

# Fall 2017



## The Red Shoes

A Center For Personal & Spiritual Growth

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

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

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

**We celebrate, empower and nurture women.**

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

**We connect creativity, spirituality and authenticity.**

**We provide a place of healing and reconciliation.**

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

### CIRCLE OF LEADERSHIP

Roberta Guillory, Founder

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

Wendy Herschman, Executive Director

Kelly Jean, Administrative Assistant

Kelly Maples, 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**

**www.facebook.com/TheRedShoesBR**

**Executive Director: wendy@theredshoes.org**

# Scholars in Residence

**The Heroine's Quest:  
Beyond the Yellow Brick Road**  
A Jungian Guide to Individuation and Fulfillment in Midlife and Beyond  
with

**Kayleen Asbo, PhD**

Cultural Historian, Musician, Writer



Friday	October 27	7-9 pm
Saturday	October 28	10 am-5 pm
Sunday	October 29	10 am-1 pm

Gift yourself a weekend to immerse in your own journey of self-realization, taking steps towards personal wholeness. Explore how the movie *The Wizard of Oz* and the musical *Wicked* provide a pathway for spiritual and psychological transformation.

**Friday:** Through lecture and clips of the iconic movie, we'll gain an understanding of how the 1939 classic film mirrors the alchemical process of individuation and a map of the personality that Carl Jung revealed as an important tool for self-discovery and understanding.

**Saturday:** We will dive deeply into how *The Wizard of Oz* provides a mirror for the development and integration of aspects of our personalities. We will also explore the Broadway musical *Wicked* as an illustration of how to befriend the hidden and unacknowledged parts of the psyche—what Jung called the Shadow.

Guided journaling, art activities and small group sharing will enhance your insights into your own life's journey and give you tools to empower your own inner heroine.

**Sunday:** Accompanied by beautiful music, our quest for wholeness will culminate in a ritual of integration on our indoor labyrinth walk.

*Kayleen Asbo is a cultural historian, musician, writer and teacher who weaves together myth, music, psychology, history and art. She is a faculty member of the Pacifica Graduate Institute and the San Francisco Conservatory of Music. She is the Creative Director and Mythologist for the Mythica Foundation for Education, Contemplation and the Arts and has presented at Michael Conforti's Assisi Institute Conference in Italy.*

**Friday \$20 / Saturday \$90 / Sunday \$20 – Full Retreat \$120**

*In Partnership with the C.G. Jung Society of Baton Rouge*



**Dr. Michael Conforti**

Internationally Known Author & Jungian Analyst

Friday	Nov 10	7-9 pm
Saturday	Nov 11	10:30 am-2:30 pm

Complete Information p. 7

*We create distance when we are afraid, and even more when we are ashamed. ... love is a drawing close.*

—Rabbi David Wolpe

What is the work of The Red Shoes, this unique organization in Baton Rouge? The programs, the facilitators, the experiences we offer, help each of us remove barriers and touch areas of vulnerability so we can live in accord with our highest purpose. Though we each have a different approach, a different door to open or stream to cross, our summit is the same - it is love. We each offer love to the world in a different way: through our work, friendships, volunteering, a warm word or a smile- but love, this “drawing close” is what our community, our world, is yearning for. At The Red Shoes, a book study, a yoga class, a sacred circle or an inspiring speaker, opens the heart to this flow of love and brings us together as One. This season, we are hosting two outstanding scholars to lead us on the journey. Join us for our holiday luncheon and Sunday holiday sing-along, gatherings that will fill our hearts with love to share boundlessly.

*Wendy Herschman, executive director*

## September

Complete yoga schedule on page 11

### **Balance and Harmony: Introduction to Feng Shui** Tuesdays September 5-19 6:30-8pm

Feng Shui is the ancient Chinese art of placement used to create harmony and balance in your surroundings. The goal of Feng Shui improvements is to keep the chi (energy) flowing gently throughout the environment. Discover why some spaces feel inviting and others feel uncomfortable. If your career feels stagnant, your creativity is stuck or you still have not found that special someone, Feng Shui can change the flow of energy around you, remove blocks & enhance your life.

*Facilitated by Denise DuBos, Feng Shui Master.*

**3-Part Series \$60 / \$25 per class**

### **Compassion in Action Circle (details p. 11)**

Wednesdays September 6-27 10:30 am-12 pm

Our speaker series continues with local speakers sharing information on #BRRespect, the juror project, how to survive suicide and Louisiana’s non-unanimous jury law. Join us and raise your awareness on issues making an impact in our community. (Detailed schedule online)

### **Meditation and Spiritual Awakening (details p. 11)**

Wednesdays Beginning Sept 6 5-6 pm

Join us for a quiet time of exploration and meditation. Enjoy stillness that creates a time to empty and reconnect to Source. Guidance is offered as we deepen our practice. The first Wednesday of each month is a time of coloring meditation with quiet music.

### **Dream Discovery**

Thursdays Beginning Sept 7 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**

### **Embracing Wellness Circle: Mind, Body, Spirit**

Thursdays Beginning Sept 7 1-2:30 pm

Join this ongoing circle to explore techniques to awaken and enhance wellness. Focus on the entire self: body, mind and spirit, to discover completeness, improved health and balance.

