

Fall 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

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

Scholar in Residence

Immrama Immersion for Women
With

Pasha Hogan

Author, psychotherapist, Reiki Master



Friday	October 18	7-9 pm
Saturday	October 19	10 am-5 pm
Sunday	October 20	10 am-1 pm

Immrama is a Celtic word that means "journey of the soul." Join us for a courageous journey - slow down and enter the unknown horizons of your heart and soul... without knowing what you will discover.

Do you feel disconnected from or unaware of your soul's purpose? This retreat offers the sacred time and space to awaken to your Soul Life and release the creative, intuitive spirit that dwells within.

Leave limiting beliefs behind and allow the wildness of your heart to carry you on an intimately mystical adventure that will enliven and energize your life. Together we will engage the imagination through story, poetry, guided meditation and art. Gentle yoga will help embody your experience.

- Explore myths and stories from around the world to see how we can activate and integrate their ancient wisdom into our modern lives in a beautiful, powerful and playful way.
- Uncover the beliefs that keep you stuck, empowering you to become bigger than the story you tell yourself.
- Engage in the spiritual practices of sacred feminism: self-acceptance, self-compassion and self-love.
- Come into an intimate relationship with your body, mind and spirit through gentle yoga and meditation practices.
- Experience creative and healing processes through open, non-intimidating art practices.

Facilitated by Pasha Hogan, author, psychotherapist, retreat leader, speaker, yoga/meditation teacher and Reiki Master based in Santa Fe, New Mexico. She is the founder of Creative Discovery™, a psycho-spiritual approach to awakening to your life's purpose.

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

Mindfulness & Resiliency: Partners in Healing
For those living with cancer and chronic associated disease

Friday October 18 10-11:30 am


Location: To Be Decided -Check our Website

Come for an inspiring talk with 3-time cancer survivor, Pasha Hogan. Pasha's steps to "creative recovery" will assist and strengthen you as you walk the healing path.

In partnership with Cancer Services of Greater Baton Rouge

Dear Friends,

The days are getting shorter and our thoughts turn to year end. We have seeded this season with a rich variety of opportunities to spur personal and spiritual growth. As 2019 comes to a close, we hope you will feel you have moved closer to wholeness, closer to alignment with your true self. We hope you will join our new **Full Moon Circle** to harmonize with and embody the Moon's natural waxing and waning process. To further root yourself in the wisdom of nature, join Robin Cunningham for an in depth experience with **Earth Based Healing**. Pasha Hogan will join us for an inspiring weekend, **Immrama, Journey of the Soul**; Celtic, earth based lore will illuminate this journey.

 In our ongoing commitment to engender discussion and deeper understanding of race we are hosting **Dialogue on Race and Words Need Wings: Awake, Aware, Action**. Please step out of your comfort zone and enter the conversation.

We often talk about miracles at The Red Shoes and this year we are celebrating the miracle of The Red Shoes. You won't want to miss a moment of our **20th Birthday Weekend**, November 1-3. If you were here in 1999 for the first programs or if you are newer to our community, please join us to celebrate and insure the future of this amazing organization. Thank you, *Wendy Herschman, Executive Director*



September

Complete yoga schedule on page 11

Sunday Sacred Circle (details p. 11)

Sundays Beginning Sept 1 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.

Compassion in Action Circle (details p. 11)

Wednesdays Beginning Sept 4 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 Sept 4 5-6 pm

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

Aramaic Healing Circle with Wyming Sun

Wednesday September 4 6:30-8:30 pm

Learn about healing in the time of Jesus and enjoy a meaningful healing service. Jesus was a gifted healer and according to Aramaic sources, he ensured this ritual would be passed down through generations. Now, you can receive this healing treasure. The beautiful sounds of the Lord's Prayer in the original Aramaic will be

enriched with the singing of hymns in a quiet, meditative atmosphere and with the laying-on of hands. The words of this ritual will linger in your memory, rising to aid you just when you need it most.

Facilitated by Wyming Sun, linguist and Feng Shui master, pupil of Dr. Rocco Errico.

\$20

Dream Discovery

Thursdays Beginning Sept 5 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 Sept 5 6-7 pm

Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers.

