

Summer 2019



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

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

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

We celebrate, empower and nurture women.

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

We connect creativity, spirituality and authenticity.

We provide a place of healing and reconciliation.

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

CIRCLE OF LEADERSHIP

Roberta Guillory, Founder

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

Wendy Herschman, Executive Director
 Judy Lavergne, Interim Assistant Director
 Saveta Williams, Administrative Assistant

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

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

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

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

Executive Director: wendy@theredshoes.org

Scholar in Residence

Soulful Justice: Racial Identity Development as Lovingkindness



A Transformative Community Weekend with Christena Cleveland

Author, Social Psychologist, Theologian and Director of the Center for Justice and Renewal

Friday August 16 7-9 pm
 Saturday August 17 10 am-5 pm

Location: To Be Decided - Check our Website



*My passion is integration.
 I integrate
 justice and reconciliation,
 hope and lament,
 social psychology and theology,
 research and practice,
 pro-blackness and pro-humanity,
 truth and love,
 and contemplation and action.
 In pursuit of a new reality
 in which all people have an empowered seat at the table,
 and there is no longer us and them
 - but simply us.*

- Christena Cleveland

At the intersection of social justice and spirituality, we find wellsprings of hope and sustenance. Although facing inequity and injustice may take us to some dark places not previously traveled, Christena Cleveland will offer us a sense that we are holding hands with the Divine. Teachings from diverse spiritual traditions such as Mindfulness, the Divine Feminine, Centering Practice, Native American prayer, Christianity, Buddhism and other spiritual paths will illuminate our journey.



As spiritual beings, we yearn to practice lovingkindness, but to practice authentically, we must understand the ways we have been shaped by our racially-stratified society. Integrating social science research and spirituality, Dr. Cleveland invites people of all races to assess our racial identity development and identify the pathways to greater connection to self and others. Awaken to a courageous practice of justice that is sustained by love and not fear, a oneness that affirms the particularity of individual experiences as well as the common humanity of us all. Together, we will face our truths with new awareness.

Facilitated by Christena Cleveland, Ph.D., Associate Professor of the Practice of Organizational Studies at Duke University's Divinity School and author of Disunity in Christ: Uncovering the Hidden Forces that Keep Us Apart.

**Early Bird: Full Seminar paid by August 1 \$70
 Friday only \$20 Saturday \$65 Full Seminar \$80**

Dear Friends,

We are celebrating! The Red Shoes opened its doors in 1999. It was born of a dream to create an inclusive space where women could speak their truth and where people could gather to explore their spiritual lives. Our founder, Roberta Guillory, will tell you she was led to this path, it was her "assignment." And this year, we turn twenty.

Twenty years later, we still focus on the same goals and we have expanded our reach to thousands of people by enlarging our offerings and partnering with many wonderful non-profits in our community. To celebrate our past and honor the ideas and experiences that have nourished The Red Shoes community from the beginning, we have chosen to bring focus to several programs this season by adding a special 20th logo, like the one above. We hope you will join us for these programs that embody the ideals of our mission statement on page 1. Each commemorative program reflects early endeavors that still lie at the heart of The Red Shoes: encouraging women's voices & personal empowerment, creativity, a space for the Divine Feminine to thrive, experiences that cultivate a sense of the Divine, a sense of healing and a sense of Oneness and interconnection. Join us in celebrating by making a donation to our anniversary fund described on the back of this brochure. We couldn't do any of this without you. Thank you, *Wendy Herschman, E. D.*



May



Complete yoga schedule on page 11

Compassion in Action Circle (details p. 11)

Wednesdays Beginning May 1 10:30 am-12 pm
Join a vibrant group for thought provoking dialogue of current social justice topics in a respectful setting. Based on books chosen by the group, discussion will increase your awareness, deepen your compassion, and inspire action to create a better community and world.

Meditation and Spiritual Awakening (details p. 11)

Wednesdays Beginning May 1 5-6 pm
Join us for a quiet time of exploration and meditation. Enjoy stillness that creates a time to empty and reconnect to Source. Some instruction offered.

Kundalini Yoga

Thursdays May 2-30 9:30-11 am
Kundalini yoga connects our finite selves with the infinite through a blend of spiritual and physical practices. The yoga of awareness, kundalini blends guided movements, breathing techniques, meditation and sound chanting. Participate on mats or chairs. This practice is for those with physical limitations or fully fit.

Facilitated by Janet Sullivan, who teaches chi gong and yoga, a licensed massage therapist practicing Shiatsu healing work for 20 years.

\$10

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

Dream Discovery

Thursdays Beginning May 2 10:30 am-12 pm
Discover more about yourself as you learn to work with your dreams. The language of dreams offers insights into understanding your relationships, your choices, your past and your future. Basic elements of Carl Jung's work are a part of this exploration. While studying and sharing dreams, we learn ways to interpret and understand them in a meaningful way.

