedicated to the spiritual growth and empowerment of women. Through our Lifting Loans micro-loan program, we are able to assist women who are trying to start or grow small businesses and help them transition to economic success and independence.

Our supportive program that combines education, understanding, mentorship and very low interest loans is helping women in our community. We are proud to be a catalyst for women entering the world of entrepreneurship. Please note our Yellow Brick Academy and other business classes offered.

If you are ready to start a business or know a woman who lacks start-up capital, please call The Red Shoes, 338-1170, for more information about Lifting Loans.

The Red Shoes 2017 Spring Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 JANUARY	2 Yoga 8a / 5:30p CS Yoga 10:30a A Course in Miracles 7p	3 Yoga 8a	4 Yoga 8a Compassion in Action 10:30a Coloring Med 5p	5 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	6 Yoga 8a	7
8 Sacred Circle 5p	9 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	10 Yoga 8a	11 Yoga 8a Compassion 10:30a Meditation 5p	12 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	13 Yoga 8a	14 Volunteer: Women Build Habitat for Humanity 7:45a-3:00p
15 Yoga Nidra: Intuition 2-5p Sacred Circle 5p	16 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	17 Yoga 8a	18 Yoga 8a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p	19 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	20 Yoga 8a	21 Give Your New Year's Resolution Legs 10a-4p
22 Sacred Circle 5p	23 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	24 Yoga 8a Volunteer: Food Bank 10a	25 Yoga 8a Compassion 10:30a Meditation 5p	26 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p Lunations: 6-7:30p AA Meditation 7p	27 Yoga 8a	28
29 Sacred Circle 5p	30 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	31 Yoga 8a Be the Author of Your Life 6:30p				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
FEBRUARY			1 Yoga 8a Compassion 10:30a Coloring Meditation 5p	2 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	3 Yoga 8a	4 Vision Board Monique Piper 10a-4p
5 Sacred Circle 5p	6 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	7 Yoga 8a Loving Foot Care 6p	8 Yoga 8a Compassion 10:30a Meditation 5p	9 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p Being Mortal 6p	10 Yoga 8a Open Mic 7p	11
12 Robin Palmer Blanche A Gift of Love 2p	13 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	14 Yoga 8a	15 Yoga 8a Compassion 10:30a Meditation 5p Pranic 6:30p	16 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p Being Mortal 6p	17 Yoga 8a	18 NIRA Retreat 8a-5p
19 NIRA Retreat 8a-5p Sacred Circle 5p	20 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	21 Yoga 8a Volunteer: Food Bank 10a	22 Yoga 8a Compassion 10:30a Meditation 5p Business Journey 6:30p	23 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p Being Mortal 6p	24 Yoga 8a	25 Lunations 6-7:30p
26 Sacred Circle 5p	27 Closed for Mardi Gras	28 Closed for Mardi Gras				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MARCH			1 Yoga 8a Compassion 10:30a Coloring Meditation 5p	2 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	3 Yoga 8a Paula D'Arcy Living Within the Mystery 7p	4 Paula D'Arcy Living Within the Mystery 10a-5p
5 Sacred Circle 5p	6 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Meditation for Stress Relief -7p	7 Yoga 8a Alexander Technique 7p	8 Yoga 8a Compassion 10:30a Meditation 5p Dialogue on Race 12p Art Journal and Meditation 6:30p	9 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	10 Yoga 8a Women Who Run 10:30a	11 Simple Wisdom 9a-5p
12 Healthy Aging Series 2p Sacred Circle 5p	13 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	14 Yoga 8a Alexander Technique 7p	15 Yoga 8a Compassion 10:30a Dialogue on Race 12p Meditation 5p Pranic Clinic 6:30p	16 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	17 Yoga 8a Women Who Run 10:30a	18
19 Healthy Aging Series 2p Sacred Circle 5p	20 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	21 Yoga 8a Alexander Technique 7p	22 Yoga 8a Compassion 10:30a Dialogue on Race 12p Meditation 5p Yellow Brick 6:30p	23 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	24 Yoga 8a Women Who Run 10:30p Intuitive Painting/ Music 7p	25 Yoga Nidra: Entering the Heart 10a
26 Healthy Aging Series 2p Sacred Circle 5p Lunations 6p	27 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	28 Yoga 8a Volunteer: Food Bank 10a	29 Yoga 8a Compassion 10:30a Meditation 5p Dialogue on Race 12p Yellow Brick 6:30p	30 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Sweet Dreams Shelter 6:45p AA 7p	31 Yoga 8a Women Who Run 10:30a	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
APRIL						1 Tango: Relationship 2p
2 Tango Therapy 2p Sacred Circle 5p	3 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	4 Yoga 8a	5 Yoga 8a Compassion 10:30a Dialogue Race 12p Coloring Meditation 5p Love's Possibility 6:30p	6 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	7 Yoga 8a Gift of One Heart - Suzanne Giesemann 7p	8 Heart Gifts Suzanne Giesemann 10a-4p
9 Herbal Bath Craft 2p Sacred Circle 5p	10 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	11 Yoga 8a	12 Yoga 8a Compassion 10:30a Meditation 5p Dialogue on Race 12p	13 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 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 Clinic 6:30p Oness Blessing 6:30p	20 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 7p	21 Yoga 8a	22 Yoga Nidra :Rest in the Arms of Mother Earth 10a-1p
23 Earth Day 12p Sacred Circle 5p	24 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	25 Yoga 8a Volunteer: Food Bank 10a Lunations 6-7:30p	26 Yoga 8a Compassion 10:30a Meditation 5p	27 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 7p	28 Yoga 8a Miriam Divinsky Manifesting Life 7p	29 Miriam Divinsky Manifesting Life 9:30a-5:30p
30 Sacred Circle 5p						