AA Open Meeting - Realm of the Spirit

Thursdays Beginning Sept 5 7-8 pm

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

Healing Yoga and Calming Tones Sound Vibration

Saturday September 7 1-3 pm

Claim your space in our new 13 bowl and yoga session. Cleanse, align and refresh body and spirit through movement and sound. This workshop will utilize a bowl formation that accommodates only 13 participants.

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

\$20

Book Study and Guided Meditation with Author

Mondays September 9-30 10:30 am-12 pm

In his new book*, *Come Follow Me*, Dr. Vanderwall offers us perspective into the purity of the message of God. Hear the call of God to love, to be true and to be people of hope. Our study begins with God's call to Moses and ends with gaining insights into the meaning of Resurrection. We will read selected writings, meditate and reflect on our experiences. Dr. Vanderwall will lead us as we tease-out relevant moments of grace for all. In each session, enjoy teachings from Dr. Vanderwall, group sharing and guided meditation. *(avail / Amazon)

Facilitated by Dr. Francis Vanderwall, Professor Emeritus of Theology, Franciscan University, Professor for LSU OLLI and spiritual director.

\$60

A Course in Miracles (details p. 11)

Mondays **Beginning Sept 9** **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: Book Discussion and Zazen ***Wonderland: The Zen of Alice***

Mondays **Sept 9 - October 28** **7-8:30 pm**
Join us to experience *Alice in Wonderland* as an entry point for conveying the Zen concept of 'One Mind.' In Silberberg's book, a unique contribution to American Zen, he reflects on the differences between how we perceive the world around us and the way it actually is. His exploration of Buddhist ideas and concepts is immediately useful and relevant to our lives.

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

Volunteer: Baton Rouge Food Bank

2nd Tuesdays **September 10** **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 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

Words Need Wings: Awake, Aware, Action

Tuesdays **Sept 10 - Oct 1** **6:30-8:00 pm**
Women awaken and move beyond the conversation. What we say about race matters ... because words inspire actions. Together we will address race and the power of everyday activism. Discussion will grow our understanding in order to change the way we interact and react. Are you ready to become part of the solution?

Facilitated by Angeletta KM Gourdine, PhD in cultural studies, CPC, ELI-MP reVisions Lifestyle Salon.
\$40

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

Tuesday **September 10** **6:30-8:30 pm**
Join us for an introduction to an effective and powerful "no-touch" healing modality that uses life force or *Prana* to heal physical and emotional ailments. Learn how *prana* can be applied to accelerate your body's ability to heal. 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. (See next entry bio)
\$15

Community Healing Clinic with Meditation & Pranic Healing

2nd & 3rd Wednesdays **Sept 11, 18** **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 Debra Tongue, (2nd Wednesdays) student of Master Choa Kok Sui; and Pat Cole, (3rd Wednesdays) a student of Master Choa Kok Sui's teachings on Pranic Healing & Arhatic Yoga, a practitioner since 2014.
Suggested Donation \$10

Dialogue on Race Louisiana

Thursdays **Sept 12–Oct 17** **11:30 am-1:30 pm**
[First Session 11:30–2:00 pm]

It's time to talk. Racism is perhaps the most elusive, penetrating and permeating challenge in our society. Understanding what racism is and how it operates through institutions is the core of The Dialogue, an award winning program that helps people understand racism as an institutional construct that was built into our system and still exists today. So daunting a question is racism, the conversation is often avoided. The series is led by trained facilitators. Prepare for weekly discussion by reading short articles.
\$30

Yoga Nidra for Stress Relief: DeeDee Jones

Saturday **September 14** **10 am–12 pm**
Take a break from your every day life to explore peace through Yoga Nidra. Yoga Nidra is a practice centered in awakening to your highest, most peaceful self. In this work we will explore breathing exercises, body scan relaxation, sound healing and mantra to bring you into a state of conscious relaxation. Please bring a yoga mat, blanket and a pillow. (some mats & blankets available)

Facilitated by Delisha 'DeeDee' Jones, certified yoga instructor, meditation facilitator and energy healer.
\$35

Embrace the Power of the Full Moon: Ritual

Saturdays **Sept 14** **Oct 12** **Nov 9** **Dec 14** **5-7pm**
Enter our monthly women's circle to greet the Full Moon. The presence of the Full Moon reminds us of the need to release the things in our lives that no longer serve us. Each month we will enjoy a period of meditation and a talk about the astrology associated with the Full Moon. Enjoy a sacred time to journal personal reflections before our circle closes in gratitude.