Facilitated by Joan McCaskill, Spiritual Director, MA.

Monthly \$40

Spiritual Journey Circle (details p. 11)

Thursdays Beginning May 2 6-7 pm
Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers. We begin this season with a study of *The Path Made Clear: Discovering Your Life's Direction and Purpose* by Oprah Winfrey.

AA Open Meeting - Realm of the Spirit

Thursdays Beginning May 2 7-8 pm
Together we explore guided meditation and share our experience, strength & hope toward living a Sober Life.

Earth Based Healing— Robin Cunningham

Saturday & Sunday May 4 & 5 9:30 am-5 pm
Returning to harmony with nature, mother earth and mankind has never been more critical than at this moment in time. We will gather to immerse in the dynamics of earth healing, earth teachings, personal empowerment, prayer and walking the earth in a good way. We will approach with a 'beginner's mind' and for two days together we will:

- Work with the 4 cardinal directions and spirits.
- Explore prayer bundles, sacred tools, and ceremonial practice in daily life.
- Create personal ritual to support ourselves and others.
- Learn to communicate with the natural world and become mindful of symbology.

Deepen your connection to the earth in a way that will heal and enrich your days.

Facilitated by Rev. Robin Cunningham, Vibrational Medicine Specialist - CH, LMT, RRMT working with holistic forms of healing for nearly 45 years.

\$275

Sunday Sacred Circle (details p. 11)

Sundays Beginning May 5 5-6 pm
Nourish your spirit. Enjoy a time of introspection, an inter-religious, ecumenical experience for those yearning to unite with Spirit through prayer, chanting, inspirational readings and silence.

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

A Course in Miracles (details p. 11)

Mondays **Beginning May 6** **7-8:30 pm**

Seeking a new, joy-filled perspective on life? Join our weekly study of *A Course in Miracles*, a powerful, life-changing course that guides us to peace.

Taste of Zen: Zazen and Dharma Talk

Mondays **Beginning May 6** **7-8:30 pm**

Join us on Mondays to develop the practice at the heart of Zen Buddhism, *Zazen*. Experience seated Zen meditation and a *Dharma* talk with time for questions and discussion. Guidance for beginners.

Facilitated by Gary Muso Pettigrew, an ordained Dharma holder (Hoshi) in the White Plum Zen lineage, and Shelby Jikai Gallagher, B.A. in Religious Studies.

Suggested donation \$10

The HeART of Drumming: Drum Circle

Tuesday **May 7** **6-8 pm**

Tonight we drum our hearts alive. Come join us! The voice of the drum combines with the voice of the Ancestors, the voice of Spirit and the voice of our own soul to create a powerful and transformational rhythm. The beat is universal - it echoes the rhythm of the heart, signaling a state of calm or one of stress, which the nervous system and brain register and share with the rest of the body. Drumming will enliven your heart and soothe your soul. Drums, rattles, percussion instruments provided or bring your own!

Facilitated by Rev. Robin Cunningham, Vibrational Medicine Specialist - CH, LMT, RRMT and Cindi DiMarco, acoustic singer/song writer, Reiki Master Teacher who is studying to become a Shamanic Facilitator.

\$10

Unlocking the Power of Your Shadow

Wednesday **May 8** **6:30-8:30 pm**

Learn how you might transform your life by using Jung's work in a coaching model instead of a therapy model. Reveal the unconscious reason that you are not getting the results you want in your life. Without uncovering that reason, you will continue to get the same results. Discover the benefits Jungian coaching offers in exploring the shadow and unconscious blocks. Learn to release the energy contained in your shadow and begin using it for creativity and abundance. Experience an exercise and visualization process which will help you become more conscious of something in your shadow which may be preventing you from getting what you think you want. Leave with specific tools to help free your mind.

You will be invited to sign up for a free coaching session with Shea to explore what emerged during the shadow exercise portion of the workshop.

Facilitated by Shea Tully, who is training at The Center for Jungian Positive Psychology in Los Angeles.

\$10

Brain Injury: I Just Bumped My Head, I'll Be OK!

Tuesday **May 14** **6:30-8:30 pm**

The brain, and all it does, can be quite mysterious and downright terrifying, especially when trauma impacts its health and wellness. Learn about the signs, symptoms and possible outcomes of Traumatic Brain Injury (TBI), Mild Traumatic Brain Injury (MTBI) and Alzheimer's Disease. We will discuss the life-changing issues facing both the individual suffering these traumas, as well as their friends, family and caregivers. Understand brain injury and disease and how these conditions relate to strokes, dementia and memory loss. What can we do to prevent brain trauma and heal the brain? Gain a deeper understanding of the science of the brain and how lifestyle changes might have a positive impact.