September 7-October 12: Explore a collection of powerful, practical and life-changing teachings in *Whatever Arises, Love That* by Matt Khan. Discover how to embrace whatever arises with the love and compassion it is longing to receive. Khan’s heart-centered living is a step towards wellness.

*Facilitated by Andrea Hoover, who has interests in energy healing and spiritual well-being.*

**Monthly \$20**

### **Spiritual Journey Circle (details p.11)**

Thursdays Beginning Sept 7 6-7 pm

Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers. We will begin the season reading and discussing *Becoming Wise: An Inquiry into the Mystery and Art of Living* by Krista Tippett.

### **Alcoholics Anonymous Open Meeting – Meditation**

Thursdays Beginning Sept 7 7-8 pm

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

### **Brain Train: Games Create New Neural Pathways**

Friday September 8 6:30-8:30 pm

Saturday September 9 10 am-4 pm

Did you know that learning to play computer games can build new pathways in the brain? Learn how having fun with computer games can increase concentration, improve short-term memory, help manage stress and sharpen problem solving skills. Enjoy hands-on experience with computer games that offer creative ways to overcome challenging situations, all within the safety of a virtual world. Grow your brain and confidence in a fun, empowering environment. No computer experience necessary!

*Facilitated by scientist Lisa Bovenkamp-Langlois, Ph.D., who has extensive experience in the creative use of computer resources for 30 years.*

**Friday \$20 / Saturday \$45 – Combo \$60**

*Full and partial scholarships are always available.*

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

**Sunday Sacred Circle (details p.11)**

**Sundays**      **Beginning Sept 10**      **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 Sept 11**      **7-8:30 pm**  
Seeking happiness and peace? Join our weekly study of *A Course in Miracles*, a powerful, life-changing book that guides us to happiness and peace. Enter into this community of seekers and develop a practice of love and forgiveness.

**Ava Haymon Writing Workshop: Vessel & Healer Writing Prompted by Craighead Paintings**

**Saturday**      **September 16**      **10 am-2 pm**  
Meinrad Craighead has spent her life exploring, through painting, the human-divine relationship creating haunting images that speak to the soul. Focusing on prints by this contemporary mystic, we will respond to her works with our own writings, through the lens of our own personal experience and our own images and stories. Ava Leavell Haymon will facilitate the storytelling and writing, which could take any form--a journal entry, a personal essay, a piece of fiction, a meditation, or a poem. We welcome beginners and experienced writers alike.

*Facilitated by Ava Leavell Haymon, essayist, teacher, Poet Laureate of Louisiana 2013-2015.*

**\$40**

**Your Living Spice Cabinet: Grow it Yourself**

**Sunday**      **September 17**      **2-3:30 pm**  
Herbs and spices are delicious additions to meals and beverages and also have important health benefits. Learn how to plant an herb garden in containers, outside or inside, along with ways to use and enjoy your harvest. You'll leave an expert - knowing the difference between herbs and spices, the best herbs to grow in each season, planting information and delicious recipes to enjoy your homegrown success.

*Facilitated by Nancy Jurasinski, Master Gardener.*

**\$10**

**Volunteer: GBR Food Bank Backpack Program**

**3rd Tuesdays**      **September 19**      **10 am-12 pm**  
**Location: 10600 South Choctaw Dr. (Fraenkel Center)**  
Help provide school children in need with backpacks of food to take home on weekends and holidays. Just 2 hours helps provide food for children in our community. The Backpack Program provides a backpack to each child in the program and delivers bags filled with child-friendly, nutritious food items every week. Join our "assembly line" filling backpacks with milk, juice and nourishment for school children. We need you on our team - call us today to volunteer. (Wear closed-toe shoes.)

**No Fee**

**Community Healing and Meditation**

**3rd Wednesdays**      **September 20**      **6:30-8:30 pm**  
Join us for an evening of rejuvenation and healing with energetic cleansing and meditation. Clinic begins with light stretching, followed by a 15-minute guided meditation, "*Meditation on Twin Hearts*", activating the heart and crown energy centers in the body by blessing the world with loving kindness. Afterwards, participants receive a personalized healing session with a trained Pranik Healing practitioner.

*Facilitated by Pat Cole & Rita Riggio and trained members members of Pranik Healing of Baton Rouge.*

**Suggested Donation \$10**

**Sacred Ritual and Vibrational Sound Healing**

**Saturday**      **September 23**      **10am-3pm**  
Explore simple treasures to enrich your every-day experience and help you feel grounded, even when surrounded by chaos. Enjoy an interactive day of immersion in sacred rituals that you can build into your life. We will physically, mentally, emotionally and spiritually discover our own unique sacred ritual through vibrational healing and simple, elegant practices that enliven the soul.

*Facilitated by Rev. Robin Cunningham, Vibrational Medicine Specialist and Reiki Master teacher who has been continuously working with holistic forms of healing for nearly 45 years.*

**\$40**

**Gong Bath - Sounds of Fall: Autumn Equinox**

**Saturday**      **September 23**      **6:30-8pm**  
Relax and rejuvenate on the night of the autumn equinox. Join us for a concert and gong bath dedicated to relieving stress, regaining a sense of peace and re-harmonizing the body. No water is involved in a gong bath; it is an immersion of sound. Participants sit or recline and allow the sounds to "wash over" them. The concert will involve a variety of instruments and "singing" bowls. You may bring a yoga mat and pillow to rest comfortably. Some mats and blankets available.