Facilitated by Lisa Hernandez, a Life Coach, Energy Healer and Spiritual Consultant for over 20 years.
Each month \$20

Open to Organizing: Clear the Clutter

Sunday September 15 2 sessions

Are you tired of wasting time looking for things? Are you ready to create peace in your environment? Declutter and set up systems to make sure the clutter and chaos never return.

1:00-2:30 pm Mastering the Organizing Process

Learn the five-step EMEND process that teaches the organizational skills necessary to maintain an organized space, work environment and lifestyle.

3:00-4:30 pm Why Am I Disorganized?

Understand the mental and emotional side of disorganization and explore the reasons why you are disorganized. This presentation goes beyond clutter strategies to look at what might be holding you back from reaching your organizing goals.

Facilitated by Alyssa Trosclair, Louisiana's only Certified Professional Organizer.

Each Session \$10/ Combo \$15

Autumn Equinox Gong Bath Concert

Saturday September 21 6:30-8 pm

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

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

\$20

Time To Talk: Depression and Anxiety

Wednesday September 25 6:30-8 pm

It can be hard to talk about depression and anxiety to people who do not understand. Enter this safe and sacred space to share, relate or just listen. Our gathering will include a brief presentation on a holistic health practice helpful in the facilitator's own struggle with anxiety and depression. Learn more about a regular group that can be part of your coping toolbox.

Facilitated by Krystal "RayLynn," a certified Holistic Health Coach through the Institute of Integrative Nutrition. She also facilitates a local spiritual Meetup.

Suggested \$5 Donation

2019 Celebration of Women: Women's Council

All About Me: Self-Study in Collage

Saturday September 28 Time 1-3 pm

The Tracy Center 1800 South Acadian Thruway

During this community event, enjoy a fun, self-reflective, collage activity: what are your dreams, what empowers you, what gives you joy. From the images in magazines, you'll magically find your answers. You may

be surprised by what emerges on this 8x8 mirror of your soul. Instruction on technique & supplies provided.

Facilitated by Pam Arnold, collage enthusiast.

\$5



October

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
AA Meditation Mtg	Thurs	7-8p	pg 2

Complete yoga schedule on page 11

Monthly Programs

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

SunMoon Spiritual & Healing Fair

Holiday Inn BR-South. (Airline Highway at I-12)

Sunday October 6 10 am - 6 pm

Visit The Red Shoes resource table and explore seminars and classes at the fair throughout the day.

Book Study: *The Universal Christ* by Richard Rohr

Mondays Oct 7-Nov11 10:30 am-12:30pm

What if Christ is a name for the transcendent within of every "thing" in the universe?

What if Christ is a name for the immense spaciousness of all true Love?

—Richard Rohr

Join us as we explore the central themes of Father Richard's new book and discover the roots of the universal Christ in the rich history of the Christian tradition. If we embrace a larger, cosmic view of Christ, how might this vision impact our lives and communities?

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

\$60

Volunteer GBR Food Bank (details p. 3)

Tuesday October 8 10 am- 12 pm

Greater Baton Rouge Food Bank 10600 S Choctaw Dr.

No one should go hungry. Our community needs you!

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

Tuesday October 8 6:30-8:30 pm

The brain can be quite mysterious, 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 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. (see full bio below, October 12&13)

\$20

Community Clinic: Pranic Healing (details p. 3)
2nd & 3rd Wednesdays October 9 & 16 6:30-8:30 pm
 Experience Pranic Healing, a path to rejuvenation and healing.

Earth Based Healing - Robin Cunningham
Saturday & Sunday October 12 & 13 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

Full Moon Circle (details p.3)
Saturday October 12 5-7 pm
 Enter our women's circle to greet the Full Moon.