Yoga




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. This integrated class offers 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 Yogasteps and Vanessa Parks.

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

Yoga for Cancer Survivors 
Mondays 10:30-11:30 am

Yoga Thrive: This gentle practice combines simple movements, stretching, meditation and breath work to increase flexibility, strength and relaxation to promote healing. Yoga practitioners report improvements such as better quality sleep, faster recovery from treatments and increased energy. No yoga experience required.

Facilitated by Valerie Flynn Wintz, certified restorative yoga teacher.

Sponsored by Cancer Services - No Fee

Gentle Yoga
Mondays and Thursdays 5:30-6:30 pm

Melt away tension and stress at the end of your day through this revitalizing practice. Relax your body and quiet your mind with gentle physical movement, breathing exercises and meditation. Classes are designed to enhance well-being, increase flexibility and gradually build strength through restorative yoga postures. Perfect for beginners or experienced students who enjoy a slow-paced, less strenuous practice.

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

\$8 per class / 7 classes \$48



Sacred Circles

There is something about Circles The Beloved Likes.
- Hafiz

Sunday Sacred Circle: Matters of the Heart
Sundays Weekly 5-6 pm

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

Facilitated by inspired members of the circle.

Donations appreciated

A Course in Miracles
Mondays Weekly 7-8:30 pm
Seeking happiness and peace? Begin the new year with our weekly study of *A Course in Miracles*, a powerful, life-changing course that guides us to happiness and peace. This universal spiritual teaching offers daily **exercises focusing on raising awareness of love's** presence and healing relationships through forgiveness. Join us to discuss the daily exercises and build a circle of support for this transformative inner work. (First week will be a review of end of 2016 lessons)

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
Join us to expand your awareness on issues that are at the forefront of our society today. Books, films, guest speakers and TED talks will spur our discussions. Learn more about the problems and discover how you can be part of the solution. You can make a difference!

Facilitated by Gerry Stark, community activist, and other members of the Compassion in Action Circle.

Suggested monthly donation \$20

Meditation and Spiritual Awakening
Wednesdays Weekly 5-6 pm
Join us for a quiet time of exploration and meditation. Guided meditation leads into a period of silence, a time to quiet the mind and release stress. Silence ends as we listen to the wisdom of inspiring spiritual leaders. We then return to silence, a time to empty and re-connect to Source. Some instruction offered as we develop and deepen our practice. All levels of experience welcome.

* The first Wednesday of each month will be a time for contemplative coloring, a relaxing form of active meditation. Enjoy calming music as we color.

Facilitated by Wendy Herschman, who enjoys sharing the joy of group meditation.

Suggested donation \$5

Spiritual Journey Circle
Thursdays Weekly 6-7 pm
Find inspiration on this journey that opens the heart to the ideas of diverse spiritual teachers. Thought-provoking writers and inspiring teachers enhance our spiritual journey. Share in discussions that enrich your life on a deep personal level. Return each week for spiritual connection and community.

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

Suggested monthly donation \$20



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Suzanne Giesemann

Miriam Divinsky

and more

Project HOPE

Heal
Overcome
Prosper
Empower



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

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

If you or someone you know is eligible to be served by Project HOPE, please call us or talk to a staff person with one of our partner organizations to get more information about Project HOPE.

We Wish You Well!

Join the Circle of Giving

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

Did you know?

- In 2016, we offered over 320 programs.
- Over 5,800 people participated with us.
- 682 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.

The Red Shoes is a valuable resource to diverse community groups including Cancer Services of GBR, Baton Rouge Earth Day, Dialogue on Race Louisiana, the Arts Council of Greater Baton Rouge, the Bishop Ott Shelter, Mary Bird Perkins/Our Lady of the Lake Cancer Center and the GBR Food Bank. Your donation enables us to provide information and services.

**Make Your Donation Online Today
or mail a check to 2303 Government St. 70806**

Please visit our website: www.theredshoes.org