

# Summer 2014



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.**

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

The Red Shoes

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Baton Rouge, LA 70806

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Executive Director: [wendy@theredshoes.org](mailto:wendy@theredshoes.org)

# Scholar in Residence

Spiritual Awakening Seminar

with

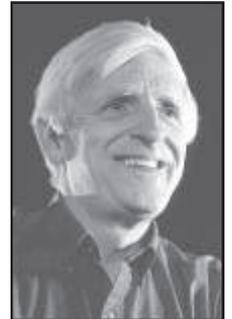
Matthew Fox

*The role of the prophet is to wake people up....How badly we need to be awakened.*

Friday, August 22

Saturday, August 23

In partnership with, and hosted by,  
the Unitarian Church of Baton Rouge  
8470 Goodwood Blvd.



Intergenerational Wisdom:

The Future of Community, Religion and the Planet

Friday August 22 7-9 pm

Imagine a spirituality that no longer hides contemplatives in comfortable monasteries, but instead recognizes that we are all called to be mystics and prophets. Join Matthew Fox for this inspiring exploration of the new paths the world is calling us to embark on: living a spirituality that integrates contemplation with social justice, and blending spiritual practices from various traditions with intergenerational wisdom. Based on his new book *Occupy Spirituality*, written with spiritual activist Adam Bucko, Matthew offers a vision that includes activism as a form of contemplation and vocation as a spiritual practice.

A Spirituality for the 21st Century

Saturday August 23 10 am-1 pm

Our modern age has developed knowledge, but at the expense of wisdom. Religions promoting exclusivism have torn the human family apart and distorted our values. Today, we need a new spirituality that restores wisdom as a foundation for our relationships with humanity and nature, for our occupations and education. Matthew Fox offers the hope of Creation Spirituality, awakening us to our divine origins, to the wisdom shared in faith traditions of East and West and to rebalancing the Divine Feminine and the Sacred Masculine. How can we be transformative agents of healing and wholeness for the 21st century? Based on Matthew Fox's book, *Meister Eckhart: A Mystic-Warrior for Our Times*, we will explore practices that awaken the divine within and learn from the pioneers of consciousness, mystic-prophets of the past and present.

*Matthew Fox returns to Baton Rouge by popular demand! He is an internationally acclaimed spiritual theologian, an Episcopal priest, and the author of over 30 books. He is renewing the ancient, mystical tradition of Creation Spirituality, a tradition that is feminist, wisdom-centered, and committed to eco-justice, social justice and gender justice.*

Friday & Saturday seminar \$60

A variety of books by Matthew Fox will be available for sale and signing after each event.

It's summer in the South. We are leaving behind icy roads and freezing temperatures for colorful flowers and a bounty of fresh vegetables. Somehow we anticipate, accept and even welcome the change of seasons. And yet we are often reluctant to walk into the changes, the transitions in our lives. Retirement, changing roles as parents and grandparents, career, relationship and health changes are all part of our lives. Our faith traditions and ancient myths point to the truth that we see in the life of a butterfly: we must experience the process of change, transition and transformation, to emerge in our full colors, reaching our unique potential. How can we experience personal life transitions and shifts in the world as opportunities for deep transformation? How can we allow something new to emerge without being burdened with expectations and regret? How can we let go in order to allow a new part of ourselves to be born?

This summer, we have a series of programs that builds a practice for embracing change in a life affirming way, fertilizing the ground of spiritual transformation. *Walking the Path*, a ritual of becoming, will help us internalize a new understanding of transitions and realign with spirit.



You will find this butterfly symbol by programs in this series: art, mindfulness meditation, a ritual of transformation and day-long retreats.