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

**\$20**

**Embody the Goddess**

**Sunday**      **September 24**      **1:30-4:30 pm**  
Immerse yourself in yoga nidra, visualization and the Quantum Embodiment technique to experience the power of the goddess within. We will look at three archetypal aspects of the goddess expressed in ancient cultures to connect, understand and embody her power.

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

**\$45**

# October

## Weekly Programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
Course in Miracles	Mon	7-8:30 pm	pg 11
Compassion in Action	Wed	10:30a-12p	pg 11
Meditation	Wed	5-6 pm	pg 11
Dream Discovery	Thurs	10:30a-12p	pg 2
Embracing Wellness	Thurs	1-2:30pm	pg 2
Spiritual Journey	Thurs	6-7 pm	pg 11
AA Meditation Mtg	Thurs	7-8 pm	pg 2

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## Monthly Programs

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

### Nia: Through Movement We Find Health

Sunday October 1 2-3pm

Nia is a body, mind and spirit workout. Learn to move the body, the way it loves to move, the way it was designed to move, "the body's way." Experience the joy of movement: listening to one's body to find pleasure, healing and fitness. Dance barefoot to a wonderful mix of world music. All levels of fitness welcome.

Facilitated by *Raphaella G. Teixeira* a certified Nia brown belt instructor who has taught for over 5 years in the places where she has lived such as Santos, Brazil.

\$15

### Peering Below the Surface: A Look at Carl Jung

Mondays October 2-23 10:30 am-12 pm

"Who looks outside, dreams; who looks inside, awakes."

What can you learn about yourself and others through studying your dreams and consciousness? Carl Jung, founder of analytical psychology, developed terms such as collective unconscious, archetype, shadow, individuation, synchronicity and more. Explore these terms that hold the key to a deeper knowledge of your inner life and relationships. If you have always wanted go deeper into Jungian Psychology, join us for this 3-part journey of discovery.

Facilitated by *Joan McCaskill*, Spiritual Director MA.

\$30

### Compassion in Action Circle (details p. 11)

Wednesdays October 4-25 10:30 am-12 pm

Join our discussion of *How the Poor Can Save Capitalism: Rebuilding the Path to the Middle Class* by John Hope Bryant. Founder of the nonprofit Operation HOPE, Bryant believes that by receiving the right tools, policies, and inspiration, the poor will lift themselves up into the middle class and become a new generation of customers and entrepreneurs. Learn about the HOPE Plan which outlines straightforward, actionable steps to build financial literacy and expand opportunity.



### Transformation through Sound: Yoga with Bowls

Saturday October 7 10:30 am-12 pm

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

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

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

\$5

### Fierce, Free and Feminine:

#### 5-in-1 Workout

Saturday October 7 2-3 pm

Exercise doesn't have to be boring. Build confidence, improve fitness and have fun. Move, shake, stretch and meditate your way to inner peace and feminine power with a 5-in-1 workout: elegant Vienna Waltz, core-strengthening Belly Dancing, relaxing Meditation, fierce Warrior Pose Yoga and the gentle movements of Tai Chi - all in one hour. All abilities welcome!

Facilitated by *Lisa Bovenkamp-Langlois, Ph.D.*

No Fee

### Open House Party: Discover Your Inner Wizard

Sunday October 8 4:30-6 pm

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

No Fee

### Who Doesn't Need a Miracle?

Monday October 9 7-8:30 pm

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

Facilitated by *Nic Ourso*, who has studied the Course for many years.

\$5

Did you know you can make donations and register for any of our classes online? Please visit our website: [www.theredshoes.org](http://www.theredshoes.org)

**It's About Time... To Volunteer**  
Tuesday October 10 10 am-12 pm



No one should go hungry. Our community needs your help! Join The Red Shoes caring team at the Greater Baton Rouge Food Bank. Make new friends while sorting food for distribution. Learn about the Backpack Program, providing food for schoolchildren in need on weekends and holidays. Your 2 hours makes a huge difference. (Closed-toe shoes.)

No Fee

**Permission To Leave: Creating Personal Safety**

Tuesday October 10 6:30-8:30 pm

Learn how to maintain personal safety. Discover the core of self-defense: the self. Focusing on awareness, safety and empowerment, build your confidence by learning techniques to avoid being vulnerable. Learn how to evade physical danger, set verbal boundaries, create a safe space and maintain control in potentially dangerous situations.

*Facilitated by Neal Melancon, self-defense teacher and active martial artist.*

\$5

**Demystifying Massage**

Wednesday October 11 6:30-8 pm

Massage therapy is a natural pain and stress reliever, but which technique is best for you? Learn from Licensed Massage Therapists about the effectiveness of various techniques: Thai massage, CranialSacral therapy, Cupping and Maya Abdominal massage. Experience Reflexology and demonstrations on enhancing the body's natural balance through self-care massage. Learn easy, hands-on techniques.