Facilitated by Rev. Robin Cunningham, who lives with TBI/MTBI. She has worked with holistic forms of healing for nearly 45 years. (see full bio p.2, May 4)

\$20

Community Healing Clinic with Meditation & Pranic Healing

3rd Wednesdays **May 15** **6:30-8:30 pm**

Experience Pranic Healing, a path to rejuvenation and healing. We begin with light stretching followed by the "Meditation on Twin Hearts," a meditation based on the universal prayer of St. Francis. The meditation promotes physical and mental well-being, while also blessing loved ones, your career and Mother Earth. Healing sessions are offered after meditation, as time permits.

Facilitated by Pat Cole and Misagh Naderi - students of GrandMaster Choa Kok Sui and members of Pranic Healing of Baton Rouge.

Suggested Donation \$10

Messy Bed, Messy Head: Where Clutter Comes From & How To Clean It Up

Saturday **May 18** **10 am-4 pm**

Tired of drowning in mess and clutter? Are you too embarrassed by your messy house to invite friends over? Whether it's your home, car, closet or inbox, most of us have pockets of clutter that drain us energetically and derail our best-laid plans. Through writing exercises, meditation and visioning, learn how to create a warm, inviting home that is a welcoming oasis. Discover where messiness and clutter come from and what they really cost you. End the calamity and chaos of clutter by assigning your possessions a home of their own.

Facilitated by Cindy Cooley, Transformation Strategist, who grew up in a messy house and later discovered the freedom that comes with living in simplicity and order.

Includes workbook & Amazon #1 New Release Book, *Messy Bed, Messy Head* \$40

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



Reaching to the Tree of Life: A Sacred Journey with Rabbi Jill Hammer

Co-sponsored by
Hadassah Baton Rouge

Sunday May 19 11am-3 pm

One of the most ancient and powerful images of the divine feminine is the sacred tree. We find this tree in the Garden of Eden where She is called the Tree of Life. The Tree also appears in the book of Proverbs as God's constant companion and advisor. In this workshop, we'll create a sacred ritual container to explore the story of Eve, the Tree of Knowledge and the Tree of Life. We'll use song, sacred text, *bibliodrama*, spontaneous entry into the voices of biblical characters, and writing to discover the hidden tales and meanings within this story. As we close our work together, we'll invoke the Tree of Life in ourselves and one another. We will enjoy a garden of salads for lunch.

Facilitated by Rabbi Jill Hammer, poet, author and founder of the Kohenet Hebrew Priestess Institute and the Director of Spiritual Education at the Academy for Jewish Religion and accompanied by Shoshana Jedwab, founding faculty member at Kohenet, educator, ritual drummer and worship leader.

Includes lunch \$40

Volunteer: Baton Rouge Food Bank

3rd Tuesdays May 21 10 am-12 pm

Location: 10600 South Choctaw Dr. (Fraenkel Center)

Can you offer two hours that will make a big difference? Join our team, call today to volunteer. Help The Food Bank achieve their mission to feed the hungry in Baton Rouge. All food must be sorted and categorized for distribution. That is where we come in: we will meet at the food bank to sort or bag food.

Wear closed-toe shoes / No Fee

An Introduction to GrandMaster Choa Kok Sui's Pranic Healing System®

Tuesday May 28 6:30-8:30 pm

Join us for an introduction to an effective and powerful "no-touch" healing modality developed by GrandMaster Choa Kok Sui that uses life force or *Prana* to heal physical and emotional ailments. Learn how the system works and how *prana* can be applied to accelerate your body's ability to heal itself. Enhance your knowledge of the chakras and experience feeling energy. You will also have the opportunity to sense intense peace, stillness and forgiveness through the Meditation on Twin Hearts.

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

\$15

June

Weekly Programs:

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

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

#Me Too with Ava Haymon: The Voice of Women Saturday June 1 10:30 am - 3 pm

The #MeToo movement reminds us that, in one way or another, we women have all been hurt by inappropriate male behavior. This behavior takes many forms, from cat whistles on the street to grotesque violations of girl-children. These experiences can be seen as a spectrum: some violations are normalized while some are more obviously violent and women often feel insecure about telling their stories. This workshop will provide a safe place for women to share, no matter what their hurt or embarrassment has been. We will use paper, color, words, even movement, so that each of one of us can discover the individual voice in which to communicate her own story.

Facilitated by Ava Leavell Haymon, essayist, teacher, Poet Laureate of Louisiana 2013-2015. Her most recent published poetry collection is Eldest Daughter.

\$40

Summer Gardening: Growing Healthy Greens

Saturday June 2 2-3:30 pm

Are you used to growing your favorite braising greens in the fall in Louisiana? Favorites such as mustard greens, collards and arugula are cool season crops in Louisiana. Come learn which greens you can grow during the summer to keep the greens pot filled up in the Louisiana heat. Learn about different tropical greens crops from around the world, where you can find the seeds or plants and how to cultivate them! Enjoy a hands-on educational experience, where participants will have the opportunity to bring their work home!

Facilitated by Stephanie Elwood, licensed horticulturist.

