

# Exciting Steps into Summer at The Red Shoes



## **Restore, Refresh, Renew: an Evening of Meditation**

**Wednesday**                      **July 19**                      **5:00 - 6:00 pm**

Discover the gifts of meditation. Time to clear away the fog and see the light of your inspiration. Join Robyn Vie-Carpenter-Brisco, aka Goddess of Joy, for an enlightening, joyful, evening meditation class that is sure to create more space and clarity of the mind, and brighten your inner/outer world.

*Facilitated by [Robyn Vie-Carpenter-Brisco](#), Spiritual Life Coach, Author of [Let's Get Stoned: Using Stones & Crystals](#), teaching spiritual empowerment to lead you to a life that rocks!*

**\$5**

## **Walk Into A New You: A Journey of Transformation**

**Saturday**                      **July 22**                      **10:30 - 2:00 pm**

**What is holding you back?** Rise above your fears and break free from anger, grief, self-doubt and shame. Guided meditation, creative art and an indoor labyrinth walk will lead you to embody spiritual and emotional transformation. This healing journey to freedom will include thought-provoking questioning, Ho'oponopono (Hawaiian practice of reconciliation and forgiveness), Tapping, and journaling. Emerge as your best self; the healing is yours to claim. Come dressed comfortably and bring a bag lunch!

*Facilitated by Paris Brewster who has over 20 years of experience as a Massage Therapist, Reiki Master and is certified as a Life Coach, NLP Practitioner, Clinical Hypnotist, Counselor and Death Doula. She has completed a course in Art Therapy, Restorative Yoga and Ho'oponopono. She has recently completed her training as a Labyrinth Facilitator and is currently working toward her full certification as a Labyrinth Facilitator.*

**\$30**

## **Take Note: Life's Moments Make a Life with Jan Risher**

**Sunday**                      **July 23**                      **2:00 - 3:30 pm**

*"St. Augustine is credited with saying: 'The deepest desire of the human heart is to belong, to be welcomed, to know you are seen and worthy of kindness.' How do we get there? How do we uncover the most important stories, which are often the ones that help us to belong, to be welcomed, to be seen and worthy of kindness?"*

~Jan Risher

Have you enjoyed Jan Risher's columns in The Advocate? If not, you are in for a treat! Enjoy an afternoon with Jan and her unique and creative perspective on living and valuing each moment. **Where do we find meaning and purpose in life?** Based

on lessons and techniques she has clustered together from a variety of sources, from Brene Brown to James Brown, Jan offers ideas and guidance on the attention required to recognize and connect the dots to tell our own stories, which can lead to more meaningful and joy-filled lives.

Facilitated by [Jan Risher](#), Journalist and features editor at *The Advocate* in Baton Rouge. She received her Masters as a NewStart Fellow with West Virginia University in June 2022 and is the recipient of Brush Creek Arts Fellowship 2019.

**Suggested Minimum Donation \$10**

### **Women Remembering: Facets of the Sacred Feminine w/ Anne Scott**

**No gathering in July**

### **Film Study: Defending Your Life**

**Tuesday July 25 6:00-7:30 pm**

**Entertainment, Laughter, and Reflection** Join us as we watch and discuss "*Defending your life*". This film is a comedy that explores themes of self-discovery, taking risks, and overcoming fear. It blends humor with philosophical contemplations on the human existence. This film invites us to ponder our own lives and discuss what it truly means to be living life to the fullest.

Facilitated by [Robyn Vie-Carpenter-Brisco](#), Spiritual Life Coach, Author of [Let's Get Stoned: Using Stones & Crystals](#), teaching spiritual empowerment to lead you to a life that rocks!

**\$5**

### **Meditation: Tapping**

**Wednesday July 26 6:00-7:30 pm**

Explore the tool of Tapping, also called Emotional Freedom Technique. Learn how to use this unique modality combining ancient Chinese acupuncture and modern psychology. Using heart activation breathing, we'll connect with our compassionate center as we tap together. EFT is used for a wide range of experiences, so you'll take away a tool that you can use in your daily life.