*Facilitated by Meghan Assaf & Tina Ufford, Licensed Massage Therapists.*

\$5

**Dreams: Open the Door to Your Inner World**

Thursday October 12 10:30 am-12 pm

Dream work opens the door to an understanding of your true nature: your life, values, relationships and career. Discover the significance of the symbols and images in your dreams. Enjoy guided meditation and a discussion of the messages that come from your subconscious. Gain new insights to facilitate personal growth. Receive a dream journal and begin writing in it today.

*Facilitated by Joan McCaskill, Spiritual Director, MA.*

\$5

**The Art of Words**

Friday October 13 10:30 am-12 pm

*"No matter what people tell you, words and ideas can change the world." Robin Williams*  
Bring a special quote or idea to life. Transform a recycled cigar box lid into a meaningful plaque using paint, collage and your favorite message. Create a

unique work of art with uplifting words that will inspire you along your journey. Supplies provided.

*Facilitated by Pam Arnold, collage artist enthusiast.*

\$5

**Read Your Own Lips: Herbal Lip Balm Class**

Saturday October 14 10:30 am-12 pm

It's fun and easy to make soothing lip balm using a simple recipe and natural, organic ingredients. Discover how important it is to use natural body care products. Keep your lips healthy and gain an understanding of how your lips indicate the health and needs of your body. Leave with the recipe and a small tin of lip balm.

*Facilitated by Meghan Assaf, BFA, LMT & Certified Massage Therapist.*

\$10

**Open Mic Poetry & Music**

Saturday October 14 7-8:30 pm

Celebrate the arts in Baton Rouge! With original musical performances and inspiring poetry readings, enjoy coffee and refreshments in our coffeehouse atmosphere. If you're a musician, singer or poet, we welcome you to share your gifts. Call to reserve your 5-minute spot or join our supportive audience for a night of good music, good poetry and good company.

\$5

**Tango, The Relationship Dance**

Sunday October 15 1:30-4:30 pm

*"It takes two to Tango,"* the dance where the masculine and the feminine are defined and distinguished, yet the goal is to become "one." Authentic tango developed from the mix of immigrants working at the port of Buenos Aires. We'll touch on tango from the music compositions to the movement, to the brain's activity during the movement. Who is leading and following? Who guides and who responds? Tango requires a sensitivity, a way of listening that causes one to be self-aware. We will note the creative tension experienced through leading and direction, connection and surrender, giving and receiving. Tango allows the purest form of masculine expression to present itself non-verbally and the most graceful and radiant feminine expression to blossom. (Partners are not necessary.)

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

\$60

**Women's Week Sunday Sacred Circle (details p. 11)**

Sunday October 15 5-6 pm

Nourish your spirit and feed your soul in our warm and welcoming community. Enjoy this time of introspection: an ecumenical, inter-religious experience for those yearning to unite through prayer, inspirational readings and silence with Spirit.

**Donations Welcome**

### Marketing for Solopreneurs

Tuesday October 17 6:30-8 pm

Do you want more customers? Are you serving as your business's marketing team? Do you know you need to step up your strategy, but aren't sure what to do? Come find out how to reach your buyers. Learn the basics of communicating with your ideal customer, differentiate your business from competitors and the importance of personal branding. Get clarity on your unique marketing strategy. Attendees will receive a one-page Marketing Plan template to jump into immediate action.

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

\$15

### Community Healing and Meditation (details p. 3)

3rd Wednesday October 18 6:30-8:30 pm

Experience intense peace, stillness and bliss through a guided "Meditation on Twin Hearts."

### Embracing Wellness Circle (details p. 2)

Thursdays Oct 19-Dec 7 1-2:30 pm

No matter what your religion or beliefs, *Buddhist Boot Camp* by Timber Hawkeye is for everyone who wants to become a better what-ever-you-are. Discover ways to embrace everyday life with gratitude and mindfulness by becoming a soldier of peace in the army of Love.

### Fierce, Free and Feminine: 5-in-1 Workout

Fridays Oct 20-Nov 17 11:30-12:30 pm

Exercise doesn't have to be boring. Build confidence, improve fitness and have fun. Move, shake, stretch and meditate your way to inner peace and feminine power with a 5-in-1 workout: elegant Vienna Waltz, core-strengthening Belly Dancing, relaxing Meditation, fierce Warrior Pose Yoga, and the gentle movements of Tai Chi - all in one hour. All abilities welcome!

*Facilitated by Lisa Bovenkamp-Langlois, Ph.D., Master of Metaphysics at University of Metaphysical Sciences.*

\$10 / 5 class series \$40

### Yoga Nidra Workshop: Self-Healing

Saturday October 21 9:30-11:30 am

We will dive deep into altered states of consciousness through Yoga Nidra. Yoga Nidra helps you to release the mind and body through guided meditation and visualization techniques. The intention of this workshop is to create self-healing and realization by releasing our thoughts and tuning into the energy of the soul.

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

\$30

Please make your tax-deductible donation today:  
2303 Government St. Baton Rouge, LA 70806  
or online: [www.theredshoes.org](http://www.theredshoes.org)

### Nia: Through Movement We Find Health (details p.4)

Saturday October 21 1-2 pm

When was the last time you smiled and laughed while exercising? Nia allows the body to move while not calling upon the mind to think so much. Let the 52 moves that create the form and structure of Nia release, balance and condition body and spirit. No experience necessary. Beginners welcome.