Choices in the Midst of Change	Saturday	May 31
Letting Go of Expectations	Sundays	June 1, 29, July 13
Transformation: The Next Steps	Saturday	June 28
Mindfulness and Non-Attachment	Tuesday	July 22
Walking the Path of Change	Tuesday	August 12

*Change is in the air; Breathe deeply,  
It is the breath of the divine.*

Wendy Herschman, Executive Director

## May

Complete yoga schedule on page 8

**Dream Discovery**  
Thursdays Beginning May 1 10:30 am-12 pm  
Discover more about yourself as you learn to work with your dreams. The language of dreams offers valuable insights into understanding your relationships, your choices, your past and your future. Basic elements of **Carl Jung's work are a part of this exploration.** While studying and sharing dreams, you will learn ways to interpret and understand them in a meaningful way.

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

**Community Chant**  
Sunday May 4 3:30-4:30 pm  
HU is an ancient prayer song or chant used throughout the ages to bring into our awareness the presence of the

Divine and help us experience Divine love. This community HU song is a time for people of diverse faith traditions to leave stress at the door and come together to chant and bring peace and calm into our lives.

*Facilitated by a team of Louisiana Eckankar members.*  
No Fee

**The Brain Cleanse**  
Daily May 5-12 7-8:30 pm  
Feeling fuzzy, overwhelmed, over-programed?



Our brains are often overworked and undernourished, bombarded with stressful stimuli that create mental fog, depression and forgetfulness. The 7-day Brain Cleanse is designed to nourish and awaken the power of your brain. Release old habits and patterns of belief that keep you feeling stuck. As you let go of conditioned behavior, your true **self begins to emerge.** Each day of the cleanse, you'll be developing a practice to carry forward in your life. The practice supports improved memory, attention, and creativity, and reduces the risk of neurological diseases **including Alzheimer's and dementia.** **Siddhi's intuitive wisdom,** nurturing strength and joyful sense of humor make her a transformational teacher and powerful healer.

*Facilitated by Siddhi, an international senior teacher and teacher trainer of Sattva, Kundalini, Naam, and prenatal yoga. She is the founder of the Yogi Cleanse and the Brain Cleanse, profoundly healing programs.*  
\$210

**A Course in Miracles** (details p. 11)  
Mondays Beginning May 5 7-8:30 pm  
Welcome the wisdom of *A Course in Miracles*. Meeting weekly, we build a circle of support for this profound and life-changing inner work that focuses on healing relationships and making them holy. Make a commitment to the *Course*, an exercise for each day.

**Gather the Women Circle** (details p. 11)  
Tuesdays Beginning May 6 4:30-6 pm  
Our Gather the Women circle, part of a global sisterhood, creates an opportunity for women to connect in authentic conversation to share their stories, to inspire and be inspired. Meeting in circle, we focus on a specific spiritual concept each week.

**Spiritual Awakening and Meditation** (details p. 11)  
Wednesdays Beginning May 7 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 each week as we develop and deepen our practice.

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

Dialogue on Race - Advanced Series  
 Wednesdays May 7-28 10:30 am-12:30 pm  
 The Dialogue on Race is a unique opportunity for people of diverse backgrounds to speak frankly and safely about racial issues. The advanced series enhances **participants' understanding of race, fosters better communication and facilitates intelligent action when confronting racial issues.** Participants learn how racial hierarchy was created and institutionalized and discuss ways to use this information in their search to eliminate racism. Prerequisite: The 6-week Dialogue series.  
 Donations appreciated

Spiritual Journey Circle (details p. 11)  
 Thursdays Beginning May 8 6-7 pm  
 Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers. Join us to explore *Earth, Water, Fire & Air: Essential Ways of Connecting to Spirit* by Cait Johnson.

The Key - Searching and Sharing (details p. 11)  
 Thursdays Beginning May 8 6-7 pm  
 The key we seek is the one that opens the door to a life of meaning. Join our group and enter a supportive place for men to meet that encourages authentic conversation about coming to a deeper understanding of the healthy masculine and the natural yearning for spirituality.

The Essence of Mature Masculinity - Retreat  
 Saturday May 10 9:30 am-2:30 pm  
 Spirituality and masculinity are often seen as separate **NEW** realms in our culture. Winding these strands together, discover the true seat of masculine strength that rises out of both vulnerability and power in this experiential workshop. Explore transformational inner work at the heart of what it means to be a man. This program is for men seeking spiritual community, who are willing to take a hard look at themselves and embrace the full-range of masculinity.