The HeART of Drumming: Drum Circle
Tuesday October 15 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

Scholar in Residence
Pasha Hogan
Immrama Immersion for Women
 October 18-20
 Details p.1

Meditation for Stress Relief: Pranic Healing
Tuesday October 22 6:30-8:30 pm
 Experience intense peace, stillness and bliss through this guided, "Twin Hearts" meditation. This experiential talk will demonstrate how to use prana (life force) to help reduce stress and generate prosperity and success. Join us to feel energy and enhance your knowledge of the chakras and the energy body.

Facilitated by 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

Explore Together: Paul Selig's I Am the Word
Sunday October 27 3-4:30 pm
 Discover if the words of Paul Selig are calling you into a circle of study. The channeled Guides of *I Am the Word* provide a concise and immensely powerful program in self-awareness that can ease negative complexes and align your existence with its highest purpose. In *I Am the Word*, writer and medium Paul Selig has recorded an extraordinary program for self-realization, as dispensed through beings of higher intelligence, sometimes called Guides or Ascended Masters. Participate in a circle experience and discover if you would like to deepen your understanding.

Facilitated by Roberta Guillory, founder of The Red Shoes and members of an I Am the Word circle.

Donations Appreciated





November

Weekly Programs:

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Complete yoga schedule on page 11

Monthly Programs
 2nd Tuesday Food Bank 10a-12p pg 4
 2nd & 3rd Wednesday Pranic Hlg 6:30-8:30p pg 3



Happy 20th Birthday Celebration The Red Shoes - November 1-3

Please join us for our special weekend. No set fees for classes. You offer a gift from the heart for each activity, a donation that will insure that the future of The Red Shoes is strong. All facilitators are donating their time and talents to support the work of The Red Shoes.

Friday November 1 7-8:30 PM

The Red Shoes: A Fairy Tale Comes to Life

Explore with Joan McCaskill, Spiritual Director, MA, the meaning of the fairy tale that explains our mission and our passion. How can gilded carriages lead us away from our soul's purpose? We have a treat in store for you. Remember to wear your Red Shoes!

The Wonders of The Red Shoes - Open House

Saturday November 2 10 am-6:30 pm

Pick and choose or stay all day. Amazing classes - gifted facilitators. Refreshments served between classes.

10-11 am Hopes for the Holidays

Create a vision board to inspire and create intentions for the upcoming holiday season with **Monique Moliere Piper**, M.A., certified professional coach.

11:30 am 12:30 pm Meditation and Yoga Nidra

Relax, breathe and connect with Source as **DeeDee Jones**, certified yoga & meditation instructor, guides you into a state of peace and calm... a massage for mind and spirit.

1-2 pm Favorite Local Artist Shares Her Style

Billie Bourgeois will show some of her beautiful works and tell the inside story about the process of creating art: what inspires her, what frustrates her, how she looks at the world and what mediums she uses.

2:30-3:30 pm Paint Your Passion

Birthday celebrations, like The Red Shoes 20th birthday, call to mind new beginnings and fresh starts. With **Laura Gaddy**, professional artist, to lead us, we will use meditation and acrylic painting to reflect on the birth of something new in our own lives. (supplies provided)

4-5 pm Dream Discovery

Do you wonder what your dreams mean or why you may have a recurring dream? Join **Joan McCaskill**, spiritual director, to gain an understanding of the universal language of dreams. Explore how a dream can unlock a deeper understanding of how you act and react.

5:30-6:30 pm Yoga for Every-Body

Breathwork and gentle movement will release tension as **Tina Ufford**, certified yoga instructor, offers a calm, restorative practice. Chanting and sound vibration will harmonize your spirit so you can keep the peace of the gathering as this day of celebration comes to a close.

20th Birthday Celebration Open House

Sunday November 3 2-4 pm

Join us to blow out the candles at our celebration reception.

- ◆ Hear inspiring stories of women who found inner wisdom and healing community at The Red Shoes.
- ◆ Attend the premiere of our new video featuring Roberta Guillory, our founder, sharing the "birth story" of The Red Shoes.
- ◆ Enjoy opportunities to support women in our community through our silent auction.
- ◆ Experience warm community and delicious treats.