Facilitated by Holly Liner, a certified EFT and Meditation practitioner and poet.

**Suggested donation \$5**

### **The Seven Spokes of Life: Discover Your Life Balance**

**Tuesday August 1 6:00-8:00pm**

Does your life feel out of balance? Do you feel you need a clone to get it all done? Do you want work that brings you joy? Do you want more time with your friends and family? You are not alone! Take time to see where you are sending your energy and spending your time.

Using a technique developed by Oola, we will explore

- How to evaluate your current life wheel.
- How to balance your life wheel.
- The tools to accelerate you toward the life you desire.

Make new choices that will empower you to live a balanced and purpose driven life!

Facilitated by **Monique De Ville**, Oola Certified Life Coach & Certified Green Cap Coach. Monique is a life and personal financial budget coach, certified through Oola: The Mind and Body Company and Co-founder of [P2 Life Coaching](#).

**\$20**

## Messages From The Oracle: Learn to Read the Cards

**Sunday August 6 1:00-4:00 pm**

Need answers to life? - Discover them yourself! Learn to read and interpret your own Oracle cards in this relaxing, heart-opening workshop. For most people, reading oracle cards seems to be a mystical power that you must be gifted with and cannot learn. But this is a myth. We *all* have intuition, and we *all* can learn to get in touch with our intuition. Using Oracle cards can support us through our daily lives, offering inspiration, new ideas and motivation to take charge and make decisions.

Facilitated by [Lisa Langlois](#), PhD, DMs, Reiki Master, and Meditation Teacher Certified as a Meditation Teacher by Natura Institute, Dr. Lisa has extensive practice and understanding of different meditation practices.

**\$40**

## Volunteer: Greater Baton Rouge Food Bank

**Tuesday August 8 10 am - 12 pm**

Location: [10600 S Choctaw Dr.](#) (Fraenkel Center)

Can you offer two hours that will make a big difference? Join our team, register to volunteer below. Help The [Food Bank](#) achieve their mission to feed the hungry in Baton Rouge - especially at this time when the need has grown. 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**

## Community Healing Clinic

**Wednesday August 9 6:00 - 8:00**

Experience peace, stillness and bliss through a guided "Meditation on Twin Hearts". Together we set the intention of achieving peace and insight, reducing stress and generating success. Clear your energy body and enjoy feeling revived and energized. [Pranic Healing®](#) sessions are offered after the meditation, as time permits.

Facilitated by [Lisa Hernandez](#) and [Pat Cole](#). Lisa Hernandez is a Life Coach and has been using Energy Healing with her clients for over 20 years. She attributes Pranic Healing and Arhatic Yoga with strengthening her spirituality and intuition, and enhancing her healing ability. Pat Cole has been studying and practicing Pranic Healing and Arhatic Yoga for many years. Her mission is to introduce the benefits of Pranic Healing to others through healing clinics and workshops, to enhance both their healing abilities and spiritual growth.

**Suggested donation \$10**

## A New Moon Circle for Women

**Tuesday August 15 5:00 -6:30 pm**

*"In our gathering one candle lights hundreds... Plant the seed of truth and watch it grow."*

~ Rumi

Come together in ritual to create a sacred space of support and creativity. We will journey in mutual support to tap into the fertile field the New Moon provides. A New Moon marks the beginning of a new phase, a fresh start in Her cycle of waxing and waning. During this time the Moon is empty and receptive; she offers the womb of potential. An optimum time to plant seeds of intentions for what we wish to manifest in our lives.

Facilitated by Cindi DiMarco. Cindi is a self-professed student of life. She is a singer-songwriter, Reiki Master Teacher, and Shamanic practitioner. Deeply rooted in Nature, Cindi is happiest when she is outside.