### Movie Night: *The Wizard of Oz*

Wednesday October 25 6:30-8:30 pm

Enjoy the 1939 classic from a fresh perspective. We will have a brief discussion, facilitated by Joan McCaskill, before the film to suggest a new level of awareness of the characters and of the archetypal significance of this favorite movie. (If you are planning to attend Kayleen Asbo's retreat, she suggests this viewing.)

\$5

### A Spiritual Retreat with Kayleen Asbo

#### The Heroine's Quest: Beyond the Yellow Brick Road

Friday - Sunday October 27-29

(details p.1)

## November

### Weekly Programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
Course in Miracles	Mon	7-8:30 pm	pg 11
Compassion in Action	Wed	10:30a-12p	pg 11
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### Compassion in Action Circle (details p. 11)

Wednesdays November 1-29 10:30 am-12 pm

*A Hidden Wholeness: The Journey Toward An Undivided Life* by Parker J. Palmer. In a fragmented and wounded world, it is easy to become disconnected from ourselves and each other. With compassionate intelligence and an informed heart, Palmer speaks to our yearning to live in accordance with our inner truth. Come and learn how to create a "circle of trust" where we can support each other on the journey to living balanced lives.

### Fierce, Free and Feminine (details Oct. 20)

Fridays Through Nov 17 11:30 am-12:30 pm

Move, shake, stretch and meditate your way to inner peace and feminine power with a 5-in-1 workout.

**Dreams, Desire and the Longing for a Creative Life**  
Saturday November 4 10 am-3 pm

Georgia Trist will take us deep into her personal individuation journey with all its desire, disappointment and discovery, by sharing her experience of painting and dialoging with the images that have come to her in dreams. Then we will look at our own dreams through the exploration of line and color. Discover a technique that will facilitate new paths to dream amplification by engaging with art materials and methods in a supportive environment. When we help give our dream images visual forms, we get closer to their potential meaning and life-giving energies. If you don't remember a dream, we can do the work with stories or memories.

*Facilitated by Georgia Trist, LCSW who uses art as a means of psychological inquiry and healing. She has studied with the New Orleans Jungian Seminar for the past ten years.*

**\$45**

**Holiday Fabric Collage Cards**

Sunday November 5 2-4 pm

Create one-of-a kind greeting cards this year, using simple fabric collage techniques and a palette of holiday colors and themed fabrics. Learn basic techniques and principles of collage as you make beautiful, reproducible, holiday works of art. Materials supplied.

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

**\$15**

**Isle of Woman Series: Making Cordials**

Tuesday November 7 6-8 pm

The *Isle of Woman* series blends making herbal crafts with nourishing our relationship to Self. Classes are dynamic, hands-on, and inspirational.

This holiday season, give the gift of handcrafted herb and fruit cordials! We will learn how to make and use delicious, beneficial, easy cordials. Along the way, we will learn simple ways to support healthy natural digestion. Take home one cordial already made, and one in progress, a recipe list, and know how! (Please bring 2 jars with lids, 4oz or larger.)

*Facilitated by Megan Assaf BFA, LMT.*

**\$30**

The Red Shoes is a 501c3 non-profit.

- We depend on our friends for support throughout the year. Our program fees do not cover our expenses.
- Your donations make it possible for us to continue reaching more and more women in the Baton Rouge community.
- Your word-of-mouth advertising brings wonderful people into our programs.
- We appreciate your confidence in our work.

Scholar in Residence

**Dr. Michael Conforti**

Friday, November 10  
Saturday, November 11

In partnership with  
the C.G. Jung Society of Baton Rouge

**Grace and Resilience in Response to Trauma**

Friday November 10 7-9 pm

We know the ravages of trauma and how life is constrained and compromised when we are unable to find a place for these experiences and emotions. Yet we know so little about the emergence of grace and resilience. We will explore how the Self teaches us to live with trauma, the serpentine path towards healing and how images of resilience and healing appear in our dreams, fantasies and relationships.

In the second half of life, with the promise of living authentically, we sense an urgency to find our way to Self and healing in order to embrace our authentic callings, moving beyond the confines of our trauma. Our discussion will include film clips from *The Railway Man*, illustrating how trauma can orient into the life we are meant to live and what might be termed the transformative aspects of trauma.

**Time of the Forgotten, Time of Remembrance: Reflections on Aging**

Saturday November 11 9:30 am-2:30 pm

In *The Forgotten*, Elie Wiesel captures the haunting reality faced by an elderly man as he sees the threadbare remnants of his memories fading into a gossamer mist. Dreading the day he will no longer even recognize the face of his beloved child, he asks his son to be the holder of his memories. In aging we face eternal and spiritual questions about life: Are we living the life and destiny that was meant for us? Have we found a way to live with our transgressions? We will explore forgetting, remembering and how to remain attuned in the aging process to the ways of Psyche, Soul and Self. We will look at the archetype of aging and the aging process in Hemingways' *The Old Man and the Sea* as well as Christian and Jewish perspectives on memory.