*Facilitated by Stefan Hermann, local director of Boys to Men in central California. Stefan appeared on Oprah's LifeClass, "The Healing of Fatherless Men."*  
 \$65

Yoga Nidra - Healing from the Heart  
 Sunday May 18 2-4 pm  
 Yoga Nidra is one of the most effective meditation techniques for unleashing the power of your deep unconscious. Yoga Nidra relaxes, rejuvenates and renews the physical body. It also empowers you to eliminate unconscious obstructions and energetic blocks that prevent you from living your life to the fullest. It requires neither years of practice nor intellectual understanding to access its power; all that is required is surrender. In this class, we will focus on healing from the heart, the center of oneness in the body.

*Facilitated by Delisha "Dee Dee" Poullard, certified yoga teacher in the Amrit and Yoga Nidra methods.*  
 \$20

The Healing Power of Music – The Joy Within ✨  
 Tuesday May 20 6:30-8:30 pm  
 Experience the powerful healing qualities of soothing music created in the moment by pianist Rebecca Gillan. Deep relaxation, visualization, breathwork and meditation invite the healing power of music to open us to joy and self-healing. Come to experience beautiful chakra chimes and essential healing oils. Discover joy!

*Facilitated by Rebecca Gillan, who has music degrees including a masters in composition/music theory. She hosts a radio show, Divine Moments, and has been a music educator for 25 years.*

\$15

Lunations - New Moon Ritual  
 Tuesday May 27 6-7:30 pm  
 Welcome to this sacred gathering:

*A monthly gathering of women at the new moon, when the light of the moon is unseen. These days of the dark moon were considered by our grandmothers to be the most potent days for a woman, for on these days in the month, she's fully in her power and able to embody and fulfill her sacred purpose.*

—Christine Page

Join us to tap into the cycle of the moon as a source for re-centering and re-grounding. Our monthly gatherings will include Christine Page's *Lunations* meditation, discussion and a water ritual, a monthly means of letting go of those things we no longer need.

*Facilitated by Lisa Bovencamp, Rebekah Simmons & Celia Strickler, all women nourished by ritual.*

Suggested donation \$5

*You Can Heal Your Life* - Documentary  
 Wednesday May 28 6:30-8 pm  
 This entertaining and inspirational film hosted by author and teacher Louise L. Hay gives penetrating insights into her personal story and shows how her views on self-esteem, abundance and the metaphysical causes behind physical illness were developed. You will be inspired to develop new habits that can heal your life.

*Facilitated by Carolee Laffoon, certified Heal Your Life® Coach and mind-body skills practitioner.*

\$7

The Red Shoes is a 501c3 non-profit.

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

Choices in the Midst of Change  
 Saturday May 31 10 am-3 pm



*Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.*

-Carl Jung

As our lives and circumstances change, transitions can be frustrating, painful, exciting and overwhelming. Making choices is an inherent part of moving from one stage of life to another. Join us to learn tools for making choices that diminish anxiety and empower you to design your personal transformation.

- Do you experience agitation, frustration or resentment when confronting choices?
- Do you wait to see what others want you to do and seek out advice?
- Do you become paralyzed, stuck or unable to choose?
- Have your choices been expansive or limiting, empowering or disempowering, intentional or automatic?

Join us as we explore how change and transition can be the bridge to peace and possibilities. Learn skills needed for making choices in times of change.