\$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: Holy Envy with Chris Andrews

Mondays June 3-17 10:30-12 pm

Add curiosity to your spiritual toolbox and join a discussion that welcomes us to an appreciation and

 understanding of diverse theologies. In Barbara Brown Taylor's *Holy Envy: Finding God in the Faith of Others*, she contemplates the myriad ways other people and traditions encounter the Transcendent. She senses that God is the one calling her to disown her version of God and invites us to do the same – a change that ultimately enriches her faith in other human beings and in God. Open to the Divine in a new way, without boundaries, remembering that God is bigger than any one religion.

Facilitated by Chris Andrews, congregational leader of Jubilee Pioneers, Director of Rebuilding Together BR. Chris has an MA in Theology.

\$30

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

Mondays Beginning June 3 7-8:30 pm

Develop the practice at the heart of Zen Buddhism, *Zazen*. Experience seated Zen meditation.

Book Study: Becoming by Michelle Obama

Wednesdays June 5-26 6:30-8 pm

For eight years we have heard details about then First Lady Michelle Obama's likes, dislikes, thoughts and even her story. Some "facts" were clearly rumors, leaks, or prepared promotions. Now, the country's first black FLOTUS, designated Mom-in-Chief, shares what happened on her way from Chicago's working class Southside to a global icon. Besides the peek behind the curtain sensation of Obama's memoir, her story helps us to understand the subtle intersections of gender, race, class and politics. It gives us a chance to think about how we grow under the various spotlights and judgments we face and how we finally can acknowledge and become "enough."

Facilitated by Angeletta KM Gourdine, PhD in cultural studies, CPC, ELI-MP reVisions Lifestyle Salon.

\$40

Inspirational Pre-Owned Book Sale

Thursday June 6 10 am-6pm

Friday June 7 10 am-4 pm

Saturday June 8 9 am-4 pm

Monday June 10 10 am-7 pm

We just have too many outstanding books to keep them all for ourselves. Join us for a four-day used book sale. If you are clearing out books at home, bring us your spiritual, inspirational, self-help books for "re-homing" by May 31. Your old books will become someone's new treasure. The proceeds from all books benefit The Red Shoes' scholarship fund. This is recycling at its finest!

Paperbacks \$2/Hardbacks \$3

Self-Care for Helping Professionals

Saturday June 8 9am- 4pm

Session 1 9 am-12 pm 3 ceu's LPC, MSW

Session 2 1- 4 pm 3 ceu's LPC, MSW

Repetitive care-giving and sustained service to the emotional and psychic needs of others can leave you exhausted and disconnected from your own feelings. Absorbing the traumas of your clients, through your senses, your mind and your heart, can overwhelm your emotions, zap your energy and weigh you down. A sustained self-care practice can keep burnout at bay and invigorate your practice. This workshop is designed to encourage you to incorporate self-care into your daily practice and provides clear strategies for doing so. Fees include CEUs.

Facilitated by Angeletta KM Gourdine, PhD, CPC, ELI-MP reVisions Lifestyle Salon.

**Early-bird paid by May 24:
each session \$40/ full workshop \$75
After May 24: each \$45/full workshop \$85**

Field Trip: Blueberry Picking *Family Friendly

Saturday June 15 4:30 pm

Location: 2199 Holly Ridge Rd, Jackson, LA

We'll carpool and caravan to the beautiful Blueberry Ridge Orchard to pick our own blueberries and eat as we pick! We will go in the evening to avoid the heat of the day and enjoy sunset amongst the blueberry bushes. Not only will you come home with pounds of nutritious berries, but you will feel refreshed and inspired by the beauty of the loaded bushes. Maps provided when we meet in the parking lot at The Red Shoes. Please arrive by 4:30 so we can leave at 4:45 for this 45 minute ride.

Volunteer GBR Food Bank (details p. 4)

Tuesday June 18 10 am- 12 pm

Greater Baton Rouge Food Bank 10600 S Choctaw Dr.

No one should go hungry. Our community needs you!

Community Clinic: Pranic Healing (details p. 3)

Wednesday June 19 6:30-8:30 pm

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

Volunteer: Summer Luau Party

Sweet Dreams Women and Children's Shelter

Thursday June 20 6:45-8 pm

Location: 1623 Convention Street

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

No Fee

Full and partial scholarships are always available.

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

Gong Bath: Welcome the Rhythms of Summer
Saturday June 22 6:30-8 pm

Join us for a concert and gong bath to transition from the energies of Spring to the warmer notes of Summer. Feel the vibrational change and sense the subtle tones of transformation. No water is involved in a gong bath; participants sit or recline and allow the sounds to "wash over" them. The concert includes a variety of instruments and "singing" bowls. You may bring a yoga mat, pillow and blanket to rest comfortably. Some mats and blankets available.