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

Mondays Beginning Nov 4 7-8:30 pm

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

Book Study: *The Archetypal Imagination*

Tuesdays November 5-26 10:30 am -12 pm

"the spiritual realm alone is the source of ultimate meaning." - Rilke

Do you ever feel adrift, unsure of your life's purpose? It is human nature to seek meaning and connection to something greater than ourselves. Author James Hollis, in *The Archetypal Imagination*, says that without such seeking, we would lack culture. Hollis explains the importance of exploration through active imagination and how this practice can help us connect to meaning and offer the ability to re-imagine larger possibilities for the world and the self.

Facilitated by Joan McCaskill, Spiritual Director, MA.

\$40

Develop Your Intuition: Angels and Guides

Wednesday November 6 6:30-8:30 pm

Your higher power (Angels, Guides, God, etc) speaks to you every day, throughout your waking moments and in your dreams. Do you know how to see the signs and symbols sent to you daily? Do you know how to understand what is sent to you? You can learn to see, acknowledge and understand the symbolic signs that your spiritual Guides send you in response to your needs or requests. Discover how to access your intuition.

Facilitated by Sarah Paola, a certified Intuitive Healer, Instructor, Speaker, certified Soul Coaching® Master Practitioner and certified through Denise Linn.

\$20

Full and partial scholarships are always available.

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

Consider Rounding Up!

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

Open Mic Poetry & Music: Fall, Feasts and Family Friday
November 8 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

The Heart of Meditation: DeeDee Jones

Saturday November 9 9:30 am-12:30 pm

Explore self-care and non-judgmental presence through the practice of meditation upon the heart center. You will learn simple and clear techniques to create a bridge to your true essence which is compassion-filled peace in the midst of all influx. Expect Yoga Nidra, singing crystal bowls, Visualization exercises and plenty of relaxation and stress relief. Please bring a yoga mat, blanket and a pillow(optional). There are pillows and yoga mats if needed available through the Red Shoes.

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

\$45

Full Moon Ritual (details p. 3)

Saturday November 9 5-7 pm

Enter our women’s circle to greet the Full Moon.

Discover the Power of Art Journaling

Sunday November 10 2-4pm

The expressive arts, journaling and meditation are all powerful tools for focus, self-discovery and exploration. When used in combination, it’s possible to experience, more deeply, how our intuition and creativity can bring a new clarity that helps light the way forward. During this workshop, we will tap into our inner wisdom through meditation and then use that insight to begin an art journal that can inspire and grow with us over time.

Facilitated by Laura Gaddy, a professional artist who leads the Healing Arts program for Mary Bird Perkins Cancer Center.

\$20

Volunteer GBR Food Bank (details p. 4)

Tuesday November 12 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.

Parents of Estranged Children

Tuesday November 12 6:30-8:30 pm

Many families can look back to the past and find a relative who removed themselves from the larger family. Recently, however, the incidence has risen dramatically. Parents are abruptly abandoned often without explanation, leaving them bewildered and

emotionally bereft. Parents often feel ashamed and become isolated in their pain. Join us to address this difficult topic and learn more about the problem, coping skills and possibilities for resolution.

Facilitated by Dr. Christine M. Turin, a Clinical and Forensic psychologist.

\$20

Community Clinic: Pranic Healing (details p. 3)

2nd & 3rd Wednesday Nov 13 & 20 6:30-8:30 pm

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

Volunteer - Women Build: Habitat for Humanity

Saturday November 16 7:45 am–3:00 pm

1028 N. 28th Street Lot#4 Baton Rouge, La. 70802.

Women Build: It’s not about excluding men, it’s about including women. Join us for a day of giving with Habitat for Humanity’s Women Build. You will know you are actively addressing the problem of children living in poverty by helping to build a safe family home. A professional construction staff will greet us at the Women Build site to explain the task for the day and basic safety measures. We will learn skills and have the tools necessary for the job. Together, we can build safe, affordable Habitat for Humanity homes for those in need. Closed-toe shoes only. Drinks and snacks are provided. More information and a consent form will be available on registration.