*Facilitated by Denise Palmisano, Certified Integrative Coach Professional who trained with Debbie Ford, and has two coaching certifications from the Ford Institute.*

\$40



## June

### Weekly Programs:

Course in Miracles	Mon	7-8:30 pm	pg 11
Gather the Women	Tues	4:30-6 pm	pg 11
Meditation	Wed	5-6 pm	pg 11
Dream Discovery	Thurs	10:30a-12p	pg 2
Spiritual Journey	Thurs	6-7 pm	pg 11
The Key	Thurs	6-7 pm	pg 11

Complete yoga schedule on page 8

Therese Knowles: Letting Go of Expectations  
 Sundays June 1, 29 & July 13 2-3:30 pm



*The author O. Henry taught me about the value of the unexpected. He once wrote about the noise of flowers and the smell of birds.*

- Chuck Jones, animator

Using three different mediums, we will have three completely different experiences in creating art. This process-centered art will allow us to create with **originality, "hearing the smell of flowers" and allowing the inner artist to speak.** Open to what unfolds as you allow art to transform ideas and experiences into form.

June 1: Tea cups - Experience wet clay and a potter's wheel.

June 29: Mixed media - Create with a variety of

textures and materials using balance and color as guides.

July 13: Sign art - Old pallets provide the surface to create an inspirational phrase, a reminder of what is important.

*Facilitated by Therese Knowles, local artist and teacher who intertwines her art and philosophy.*

\$15 each/\$45

Community Chant (details p. 2)

Sunday June 1 3:30-4:30 pm

The HU song is an ancient technique that brings into our awareness the presence of the Divine.

Going Up! - Meditation in the Light of Spirit

Tuesdays June 3-24 6:30-8 pm

A deep awakening unfolds as this meditation practice brings together spirit and the mental and emotional body for healing and the embodiment of higher spiritual consciousness. Experience this profound catalyst for spiritual evolution and expansion of the heart that increases confidence and the ability to heal. Sacred geometry, sound and color frequencies and the language of light will be used to bring spirit and science together. Peace returns to the mind and heart, as you relax, rejuvenate and grow spiritually.



\$60

Spiritual Massage

By appointment 1½ -2 hour session

Spiritual massage is a holistic form of hands-on-healing designed to support the whole you through healthy touch and energy healing. Spiritual healing therapies and a relaxing therapeutic massage are conjoined in one session, eliminating stress and bringing peace, joy, and love to all areas of life. This catalyst for healing will help you find your way in every journey of life.

\$130

*Facilitated by Carolina Impson, longtime student of the spiritual sciences. Her studies include a degree in metaphysical healing from Delphi University and an ordination into the Church of Wisdom. Carolina is also a licensed practicing massage therapist and gifted healer.*

### Consider Rounding Up!

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

***Full and partial scholarships are always available.***

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

Compassion in Action Circle (details p. 11)  
*Crime and Violence in Baton Rouge*  
 Wednesday June 4 10:30 am-12 pm  
 Join us for a discussion on the impact of violence in our community. Local film maker, C. Rene West, will be present to discuss her documentary about the maze of problems and the efforts underway to reduce crime. With her insights and guidance and our compassion, we will brainstorm what we can do to make a difference.

Nia: *Bailando!* Dancing With a Latin Beat  
 Saturday June 7 10-11:30 am  
 Dance body gratitude from heart to hips to hands with the vibrant Latin sounds of *bailando!* Simple moves and expressive music light up this fiery joy-filled routine. Experience the energies of samba and salsa, the body's path into self-healing pleasure. Nia empowers people of all ages, shapes and sizes by connecting body, mind, emotions and spirit. Come and discover this safe and joyful way to dance through life!

*Facilitated by Kate Finlayson, certified black belt Nia instructor, who has found healing through Nia.* \$15

Compassion in Action Circle (details p. 11)  
*Women, War & Peace* - Documentary  
 Wednesdays June 11-July 23 10:30 am-12 pm  
***In today's wars it can be more dangerous to be a woman than a soldier.***  
 -Geena Davis, *War Redefined*  
 What does war look like through the eyes of women? This PBS series challenges the conventional wisdom that war and peace are men's domains. Women are now primary targets in armed conflicts and are suffering unprecedented casualties. They are simultaneously emerging as necessary partners in brokering lasting peace. Come to learn and discuss.  
 Suggested monthly donation \$20