**Suggested Donation \$10**

### **Restore, Refresh, Renew: an Evening of Meditation**

**Wednesday August 16 5 - 6 pm**

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Facilitated by [Robyn Vie-Carpenter-Brisco](#), Spiritual Life Coach, Author of [Let's Get Stoned: Using Stones & Crystals](#), teaching spiritual empowerment to lead you to a life that rocks!

**Suggested Donation \$5**

### **Beyond Labels: Navigating the Spectrum of Gender and Sexuality**

**Sunday August 20 2-4 pm**

Do you want to know more about the LGBTQIA+ community, gender identity and the expression of that? Grow your knowledge of the LGBTQIA+ community while reflecting on your own identity and biases regarding sexual orientation and gender. Participants will be given an opportunity to learn and practice using inclusive terminologies and labels, ie. pronouns, titles, common vocabulary.

This workshop will include interactive sessions, group discussion, and an informative presentation that will help you understand more about the LGBTQIA+ community, your role within in, and find freedom in your authentic expression. Be a part of creating an evolving, inclusive, and open minded community!

Facilitated by [Carli DiLorenzo](#) who is currently receiving an MA in Social Work from LSU and works as our Admin Assistant of The Red Shoes.

**Suggested Donation \$5**

### **Women Remembering: Facets of the Sacred Feminine**

**Tuesday August 29 5:30-6:45 pm Zoom Only**

Join Anne Scott, an inspired leader of women's circles across the country, for an intimate monthly circle of sharing and witnessing: How do we cherish our inner light and live it into the world? How do we remember and embody our connection to the earth? The circle will include a short silent meditation of the heart, and time for sharing and discussion.

Facilitated by Anne Scott, Founding Director of [Dreamweather Foundation](#).

**Suggested Minimum Donation \$15**

## Daily and Weekly

### **Morning Yoga**

**Monday-Saturday 8-9 am Hybrid**

Get your day off to a great start! Wake up the body and invigorate your mind and spirit with morning yoga. This integrated class offers a slow, meditative approach to yoga with a focus on breathing, core strength and proper body alignment. All levels of experience welcome.

Facilitated by [Nichole Mena-Rovai](#), RYT 200, [Jo Ann Ray](#), RYT 200, [Beth Tomlinson](#), RYT 500 and [Tina Ufford](#), RYT 200, [Zoe Klein](#), RYT 200

**\$8 per class / 7 classes \$48 (one class free)**

**One month unlimited \$75**

### **Book Study: Living an Examined Life**

**Mondays 12—1:30 pm Program Paused Until Further Notice**



### **Dream Discovery: A Portal to the Source**

**Thursdays**

**10:30-12**

**Program Paused Until Further Notice**

### **Spiritual Journey Circle**

**Thursdays**

**5 - 6 pm**

**Hybrid**

***Currently Reading: The Missing Peace by Dr. Nere Lartitegui***

*The Missing Peace* inspires people to live an authentic life with peace as the most treasured and indispensable ingredient. Move from victimhood, struggle, and anger to inner harmony. Be open to new possibilities in order to experience life with joy, happiness, and peace-filled contentment.

As a circle of seekers, we immerse in diverse spiritual teachings. Share in discussions that enrich life on a deep, personal level. Return weekly for spiritual connection and community.

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

**Monthly suggested donation \$20**

### **Gentle Yoga: Restore Your Energy at Days End**

**Thursdays**

**5:30 - 6:30 pm**

In a supportive setting, enjoy a gentle practice that will help quiet the mind, increase your energy and stretch your body. Yoga weaves together body, mind and spirit in a healing and refreshing way. Classes include a combination of yoga postures, breathing practices and meditation. All levels are welcome.

*Facilitated by Nichole Mena-Rovai, RYT-200.*

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

### **AA Open Meeting Meditation**

**Thursdays**

**7 - 8 pm**

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

### **Sunday Sacred Circle: Matters of the Heart**

**1st Sunday at The Red Shoes only    Other Sundays by Zoom    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**