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

Friday \$20 / Saturday \$65  
Early Bird Combo \$75 / After November 1 combo \$80  
CEUs Friday (2.0) Saturday (4.0) LPCs & MSWs \$10

The Red Shoes' facility is available  
to rent for meetings and special events.

Call today to schedule your event.

225-338-1170

**Embrace the Power Nestled Within Your Soul:  
A Writing Experience**

**Sunday November 12 2-4 pm**

It is easy to feel overwhelmed by life's challenges. It is time for us to stop and assess who we once were, who we are now, and who we aspire to become. Join The America, My Oyster Association, to take part in an exploration of self as we write about events where we triumphed in the face of adversity. Embracing these moments, owning them, helps cultivate inner strength and moves us closer to being our best selves in "the land of the free and home of the brave."

*Facilitated by Bea Gyimah of The America, My Oyster Assoc.*

**Donation \$10**

**Community Healing and Meditation (details p.3)**

**3rd Wednesday November 15 6:30-8:30 pm**

Experience intense peace, stillness and bliss through a guided "Meditation on Twin Hearts."

**Quantum Healing and the Divine Feminine**

**Saturday November 18 10 am-3 pm**

We create our reality through our thoughts and the energy available to us through our bodies. Now is the time to tap into the alchemical secrets of this power. We will reveal the depths of the subconscious, the power of hypnosis and explore the mysteries of the feminine and the power of sensuality. Delve into Hermetic teachings and experience a group past and future life regression session.

*Facilitated by Julie Flores, RN-MSN, QHHT Level II & Aidi Kansas Intuitive Healer & Medium*

**\$45**

**Volunteer: Food Bank Backpacks (details p.3)**

**Tuesday November 21 10 am-12 pm**

Help provide school children in need with backpacks of food to take home on weekends and holidays.

**Bach Flower Remedies: A Natural Stress Reliever**

**Tuesday November 28 6:30-8:30 pm**

Bach flower remedies are widely accepted for stress relief as an all-natural, safe and non-addictive alternative medicine. Over time, we subconsciously record the emotional grief and mental traumas we experience in our bodies and mind, resulting in long-term stress and pain. Learn to release this trapped negative energy by creating your own Bach flower remedies. Create a more peaceful body and mind.

*Facilitated by Denise DuBos, Certified Bach Flower Therapist.*

**\$15**

❄️ ❄️ **December** ❄️ ❄️

**Ongoing programs:**

Sunday Sacred Circle	Sun	5-6 pm	pg 11
Course in Miracles	Mon	7-8:30 pm	pg 11
Compassion in Action	Wed	10:30a-12p	pg 11
Meditation	Wed	5-6 pm	pg 11

Dream Discovery	Thurs	10:30a-12p	pg 2
Embracing Wellness	Thurs	1-2:30 pm	pg 2
Spiritual Journey	Thurs	6-7 pm	pg 11
AA Meditation Mtg	Thurs	7-8 pm	pg 2

Complete yoga schedule on page 11

**Monthly Programs**

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

**Holiday Lunch: Celebrate the Season**

**Friday December 1 12-1:30 pm**

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

**Reservations by November 28, please!**

**\$10**

**Singing For Joy: Bring Peace to the Holidays**

**Sunday December 3 3:30-4:30 pm**

Put down your holiday "to do" list and enjoy a spirited community sing along, a mix of inspiring readings and holiday music. Gather with family and friends to celebrate togetherness, peace, and holiday joy. Your unique voice is needed in the chorus. It won't be a *Silent Night!*

**Donations Please!**

**Where Did the Time Go?: Time Management**

**Tuesday December 6 6:30-8 pm**

Are there more things to do than time to do it? Throw in the extra work of the holidays and you can become completely overwhelmed. Let's get back on track. Learn how to get rid of time wasting activities. Recommit to your goals, manage your time more effectively and accomplish more of what matters at work or in life. There's no way to get more hours in the day, but you can get more out of your hours.

*Facilitated by Monique Moliere Piper, MA, certified coach, author and entrepreneur.*

**\$15**

**Sweet Dreams Shelter: Winter Wonderland Party**

**Thursday December 7 6:45-8 pm**

**Location: 1623 Convention Street**

Volunteer to participate and help plan a winter wonderland party for women and children, complete with games, crafts and treats. Register today and we will coordinate this special evening via email!