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

\$20

Intuitive Art: Through the Looking Glass
Sunday June 23 2-4pm

We will venture into the world of intuition through an expressive arts experience that incorporates guided imagery, meditation and acrylic painting as paths for reflection and a deeper expression of self. We will focus on the creative process and enjoy the language of color and texture with no emphasis on the finished product. Intuitive art opens a door for us to access our power, that inner knowing, that waits quietly within, obscured by our busy lives.

Facilitated by Laura Gaddy, a professional artist who leads the Healing Arts program for Mary Bird Perkins Cancer Center. She became an artist through her own journey of personal healing and growth.

\$20



July



Weekly Programs:

Sunday Sacred Circle	Sun	5-6p	pg 11
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Monthly Programs

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Zen Series: Zen Experience in English Poetry
Mondays beginning July 1 7-8:30 pm

Explore and discuss expressions of our fundamental reality emerging from the pens of English-speaking poets as they resonate with our own experiences and circumstances. Enjoy the spirited play of words that go

beyond words to evoke new perspectives and inspire deeper appreciation of your life.

Facilitated by Gary Muso Pettigrew, an ordained Dharma holder (Hoshi) in the White Plum Zen lineage, and Shelby Jikai Gallagher, B.A. in Religious Studies.

Weekly suggested donation \$10

Book Study: *Brave, Not Perfect: Fear Less, Fail More, and Live Bolder*

Tuesdays July 2 & 9 6-7:30 pm

Explore a book that will tempt you into a new way of being. Imagine if you lived without the fear of not being good enough... If you didn't care how your life looked on Facebook or worry about what total strangers thought of you. Imagine if you could stop beating yourself up for tiny mistakes. What if, in every decision you faced, you took the bolder path? Author Reshma Saujani says, "as girls, we were taught to play it safe. We grew up to be women who are afraid to fail." Perfection may set us on a path that feels safe, but bravery leads us to the path we're authentically meant to follow. Join inspiring life coach, Monique Piper, for a transformative book study that will help you let go of the need for perfection & make bravery a lifelong habit.

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

\$20

Healing Yoga and Calming Tones Sound Vibration
Saturday July 13 1-3 pm

Claim your space in our new 13 bowl and yoga session. The purpose of this workshop will be to cleanse, align and refresh mind, body and spirit through movement and sound. This workshop will utilize a bowl formation that can accommodate thirteen participants. Experience appealing resonance as the interrelationship between singing bowls and healing yoga blend into authentic therapeutic reality. Used around the world, the calming tones of singing bowls enhance meditation and relaxation and are paired with the healing art of restorative yoga to enhance both physical and mental well-being. Take time for yourself and discover the health-giving power this experience offers to you.

Co-Facilitated by Daniel Collins, Clayfire LLC, a practitioner of sound arts and yoga, as well as a meditation leader and Tina Ufford, Shape This Life, Certified Yoga Instructor and licensed massage therapist.

\$20

Volunteer GBR Food Bank (details p. 4)

Tuesday July 16 10 am-12 pm
Greater Baton Rouge Food Bank 10600 S Choctaw Dr.
 No one should go hungry. Our community needs you!
 Volunteer to sort and box food with our team.

Community Clinic: Pranic Healing (details p. 3)
Wednesday July 17 6:30-8:30 pm
 Join us for an evening of rejuvenation and healing with energetic cleansing and meditation.

Essential Oils: Natural Self-Care
Saturday July 20 2 sessions
Natural Solutions for Year-Round Health 10:30 am-12

Learn the basics of essential oils and how oils support and enhance the body's immune system to help protect against seasonal summer threats including insects, pollen and pet dander. Discover what goes into producing a high-quality, therapeutic oil and how essential oils can provide a solid foundation for you and your family's well-being. *Handouts and a personalized health assessment (valued at \$40) provided to help narrow down the top 10 oils that would be most effective for your body. Enhance your health naturally.

Make 'N' Take: Roller Bottle Wellness 1-2:30 pm
 Take back control of your own health. Learn how to make your own natural body care products that are safer, more effective and affordable than commercial products. Join us and learn how certified pure therapeutic grade essential oils can help support your skin, muscles and joints, as well as relieve sleep, stress, focus and breathing issues. In this class we will share these amazing gifts of the earth and create three customized roller bottle blends with the essential oils to empower you to take charge of your health. Choose from Belly Blend, Breathe Easy, Focus Blend, Immune Boost, Muscle Blend, Open Airways, Skin Soothe, Hand Spray and Sleepy Time. * If you did not attend session 1, receive a personalized health assessment (see above)

Facilitated by Britany Simoneaux, BSW, doTERRA Wellness Advocate who lives on the Mississippi Gulf Coast. She is passionate about living a natural lifestyle.
Session 1 \$15 / Session 2 \$25 - Combo \$35

Imprint: Leave Your Unique Mark
Saturday July 27 10:30 am-12:30 pm
 Are you curious about what it's like to write and publish your personal story? Would you like to change aspects of your life? Join us to discuss *Imprint*, a collection of stories by everyday women who faced challenges and still created a life of meaning. Several authors will join us to discuss experiences which influenced their paths. Every word will leave you wanting to know how they made it through better—and not bitter. Then we will dive deeper...What would leave an imprint on the quality of your life? What change could impact your daily experience? We will determine how to step into the change without becoming overwhelmed. Leave with a plan of how to create the change you want from clearing a closet to launching your business.