Registration Required/No Fee

Forest Bathing: *Shinrin-yoku*

Sunday November 17 2-4pm

The Burden Center 4569 Essen Lane

Go to a Forest. Walk slowly.

Breathe. Open all your senses.

Enjoy a time to wander, to wonder, to embrace the awe! Come for a walk in the woods and experience the Japanese tradition of *Shinrin-yoku*, forest bathing. It’s a simple practice that promotes positive change: if a person simply visits a natural area and walks in a relaxed way, there are calming, rejuvenating and restorative benefits. We will meet at the Burden Center trailhead behind the L’Orangerie.

Facilitated by Sherry V. Smelley, MSW, LCSW, DCSW, BACS and Mary “Lulu” Wemple, M.Ed.

\$20

Volunteer: A Gratitude Party

Sweet Dreams Women and Children’s Shelter

Thursday November 21 6:45-8 pm

Location: 1623 Convention Street

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

No Fee



December



Ongoing 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	5-6p	pg 11
Dream Discovery	Thurs	10:30a-12p	pg 2
Spiritual Journey	Thurs	6-7p	pg 11
AA Meditation Mtg	Thurs	7-8p	pg 2

Complete yoga schedule on page 11

Monthly Programs

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

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

Mondays Beginning Dec 2 7-8:30 pm

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

Intuitive Tarot:

Tuesdays December 3-17 6:30-8:30 pm

Discover how to interpret Tarot cards using your own intuition and without relying on traditional card meanings. Whether you know a little about Tarot, consider yourself a master card reader, or know nothing at all, this class will help you enhance your skills. We'll discuss different aspects of card reading and do practice readings in each session.

Facilitated by Lisa Hernandez, a Life Coach specializing in Divine Feminine Life Coaching, Energy Healer, and Spiritual Consultant for over 20 years.

\$50

Holiday Lunch

Friday December 6 12 pm-1:30 pm

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

Reservations by December 4, please! \$10

The Red Shoes' facility is available to rent for meetings and special events. Call today to schedule your event.
225-338-1170 or wendy@theredshoes.org

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

Author Events - *Reveal: Embody the True Self Beyond Trauma and Conditioning*

Sunday December 8 2 sessions

Empowered to speak my truth and guide others in their awakening, my life and my work are dedicated to up-leveling the consciousness of the planet.

- Harmony Kwiker, author

Learn with the author of a new self-help memoir, *Reveal*, the story of trauma, conditioning, and transformation. All of us are born fully connected with the Source that beats our heart.

However, the trauma and conditioning of life split us from our connection with Source. Hear how she did the painful work of unwinding conditioned patterns in order to embody the True Self and surrender into the unfolding of life.

1-2:30 - Reveal Your True Self Meditation

Come experience a powerful meditation practice. Learn to connect with the authentic self – that part of us that is untouched by the experiences we've had in this life. We will access that wisdom that empowers us to create a life of joy, ease and freedom.

3-4:30 - Author event

Enjoy inspiring readings from the memoir, "I invite you to journey along with me on the path of awakening in this powerful self-help memoir. We become afraid of being in our full expression and standing in our truth and power, so we navigate life from a contracted, false place." Books available for sale and signing.

Facilitated by Harmony Kwiker, a psychotherapist, relationship coach and Spiritual Evolutionist based in Boulder, CO.

Donations appreciated

Volunteer GBR Food Bank (details p. 4)

Tuesday December 10 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)

2nd & 3rd Wednesday Dec 11, 18 6:30-8:30 pm

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

Full Moon Circle (details p.3)

Saturday December 14 5-7pm

Engage in a full moon ritual for women.

Celebrate With Us!
The Red Shoes is 20 years old.