**Volunteer: Food Bank Backpacks (details p.3)**

**Tuesday December 19 10 am-12 pm**

**Community Healing and Meditation (details p.3)**

**3rd Wednesday December 20 6:30-8:30 pm**



# The Red Shoes 2017 Fall Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>SEPTEMBER</b>					1	2
					Yoga 8a	
3	4	5	6	7	8	9
Sacred Circle 5p	<b>Closed for Labor Day</b>	Yoga 8a <b>Feng Shui 6:30p</b>	Yoga 8a <b>Compassion 10:30a</b> <b>Coloring Med 5p</b>	Yoga 8a / 5:30p <b>Kundalini 9:30a</b> <b>Dreams 10:30a</b> Wellness 1p <b>Journey Circle 6p</b> <b>AA Meditation 7p</b>	Yoga 8a <b>Brain Train Games 6:30 p</b>	<b>Brain Train Games 10a</b>
10	11	12	13	14	15	16
Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a <b>ACIM 7p</b>	Yoga 8a Feng Shui 6:30p	Yoga 8a Compassion 10:30a Meditation 5p	Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Wellness 1p Journey Circle 6p AA Meditation 7p	Yoga 8a <b>NIA 11:30a</b>	<b>Ava Haymon Writing Workshop 10a</b>
17	18	19	20	21	22	23
<b>Spice Cabinet Gardening 2p</b>  Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	Yoga 8a <b>Volunteer: Food Bank 10a</b> Feng Shui 6:30p	Yoga 8a Compassion 10:30a Meditation 5p <b>Community Healing 6:30p</b>	Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Wellness 1p Journey Circle 6p AA Meditation 7p	Yoga 8a	<b>Sacred Ritual 10a</b>  <b>Gong Bath 6:30p</b>
24	25	26	27	28	29	30
<b>Embody the Goddess 1:30p</b>  Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	Yoga 8a	Yoga 8a Compassion 10:30a Meditation 5p	Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Wellness 1p Journey Circle 6p AA Meditation 7p	Yoga 8a	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>OCTOBER</b>						
1	2	3	4	5	6	7
<b>NIA for Health 2p</b>  Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a <b>Jung 10:30a</b> <b>ACIM 7p</b>	Yoga 8a	Yoga 8a <b>Compassion 10:30a</b> <b>Coloring Med 5p</b>	Yoga 8a / 5:30p <b>Kundalini 9:30a</b> <b>Dreams 10:30a</b> Wellness 1p <b>Journey Circle 6p</b> <b>AA Meditation 7p</b>	Yoga 8a	Yoga w/Bowls 10:30a Fierce, Free & Feminine 2p  <b>Women's Week</b>
8	9	10	11	12	13	14
<b>Open House 4:30p</b>	Yoga 8a / 5:30p CS Yoga 10:30a Jung 10:30a <b>ACIM 7p</b>  <b>Women's Week</b>	Yoga 8a <b>Volunteer: Food Bank 10a</b> <b>Personal Safety 6:30p</b>  <b>Women's Week</b>	Yoga 8a Compassion 10:30a Meditation 5p <b>Massage 6:30p</b>	Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Wellness 1p Journey Circle 6p AA Meditation 7p	Yoga 8a <b>Art of Words 10:30a</b>  <b>Women's Week</b>	<b>Herbal Lip Balm 10:30a</b>  <b>Open Mic 7p</b>  <b>Women's Week</b>
15	16	17	18	19	20	21
<b>Tango 1:30p</b>  Sacred Circle 5p  <b>Women's Week</b>	Yoga 8a / 5:30p CS Yoga 10:30a Jung 10:30a ACIM 7p	Yoga 8a <b>Marketing 101 6:30p</b>	Yoga 8a Compassion 10:30a Meditation 5p <b>Community Healing 6:30p</b>	Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Wellness 1p Journey Circle 6p AA Meditation 7p	Yoga 8a <b>Fierce, Free &amp; Feminine 11:30a</b>	<b>Yoga Nidra 9:30a</b>  <b>NIA for Health 1p</b>
22	23	24	25	26	27	28
Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a Jung 10:30a ACIM 7p	Yoga 8a	Yoga 8a Compassion 10:30a Meditation 5p <b>Movie Night 6:30p</b>	Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Wellness 1p Journey Circle 6p AA Meditation 7p	Yoga 8a Fierce, Free & Feminine 11:30a <b>Kayleen Asbo: Heroine's Quest 7p</b>	<b>Kayleen Asbo: Heroine's Quest 10a</b>
29	30	31				
<b>Kayleen Asbo Labyrinth 10a</b> Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	Yoga 8a				