*You Can Heal Your Life*  
 Book Study with Carolee Laffoon  
 Wednesdays June 11-July 16 6:30-8 pm  
**Louise Hay's life**-changing book *You Can Heal Your Life* will help us get from where we are to where we want to be. Weekly exercises and discussion will guide us toward a realization of our own power, inner wisdom and strength. Learn techniques to respond to situations and circumstances in life more positively and lovingly. Emerge with new insights to fulfill your potential! Learn how beliefs may be the cause of emotional and physical problems and how we can change our thinking to create a healthier life. The group experience will enhance our learning and help us put the tools into practice in our own lives.

*Facilitated by Carolee Laffoon, certified Heal Your Life® Coach and mind-body skills practitioner.* \$60



Red White and Blueberry Picking - *Family Friendly*  
 Saturday June 14 4:30 pm  
 Celebrate Flag Day with The Red Shoes on the road! We'll carpool and caravan to the beautiful Blueberry Ridge Orchard in Jackson, LA, where we can pick our **own blueberries (\$1/lb.) and eat as we pick! We'll go in** the evening to avoid the heat of the day and enjoy sunset among the blueberry bushes. Not only will we come home with pounds of healthy and nutritious berries, we will feel refreshed and inspired by the beauty of the loaded bushes. All ages are welcome to this totally accessible experience. Maps will be provided when we gather in the parking lot at The Red Shoes. Please arrive no later than 4:15 so we can leave at 4:30 for this 45-minute ride.

Solstice Gong Bath Concert  
 Saturday June 21 7-8:30 pm  
 Come relax and rejuvenate on the night of the summer solstice! Join us for a concert and gong bath  dedicated to relieving stress, gaining peace of mind and re-harmonizing the body with an immersion of sound. No water is involved in a gong bath; participants sit or recline and allow the sounds to "wash over" them. The concert will additionally involve 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, a practitioner of the sound arts as well as a professional musician, a devout yoga practitioner and meditation leader. Also performing, Olivia Sophia, a music educator, musician and sound arts promoter.* \$20

Yoga Nidra (details p. 3)  
 Sunday June 22 2-4 pm  
 Yoga Nidra relaxes, rejuvenates and renews the physical body.

Volunteer: Greater Baton Rouge Food Bank  
 Tuesday June 24 10 am-12 pm  
 Location: 10600 Choctaw Dr.  
 There are many in need - you can help. The food bank counts on volunteers for over 20,000 hours of help each year. All food donated must be sorted and categorized for distribution. That is where we come in: we will meet at the food bank to sort food for 2 hours. Join our team, call us today to volunteer. (Closed-toe shoes.) No Fee

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

**Please register for our programs  
 by phone, email or online.  
 225-338-1170  
[info@theredshoes.org](mailto:info@theredshoes.org) [www.theredshoes.org](http://www.theredshoes.org)**

Transformation: The Next Steps  
 Saturday June 28 10 am-4 pm  
 Is your life path taking unexpected twists and turns that you feel unprepared for? Would you like to embrace the inevitable changes as opportunities for transformation, rather than as conflict? Weaving together the spiritual, mental and physical aspects of transition, this workshop will help you “have the serenity to accept the things you cannot change” and “the courage to change the things you can.” We’ll use imagery, journaling and collage to envision our “becoming” path.

*Facilitated by Leslie Todd, LCSW, ACSW, whose practice includes many individuals in transition. She has taught “strategies for change” through counseling and workshops for twenty years.*

\$50

Therese Knowles: Letting Go of Expectations #2  
 Sunday June 29 2-3:30 pm (details p. 4)  
 Open to what unfolds as you allow art to transform ideas and experiences into form.

Session 2—Mixed media: Create with a variety of materials using balance and color as guides.