Facilitated by Monique Moliere Piper, M.A., a speaker, bestselling author and certified professional coach.
\$20

Learn To Meditate & Heal
Tuesday July 30 6:30-8:30pm
By Practicing Stillness, one becomes aware of the Divine Presence... within one's Self
 GrandMaster Choa Kok Sui

Join us for an introductory talk and guided meditation to discover how meditation can help you in your daily life! Learn the "Meditation on Twin Hearts" to calm your emotions, experience inner peace and a sense of divine connection. The benefits of meditation include a sense of joy and forgiveness, heightened intuition, greater energy and an increased ability to handle stress.

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

\$15



August

Ongoing programs:

Sunday Sacred Circle	Sun	5-6p	pg 11
Course in Miracles	Mon	7-8:30p	pg 11
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Healing through Yoga Nidra, Breath-work, & Mindfulness

Saturday August 3 9am-12:30 pm
 Join DeeDee Jones for this workshop as we explore different avenues of meditation to support daily clarity and stress relief. Incorporating soothing breath-work into your daily life creates clarity and raises your levels of conscious awareness. The techniques we will use are simple and profound in their mental effect. We will also add in the simple yet gratifying practice of mindfulness; this simple practice can help you absorb life on a level that is both peaceful and intuitive. Yoga Nidra Meditation is the path of surrendering the psyche to deep, unfiltered healing. In this practice you will integrate breath-work, physical relaxation and mindfulness to help you lead a more peacefully responsive and less reactive life. Bring a yoga mat, pillow and blanket if you like. Some available on site.

Facilitated by Delisha 'DeeDee' Jones, certified yoga instructor, meditation facilitator and energy healer.
\$45

Resilience: The Power To Overcome

Sunday August 4 3-4:30 pm

How does one embody resilience? Adversity is a reality in life. Resilience is that indefinable quality that allows some people to be knocked down by life and come back at least as strong as before. Rather than letting difficulties or failure overcome them and drain their resolve, they find a way to rise from the ashes. Joan will share her inspiring story: her lived experience surviving a myriad of traumas including sexual assault and Hurricane Katrina and then finding the strength and resolve to transcend hardship and lead a productive life. Learn the social science of resilience and tips on facing adversity in a productive, even empowering way.

Facilitated by Joan Garner, BA in Social Science and will be awarded a Master of Science in Management.

\$10

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

Mondays Beginning August 5 7-8:30 pm

Join us to develop the practice at the heart of Zen Buddhism, *Zazen*. Experience seated Zen meditation.

Book Study: Archetypal Patterns and Fairy Tales

Tuesdays August 6-27 6-7:30pm

Fairytales offer us a pure and simple expression of what Carl Jung calls the collective unconscious. Delve with us into this branch of mythological literature to discover clear understandings of the basic patterns of the human psyche. In her book on the patterns in fairytales, Marie Louise von Franz discusses fairytales from many countries, helping us to understand the diversity as well as the similarity of these tales, what is specific to some peoples and what is common to all civilizations and human beings.

Facilitated by Joan McCaskill, Spiritual Director, M.A.

\$40

Open Mic Poetry & Music

Saturday August 10 7- 8:30 pm

Celebrate the best of the arts in Baton Rouge! Enjoy a night of unique creative offerings: poetry and music to stir your heart and soul. Join our audience to experience this tapestry of talent. Stay for coffee and desserts. Musicians, singers and poets: share your favorite works in this appreciative, supportive “coffee-house” setting. *We now have a piano, if you would like to play for us!* Call early to reserve your 5-minute spot.

\$5

Scholar in Residence

Christena Cleveland

**Soulful Justice: Racial Identity
Development as Lovingkindness**

August 16 & 17

Details p.1

Volunteer GBR Food Bank (details p.4)

Tuesday August 20 10 am- 12 pm

Greater Baton Rouge Food Bank 10600 S Choctaw Dr.
No one should go hungry. Our community needs you.

Community Clinic: Pranic Healing (details p.3)


Wednesday August 21 6:30-8:30 pm

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

Journey to the Center: Labyrinth Workshop

Saturday August 24 10 am-3:30pm

As a mirror reflects our countenance, the contemplative walk on a labyrinth can reveal our soul.