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

The Red Shoes 2019 Fall Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 SEPTEMBER Sacred Circle 5p	2 Closed for Labor Day	3 Yoga 8a	4 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p Aramaic Healing 6:30p	5 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	6 Yoga 8a	7 Healing Yoga and Calming Tones 1-3p
8 Sacred Circle 5p	9 Yoga 8a / 5:30p CS Yoga 10:30a Dr. Vanderwall 10:30a ACIM 7p Wonderland: Zen 7p	10 Yoga 8a Food Bank 10a Words Need Wings 6:30p Intro Pranic Healing 6:30p	11 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	12 Yoga 8a / 5:30p Dreams 10:30a Dialogue on Race 11:30a Spirit Journey 6p AA Meditation 7p	13 Yoga 8a	14 Yoga Nidra Stress Relief DeeDee 10a-12p Full Moon Circle 5-7p
15 Organizing 1-2:30p 3-4:30p Sacred Circle 5p	16 Yoga 8a / 5:30p CS Yoga 10:30a Dr. Vanderwall 10:30a ACIM 7p Wonderland: Zen 7p	17 Yoga 8a Words Need Wings 6:30p	18 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	19 Yoga 8a / 5:30p Dreams 10:30a Dialogue on Race 11:30a Spirit Journey 6p AA Meditation 7p	20 Yoga 8a	21 Autumn Equinox Gong Bath 6:30-8p
22 Sacred Circle 5p	23 Yoga 8a / 5:30p CS Yoga 10:30a Dr. Vanderwall 10:30a ACIM 7p Wonderland: Zen 7p	24 Yoga 8a Words Need Wings 6:30p	25 Yoga 8a Compassion in Action 10:30a Meditation 5p Depression/Anxiety 6:30p	26 Yoga 8a / 5:30p Dreams 10:30a Dialogue Race 11:30a Spirit Journey 6p AA Meditation 7p	27 Yoga 8a	28 Women's Council All About Me 1-3p
29 Sacred Circle 5p	30 Yoga 8a / 5:30p CS Yoga 10:30a Dr. Vanderwall 10:30a ACIM 7p Wonderland: Zen 7p					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
OCTOBER		1 Yoga 8a Words Need Wings 6:30p	2 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	3 Yoga 8a / 5:30p Dreams 10:30a Dialogue Race 11:30a Spirit Journey 6p AA Meditation 7p	4 Yoga 8a	5
6 SunMoon Spiritual Fair 10-6p Sacred Circle 5p	7 Yoga 8a / 5:30p CS Yoga 10:30a Universal Christ 10:30a ACIM 7p Wonderland: Zen 7p	8 Yoga 8a Food Bank 10a Brain Health 6:30pm	9 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	10 Yoga 8a / 5:30p Dreams 10:30a Dialogue Race 11:30a Spirit Journey 6p AA Meditation 7p	11 Yoga 8a	12 Earth Based Healing 9:30a-5p Full Moon Circle 5-7p
13 Earth Based Healing 9:30a-5p Sacred Circle 5p	14 Yoga 8a / 5:30p CS Yoga 10:30a Universal Christ 10:30a ACIM 7p Wonderland: Zen 7p	15 Yoga 8a HeART of Drumming 6p	16 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	17 Yoga 8a / 5:30p Dreams 10:30a Dialogue Race 11:30a Spirit Journey 6p AA Meditation 7p	18 Yoga 8a Pasha Hogan Cancer Ser 10a Retreat 7p	19 Pasha Hogan Spiritual Retreat 10a-5p
20 Pasha Hogan 10a-1p Sacred Circle 5p	21 Yoga 8a / 5:30p CS Yoga 10:30a Universal Christ 10:30a ACIM 7p Wonderland: Zen 7p	22 Yoga 8a Meditation Stress Relief 6:30p	23 Yoga 8a Compassion in Action 10:30a Meditation 5p	24 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	25 Yoga 8a	26
27 Explore: Paul Selig, I Am The Word 3-4:30p Sacred Circle 5p	28 Yoga 8a / 5:30p CS Yoga 10:30a Universal Christ 10:30a ACIM 7p Wonderland: Zen 7p	29 Yoga 8a	30 Yoga 8a Compassion in Action 10:30a Meditation 5p	31 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p		