## July

### Weekly Programs:

Course in Miracles	Mon	7-8:30 pm	pg 11
Gather the Women	Tues	4:30-6 pm	pg 11
Compassion in Action	Wed	10:30a-12p	pg 11
Meditation	Wed	5-6 pm	pg 11
Dream Discovery	Thurs	10:30a-12p	pg 3
Spiritual Journey	Thurs	6-7 pm	pg 11
The Key	Thurs	6-7 pm	pg 11

Complete yoga schedule on page 8

Mission Possible: Breakout Business Plan  
 Tuesday July 1 6:30-8 pm  
 Is the fear of planning your business stopping you from moving forward? Come create a Start Today Plan of Action that takes you from ideas to reality. We will discuss overcoming obstacles to starting a small business or creating a second income. Here you will learn the most important element every business must have to thrive regardless of size. Participants will receive a Mission Possible: Breakout Business Plan template and learn how to use the plan to create their ideal business.

*Facilitated by Monique Moliere Piper, certified professional coach, entrepreneur and author. Monique is committed to helping women get their lives out of default and into design by living on purpose.*

\$10



Community Chant (details p. 2)  
 Sunday July 6 3:30-4:30 pm  
 The HU song is an ancient technique that brings into our awareness the presence of the Divine.

Be-Friend Your iPad  
 Tuesday July 8 6:30-8:30 pm  
 Did you know that your iPad can serve as a tool for personal and spiritual growth? This program will show you how to use your iPad to its fullest potential to enrich your life and stay connected. Learn about the basics of your iPad, how to use set-up and security, and about built-in apps. Participants should bring their iPad, Apple ID and password with them. **Even if you don’t yet have an iPad, you may want to come try one and learn if an iPad is right for you.** You will receive a quick reference guide, a stylus pen and lots of fun. We will have some \$10 iTunes cards available for purchase in case you want to learn about purchasing.

*Facilitated by Brenda Leroux Babin, PhD, a recently retired college computer science instructor and owner of the Busy Bee Clinic. Her passion is teaching others to use technology to enrich their lives.*

\$20

Living the Wellness Way Every Day  
 Friday July 11 7-9 pm  
 Saturday July 12 10 am-4 pm  
 Explore ways to support mind, body and spirit in harmony with your true spirit. This experiential inquiry into holistic health is an invitation to reconnect with inner wisdom, consciously choosing to cultivate greater wellness in daily life. We will experiment with nutrition and diet design, movement and meditation, storytelling, creative expression and personal reflection. This retreat is the best gift you can give yourself.

**When was the last time you appreciated....you?**

*Facilitated by Molly Quinn, Ph.D., educational philosopher, certified holistic health counselor, LSU visiting scholar.*

Friday \$15  
 Saturday \$60  
 Both \$65

Therese Knowles: Letting Go of Expectations #3  
 Sunday July 13 2-3:30 pm (details p. 4)  
 Open to what unfolds as you allow art to transform ideas and experiences into form.

Session 3—Sign art: Create an inspirational phrase as a reminder of what is important.

Open Mic Music and Poetry Coffeehouse  
 Friday July 18 7-8:30 pm  
*Celebrate the arts in Baton Rouge!*  
 Enjoy musical performances and original poetry in our **coffeehouse atmosphere.** If you’re a musician, singer or poet, we welcome you to share your gifts; call early to

reserve your 5 minute spot. Join our audience to experience the best of Baton Rouge. Celebrate good music, good poetry and good company; stay for coffee and desserts.

\$5

The Ancient Practice of Yogic Sleep  
Saturdays July 19 & Aug. 16 10:30-11:45 am  
Give yourself the gift of relaxation and help alleviate everyday tensions. In this Yoga Nidra workshop, guided meditation, gentle stretching, and energy and breath awareness will renew and refresh. This practice is an ancient method of deep rest while remaining conscious, resulting in complete and deep relaxation. Yoga Nidra guides you to a state where the thinking mind finds quiet and energy moves in the body to where it is most needed to heal you physically and emotionally. Alleviate tension and anxiety as you experience a process that helps you let go, physically, emotionally and spiritually. An awakening arises, the knowledge that deep inside there is a space of quiet one can always return to.