 C.G. Jung has called the journey of life “individuation” which leads, like the circuitous path of the labyrinth, to one’s true self. The labyrinth, walked mindfully, offers the gifts of reflection and connection with one’s inner knowing. Embraced by many as a deepening path of spiritual introspection, the labyrinth heightens our conscious awareness. As The Red Shoes celebrates the milestone of 20 years as a resource for spiritual growth, join us in a day of self-reflection, a time to reconnect with your center, your authentic self. Our day will include mindfulness meditation, art experiences, journaling and an inspiring labyrinth walk. Please bring a bag lunch, socks and a journal or notebook.

Facilitated by Aimée Dominique, LCSW, a certified spiritual director and labyrinth facilitator working with this sacred tool for over 22 years. She was a facilitator in 1999 and 2000 in Chartres, France with Rev. Lauren Artress.

\$45

Introduction to SuperBrain Yoga® & Pranic Healing®

Tuesday August 27 6:30-8:30 pm

SuperBrain Yoga® is a simple and effective technique to energize and recharge the brain. It is based on the principles of subtle energy and ear acupuncture to balance the left and right brain energies. This simple, powerful exercise creates mental clarity, emotional calmness, razor sharp focus and increased learning ability. Keep the mind sharp as the body ages. Together with Pranic Healing®, which is based on the fundamental principle that the body is a self-repairing, Superbrain Yoga harnesses subtle energy to flush out stress, boosts vitality and accelerates healing of common health problems! Superbrain Yoga may improve academic and behavioral performance in children diagnosed with Autism & ADD.

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

\$15

The Red Shoes 2019 Spring Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MAY			1 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	2 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	3 Yoga 8a	4 Earth Based Healing 9:30a-5p
5 Earth Based Healing 9:30a-5p Sacred Circle 5p	6 Yoga 8a / 5:30p ACIM 7p Zen 7p	7 Yoga 8a HeART of Drumming 6p	8 Yoga 8a Compassion in Action 10:30a Meditation 5p Power of Shadow 6:30p	9 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	10 Yoga 8a	11
12 Sacred Circle 5p	13 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen 7p	14 Yoga 8a Brain Injury/ Health 6:30p	15 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	16 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	17 Yoga 8a	18 Messy Bed, Messy Head 10a-4p
19 Reaching to the Tree of Life 11a-3p Sacred Circle 5p	20 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen 7p	21 Yoga 8a .Food Bank 10a	22 Yoga 8a Compassion in Action 10:30a Meditation 5p	23 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	24 Yoga 8a	25
26 Sacred Circle 5p	27 Closed for Memorial Day	28 Yoga 8a Intro to Pranic Healing 6:30p	29 Yoga 8a Compassion in Action 10:30a Meditation 5p	30 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	31 Yoga 8a	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
JUNE						1 #Me Too with Ava Haymon: Voice of Women 10:30a-3p
2 Summer Garden: Greens 2-3:30p Sacred Circle 5p	3 Yoga 8a / 5:30p CS Yoga 10:30a Holy Envy 10:30a ACIM 7p Zen 7p	4 Yoga 8a	5 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p Becoming 6:30p	6 Yoga 8a / 5:30p Book Sale 10a-6p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	7 Yoga 8a Book Sale 10a-4p	8 Self Care for Helping Professionals 9a-4p Book Sale 9a-4p
9 Sacred Circle 5p	10 Yoga 8a / 5:30p Book Sale 10a-7p CS Yoga 10:30a Holy Envy 10:30a ACIM 7p Zen 7p	11 Yoga 8a	12 Yoga 8a Compassion in Action 10:30a Meditation 5p Becoming 6:30p	13 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	14 Yoga 8a	15 Field Trip: Blueberry Picking 4:30p
16 Sacred Circle 5p	17 Yoga 8a / 5:30p CS Yoga 10:30a Holy Envy 10:30a ACIM 7p Zen 7p	18 Yoga 8a .Food Bank 10a	19 Yoga 8a Compassion in Action 10:30a Meditation 5p Becoming 6:30p Pranic Healing 6:30	20 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p Shelter Party 6:45p AA Meditation 7p	21 Yoga 8a	22 Gong Bath: Summer 6:30p
23 Intuitive Art 2p Sacred Circle 5p	24 Yoga 8a / 5:30p CS Yoga 10:30a	25 Yoga 8a	26 Yoga 8a Compassion in Action 10:30a Meditation 5p Becoming 6:30p	27 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	28 Yoga 8a	29
30 Sacred Circle 5p	ACIM 7p Zen 7p		Meditation 5p Becoming 6:30p			