# The Red Shoes 2017 Fall Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>NOVEMBER</b>			1 Yoga 8a <b>Compassion</b> 10:30a Coloring Med 5p	2 Yoga 8a / 5:30p <b>Kundalini 9:30a</b> <b>Dreams 10:30a</b> Wellness 1p Journey Circle 6p AA Meditation 7p	3 Yoga 8a Fierce, Free & Feminine 11:30a	4 <b>Dreams, Desire,</b> <b>Creativity-</b> <b>Georgia Trist</b> 10a
5 <b>Holiday Fabric</b> <b>Collage Cards 2p</b>  <b>Sacred Circle 5p</b>	6 Yoga 8a / 5:30p CS Yoga 10:30a <b>ACIM 7p</b>	7 Yoga 8a <b>Isle of Woman:</b> <b>Cordials 6p</b>	8 Yoga 8a Compassion 10:30a Meditation 5p	9 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Wellness 1p Journey Circle 6p AA Meditation 7p	10 Yoga 8a Fierce, Free & Feminine 11:30a <b>Michael Conforti:</b> <b>Grace &amp;</b> <b>Resilience 7p</b>	11 <b>Michael</b> <b>Conforti:</b> <b>Time of</b> <b>Forgotten</b> 9:30a
12 <b>Embrace the</b> <b>Power: Writing</b> 2p  Sacred Circle 5p	13 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	14 Yoga 8a	15 Yoga 8a Compassion 10:30a Meditation 5p <b>Community</b> <b>Healing 6:30p</b>	16 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Wellness 1p Journey Circle 6p AA Meditation 7p	17 Yoga 8a Fierce, Free & Feminine 11:30a	18 <b>Quantum</b> <b>Healing &amp;Divine</b> <b>Feminine</b> 10a
19 Sacred Circle 5p	20 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	21 Yoga 8a <b>Volunteer:</b> <b>Food Bank 10a</b>	22 <b>Closed for</b> <b>Thanksgiving</b>	23 <b>Closed for</b> <b>Thanksgiving</b>	24 <b>Closed for</b> <b>Thanksgiving</b>	25
26 Sacred Circle 5p	27 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	28 Yoga 8a <b>Bach Flower</b> <b>Remedies</b> 6:30p	29 Yoga 8a Compassion 10:30a Meditation 5p	30 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Wellness 1p Journey Circle 6p AA Meditation 7p		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>DECEMBER</b>					1 Yoga 8a <b>Holiday Lunch</b> 12p	2
3 <b>Singing for Joy</b> 3p  <b>Sacred Circle 5p</b>	4 Yoga 8a / 5:30p CS Yoga 10:30a <b>ACIM 7p</b>	5 Yoga 8a	6 Yoga 8a <b>Compassion</b> 10:30a Coloring Med 5p Time Mgmt 6:30p	7 Yoga 8a / 5:30p <b>Kundalini 9:30a</b> <b>Dreams 10:30a</b> Wellness 1p Shelter Party 6:45 AA Meditation 7p	8 Yoga 8a	9
10 Sacred Circle 5p	11 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	12 Yoga 8a	13 Yoga 8a Compassion 10:30a Meditation 5p	14 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Wellness 1p Journey Circle 6p AA Meditation 7p	15 Yoga 8a	16
17 Sacred Circle 5p	18 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	19 Yoga 8a  <b>Volunteer:</b> <b>Food Bank 10a</b>	20 Yoga 8a Compassion 10:30a Meditation 5p <b>Community</b> <b>Healing 6:30p</b>	21 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a AA Meditation 7p	22 Yoga 8a	23
24 Sacred Circle 5p	25 <b>Closed for</b> <b>Winter Holidays</b>	26 <b>Closed for</b> <b>Winter Holidays</b>	27 <b>Closed for</b> <b>Winter Holidays</b>	28 <b>Closed for</b> <b>Winter Holidays</b>	29 <b>Closed for</b> <b>Winter Holidays</b>	30
31 Sacred Circle 5p						



# Yoga



## Morning Yoga - A Perfect Beginning

Monday-Friday 8-9 am

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

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

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

## Yoga for Cancer Survivors

Mondays 10:30-11:30 am

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

Facilitated by Valerie Flynn Wintz, certified restorative yoga teacher.

**Sponsored by Cancer Services - No Fee**

## Gentle Yoga

Mondays and Thursdays 5:30-6:30 pm

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

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

**\$8 per class / 7 classes \$48**

## Kundalini Yoga

Thursdays 9:30-10:45 am

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

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

**\$10**

# Sacred Circles



## Sunday Sacred Circle: Matters of the Heart

Sundays Weekly 5-6 pm

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

Facilitated by inspired members of the circle.

**Donations appreciated**

## A Course in Miracles

Mondays Weekly 7-8:30 pm

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

Facilitated by Nic Ourso, who has studied *A Course in Miracles* for many years.

**Suggested monthly donation \$20**

## Compassion in Action Circle

Wednesdays Weekly 10:30 am-12 pm

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

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

**Suggested monthly donation \$20**

## Meditation and Spiritual Awakening

Wednesdays Weekly 5-6 pm

Join us for a quiet time of exploration and meditation. Guided meditation leads into a period of silence, a time to quiet the mind and release stress. Some instruction offered as we deepen our practice.

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

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

**Suggested donation \$5**

## Spiritual Journey Circle

Thursdays Weekly 6-7 pm

Find inspiration on this journey that opens the heart to the ideas of diverse spiritual teachers. Share in discussions that enrich your life on a deep, personal level. Return each week for spiritual connection and community.

Facilitated by Wendy Herschman, & members of the circle.

**Suggested monthly donation \$20**



# The Red Shoes

A CENTER FOR PERSONAL & SPIRITUAL GROWTH

2303 Government Street  
Baton Rouge, LA 70806

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Inspiration on the Way

**Kayleen Asbo**

**Michael Conforti**

**and Women's Week**

**Oct 6-15**

## *Project HOPE*

Heal  
Overcome  
Prosper  
Empower



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

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

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

**We Wish You Well!**

## The Red Shoes' Lifting Loans Program

The Red Shoes is a center dedicated to the spiritual growth and empowerment of women. Through our Lifting Loans micro-loan program, we are able to assist women who are trying to start up or grow small businesses and help them transition to economic success and independence. Our supportive program combines education, understanding, mentorship and very low interest loans and is helping women in our community. We are proud to be a catalyst for women entering the world of entrepreneurship.

If you are ready to start a business or know a woman who lacks start-up capital for a new business, please call The Red Shoes, 338-1170, for more information about this low interest business loan opportunity.

**Women helping women, that's what  
The Red Shoes' Lifting Loans  
program is all about!**