*Facilitated by Becky Barton, certified Yoga Nidra instructor.*

\$15

Mindfulness and Non-Attachment:  
Letting Go to Allow Change  
Tuesday July 22 6:30-8 pm  
Transitions alone do not cause us to feel anything; it is how we think about transitions that impacts how we feel. Learn how to live in the Now without self-created expectations and the resulting disappointments. Mindfulness meditation helps us stay in the present, rather than dwelling on the past or worrying about the future. Surf the waves of life, going with the flow and trusting the moment. Join us for an inspiring mindfulness meditation class, cultivating this attitude of letting go or non-attachment. Accept the gifts of the present moment.



*Facilitated by Thich Dao Quang (Thay), LCPC, a Vietnamese Zen Buddhist monk, who is currently the abbot of Tam Bao Buddhist Temple in Baton Rouge.*

\$10

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

Compassion in Action Circle  
***Nurturing Healing Love: A Mother's Journey of Hope and Forgiveness*** - Book Study  
Wednesdays July 30 - Aug. 27 10:30 am-12 pm  
Scarlett Lewis experienced something no parent should have to endure: she lost her son Jesse in an act of violence when a gunman opened fire at Sandy Hook Elementary. However, this story isn't about a massacre. It's about how to face the impossible, how to find

courage when you think you have none and how to choose love instead of anger, fear or hatred. Join us as **we learn from Scarlett's journey.**

*Facilitated by Tracie Garrett, lifelong spiritual seeker and community volunteer.*

Suggested monthly donation \$20

## August



### Ongoing programs:

Course in Miracles	Mon	7-8:30 pm	pg 11
Gather the Women	Tues	4:30-6 pm	pg 11
Compassion in Action	Wed	10:30a-12p	pg 11
Meditation	Wed	5-6 pm	pg 11
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Spiritual Journey	Thurs	6-7 pm	pg 11
The Key	Thurs	6-7 pm	pg 11

Complete yoga schedule on page 8

Stained Glass Sun Catchers - *Family Friendly Adults and children 12 and up*

Saturday August 2 9:30 am-12:30 pm  
Let your imagination flow. Create a free-form sun catcher from scraps of stained glass and glass nuggets. Learn basic skills in stained glass: how to cut simple shapes in glass, to wrap glass with copper foil and then to solder the pieces together. Supplies and tools are provided, but feel free to bring any you might have.

*Facilitated by Linda Robinson, who has been working in stained glass for 20 years.*

\$20

Community Chant (details p. 2)  
Sunday August 3 3:30-4:30 pm  
The HU song is an ancient technique that brings into our awareness the presence of the Divine.

*Ecstasy: Understanding the Psychology of Joy*  
Book Study with Joan McCaskill  
Wednesdays August 6-27 6:30-8 pm  
Are you looking for joy in life by planning trips, **exploring relationships and buying your heart's desires?** Author and analyst Robert Johnson reminds us that everything we need is within and that looking outside of ourselves for joy merely provides a string of unsustainable quick fixes. He invites us to rekindle the divine gift of Ecstasy, once treasured but now most often repressed. The loss of ecstasy is a by-product of modern life, and the systematic repression of this powerful and life-changing force has left us feeling unfulfilled and unbalanced. Johnson creates a path to reconnect to this dormant, transformative power, through dreams, rituals and celebrations. Join us to embrace ecstasy.

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

\$40

Volunteer - Summer Luau Party at Bishop Ott

**Sweet Dreams Women and Children's Shelter**

Thursday August 7 6:45-8:30 pm

Location: 1623 Convention Street

Volunteer to participate and help plan a luau for women and children, complete with games, crafts and treats.

But rather than giving, you will receive the greatest gift: the smiles of those you meet during this heart-warming evening. Register today and we will coordinate this special evening via email!

No Fee

Walking the Path of Change: Transformation

Tuesday August 12 6:30-8 pm

Change is challenging, often creating a sense of loss.