The Red Shoes 2019 Spring Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JULY	1 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen in English Poetry 7p	2 Yoga 8a Brave, Not Perfect 6p	3 Closed for Holiday	4 Closed for Holiday	5 Closed for Holiday	6
7 Sacred Circle 5p	8 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen in English Poetry 7p	9 Yoga 8a Brave, Not Perfect 6p	10 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	11 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	12 Yoga 8a	13 Healing Yoga and Calming Tones 1-3p
14 Sacred Circle 5p	15 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen in English Poetry 7p	16 Yoga 8a Food Bank 10a	17 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	18 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	19 Yoga 8a	20 Essential Oils : Natural SelfCare 10:30a-12p 1-2:30p
21 Sacred Circle 5p	22 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen in English Poetry 7p	23 Yoga 8a	24 Yoga 8a Compassion in Action 10:30a Meditation 5p	25 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	26 Yoga 8a	27 Imprint: Leave Your Mark 10:30a-12:30p
28 Sacred Circle 5p	29 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen in English Poetry 7p	30 Yoga 8a Learn to Meditate and Heal 6:30p	31 Yoga 8a Compassion in Action 10:30a Meditation 5p			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
AUGUST				1 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	2 Yoga 8a	3 Healing through Yoga Nidra & Breathwork, DeeDee 9a-12:30p
4 Resilience 3-4:30 p Sacred Circle 5p	5 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen 7p	6 Yoga 8a Archetypes and Fairy Tales 6p	7 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	8 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	9 Yoga 8a	10 Open Mic 7-8:30p
11 Sacred Circle 5p	12 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen 7p	13 Yoga 8a Archetypes and Fairy Tales 6p	14 Yoga 8a Compassion in Action 10:30a Meditation 5p	15 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	16 Yoga 8a Christena Cleveland Keynote 7-9	17 Christena Cleveland Seminar 10a-5p
18 Sacred Circle 5p	19 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen 7p	20 Yoga 8a Food Bank 10a Archetypes and Fairy Tales 6p	21 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	22 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	23 Yoga 8a	24 Journey to Center: Labyrinth 10a-3:30p
25 Sacred Circle 5p	26 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Zen 7p	27 Yoga 8a Archetypes and Fairy Tales 6p Into to SuperBrain Yoga & Pranic Healing 6:30p	28 Yoga 8a Compassion in Action 10:30a Meditation 5p	29 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	30 Yoga 8a	31



Yoga



Sacred Circles



Morning Yoga - A Perfect Beginning

Monday-Friday 8-9 am

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

Facilitated by Tina Ufford, RYT® 200 through Louisiana Yoga School; and Amanda Mays, RYT® 500 Louisiana Yoga School.

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

Yoga for Cancer Survivors

Mondays 10:30-11:30 am



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

Facilitated by Valerie Flynn Wintz, certified restorative yoga teacher.

Sponsored by Cancer Services - No Fee

Gentle Yoga

Mondays and Thursdays 5:30-6:30 pm

Melt away tension and stress at the end of your day through this revitalizing practice. Gentle physical movement, breathing exercises and meditation are designed to enhance well-being, increase flexibility and build strength. Perfect for beginners or experienced students who enjoy a less strenuous practice.

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

\$8 per class / 7 classes \$48



The Red Shoes is a 501c3 non-profit.

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

Mail your tax-deductible donation today:

2303 Government St. Baton Rouge, LA 70806

or online: www.theredshoes.org

Sunday Sacred Circle: Matters of the Heart

Sundays Weekly 5-6 pm

Nourish your spirit: a time of introspection, ecumenical and inter-religious unity expressed through prayer, chanting, inspirational readings and silence with Spirit.

Facilitated by inspired members of the circle.

Donations appreciated

A Course in Miracles

Mondays Weekly 7-8:30 pm

Seeking happiness and peace? Our weekly study of *A Course in Miracles* is a powerful, life-changing course. This universal spiritual teaching offers daily exercises to raise awareness of love's presence, and through forgiveness, heal relationships. Join us to discuss the daily exercises and build a circle of support for this transformative inner work.

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

Suggested monthly donation \$20

Compassion in Action Circle

Wednesdays Weekly 10:30 am-12 pm

Join a vibrant group for thought provoking dialogue of current social justice topics in a respectful setting. Based on books chosen by the group, discussion will increase your awareness, deepen your compassion, and inspire action to create a better community and world. (Details on our website.)

Facilitated by Compassion in Action Circle members.

Suggested monthly donation \$20

Meditation and Spiritual Awakening

Wednesdays Weekly 5-6 pm

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

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

Suggested donation \$5

Spiritual Journey Circle

Thursdays Weekly 6-7 pm

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

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

Suggested monthly donation \$20



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Baton Rouge, LA 70806

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Inspiration On the Way
Rabbi Jill Hammer
&
Christena Cleveland
...and more

Project HOPE

Heal
Overcome
Prosper
Empower



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

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

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

We Wish You Well!

Celebrate With Us!
Did you know The Red Shoes
is 20 years old?



Please Join With Us!

Give a gift of \$20 or any multiple of \$20 when you attend a program during our year of celebration or when you visit our website: www.theredshoes.org
Our goal: \$20,000 to positively impact individuals in our community.

This special anniversary fund will be used as a speaker's fund - to allow us to bring more of your favorite, inspiring teachers to Baton Rouge.