The Red Shoes 2019 Fall Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOVEMBER					1 Yoga 8a Celebration: The Red Shoes Story 7-8:30p	2 The Red Shoes Celebration 10a-6:30p
3 The Red Shoes Open House Party 2-4p Sacred Circle 5p	4 Yoga 8a / 5:30p CS Yoga 10:30a Universal Christ 10:30a ACIM 7p Taste of Zen 7p	5 Yoga 8a Archetypal Imagination 10:30a	6 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p Intuition: Angels 6:30p	7 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	8 Yoga 8a Open Mic 7-8:30p	9 DeeDee - Heart of Meditation 9:30a - 12:30p Full Moon Circle 5-7p
10 Power of Art Journaling 2-4p Sacred Circle 5p	11 Yoga 8a / 5:30p CS Yoga 10:30a Universal Christ 10:30a ACIM 7p Taste of Zen 7p	12 Yoga 8a Food Bank 10a Archetypal Imagination 10:30a Parents of Estranged Children 6:30-8:30p	13 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	14 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	15 Yoga 8a	16 Volunteer: Women Build Habitat 7:45a-3p
17 Forest Bathing: Shinrin-yoku Burden Center 2-4p Sacred Circle 5p	18 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Taste of Zen 7p	19 Yoga 8a Archetypal Imagination 10:30a	20 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	21 Yoga 8a / 5:30p Dreams 10:30a Sweet Dreams Shelter Party 6:45p AA Meditation 7p	22 Yoga 8a	23
24 Sacred Circle 5p	25 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Taste of Zen 7p	26 Yoga 8a Archetypal Imagination 10:30a	27 Closed for Thanksgiving	28 Closed for Thanksgiving	29 Closed for Thanksgiving	30
Sun	Mon	Tue	Wed	Thu	Fri	Sat
DECEMBER Sacred Circle 5p	2 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Taste of Zen 7p	3 Yoga 8a Intuitive Tarot 6:30p	4 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	5 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	6 Yoga 8a Holiday Lunch 12-1:30p	7
8 Author Event: Harmony Kwiker 1-2:30p 3-4:30p Sacred Circle 5p	9 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Taste of Zen 7p	10 Yoga 8a Food Bank 10a Intuitive Tarot 6:30p	11 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	12 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	13 Yoga 8a	14 Full Moon Circle 5-7p
15 Sacred Circle 5p	16 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Taste of Zen 7p	17 Yoga 8a Intuitive Tarot 6:30p	18 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	19 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	20 Yoga 8a	21
22 Sacred Circle 5p	23 Closed for Winter Holidays	24 Closed for Winter Holidays	25 Closed for Winter Holidays	26 Closed for Winter Holidays	27 Closed for Winter Holidays	28
29	30 Closed for Winter Holidays	31 Closed for Winter Holidays	1 Closed for Winter Holidays	2 Closed for Winter Holidays	3 Closed for Winter Holidays	



Yoga



Morning Yoga - A Perfect Beginning

Monday-Friday 8-9 am

Wake up the body and invigorate your mind and spirit with morning yoga! Start your day with gentle stretching to increase circulation, improve posture and enhance your energy level. 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; Amanda Mays, RYT® 500 Louisiana Yoga School & Sallie Tetzlaff; RYT® 200 through 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

Sacred Circles



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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Baton Rouge, LA

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Inspiration On the Way
Journey of the Soul
October 18-20
20th Birthday Celebration
Nov 1-3

Project HOPE

Heal

Overcome

Prosper

Empower



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

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

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

We Wish You Well!

Join the Circle of Giving

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

Each person who heals a wound, who grows in self acceptance, who is economically empowered, who finds her inner wisdom, brings us one step closer to a world of justice and peace.

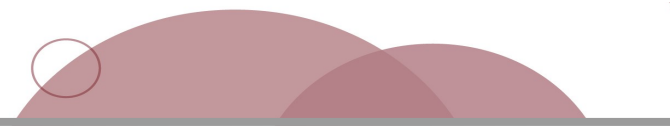
You can help provide scholarships, promote understanding and assist the underserved.

Each step depends on your participation.

Mail your tax-deductible donation today:

2303 Government St. Baton Rouge, LA 70806

or online: www.theredshoes.org



Please Join Us
November 1-3 for our 20th Birthday Celebration!
Details on Page 6