The ritual process provides a sense of stability and continuity amidst the ever-changing and often chaotic world in which we live. Rituals give meaning to our journey and provide a sense of renewal and purpose. Together we will



experience a ritual of transition, leaving old parts behind, awakening that which is eternal within, discovering the emerging gifts and realigning with spirit. Meditation, music, the labyrinth and reflective writing will all be part of our experience. Together, we will embrace our new selves.

*Facilitated by Celia Strickler, LCSW, who completed a training at the Hebrew Priestess Institute & is enrolled in the Institute for Jewish Spirituality; and Wendy Herschman, executive director, The Red Shoes.*

Suggested donation \$10

Yogic Sleep (details p. 7)

Saturday August 16 10:30-11:45 am

Give yourself the gift of relaxation and help alleviate everyday tensions. Guided meditation, gentle stretching and breath awareness renew and refresh.

**Spiritual Awakening with Matthew Fox**

In partnership with and hosted by the Unitarian Church of Baton Rouge  
8470 Goodwood Blvd.

Intergenerational Wisdom: The Future of Community, Religion and the Planet

Friday August 22 7-9pm

Imagine a spirituality that recognizes that we are all called to be mystics and prophets.

A Spirituality for the 21st Century

Saturday August 23 10am-1pm

Today, we need a new spirituality that restores wisdom as a foundation for our relationships with humanity and nature, for our occupations and education.

(details p.1)

Lunations—New Moon Ritual (details p. 3)

Sunday August 24 6-7:30 pm

Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.



# Yoga



Morning Yoga - A Perfect Beginning

Monday-Friday 8-9 am

Get your day off to a great start! Wake up the body and invigorate your mind and spirit with morning yoga. Starting your day with gentle stretching increases circulation, improves posture and enhances your energy level. This integrated class offers a slow, meditative approach to yoga with a focus on breathing, core strength and proper body alignment. Bringing both breath and movement into balanced energy, you will become grounded and focused for the day. Enjoy reduced stress, increased flexibility and a sense of balance in life. All levels of experience welcome.

*Facilitated by Tina Ufford, Dee Dee Poullard, and Reba Robertson.*

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

Yoga for Cancer Survivors

Mondays 10:30-11:30 am



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

*Facilitated by Kate Suchanek, certified yoga instructor, KYT, RYT.*

Sponsored by Cancer Services - No Fee

Gentle Yoga

Mondays and Thursdays 5:30-6:30 pm

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

*Facilitated by Tina Ufford, RYT 200 through Yogasteps, who has been practicing yoga for 13 years.*

\$8 per class / 7 classes \$48

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

Call today to schedule your event.

225-338-1170

# The Red Shoes 2014 Summer Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MAY</b>				1 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	2 Yoga 8a	3
4 <b>HU Chant 3:30p</b>	5 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p <b>Brain Cleanse 7p</b>	6 Yoga 8a Gather the Women 4:30p Brain Cleanse 7p	7 Yoga 8a <b>Dialogue on Race 10:30a</b> Meditation 5p Brain Cleanse 7p	8 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p Brain Cleanse 7p	9 Yoga 8a Brain Cleanse 7p	10 <b>Masculinity Retreat 9:30a-2:30p</b>  Brain Cleanse 7p
11 Brain Cleanse 7p	12 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Brain Cleanse 7p	13 Yoga 8a GTW 4:30p	14 Yoga 8a Dialogue on Race 10:30a Meditation 5p	15 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	16 Yoga 8a	17
18 <b>Yoga Nidra 2-4p</b>	19 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	20 Yoga 8a Gather the Women 4:30p <b>Healing Music 6:30p</b>	21 Yoga 8a Dialogue on Race 10:30a Meditation 5p	22 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	23 Yoga 8a	24
25	26 <b>Closed for Memorial Day</b>	27 Yoga 8a Gather the Women 4:30p <b>Lunations 6p</b>	28 Yoga 8a Dialogue on Race 10:30a Meditation 5p <b>Film: Heal Your Life 6:30p</b>	29 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	30 Yoga 8a	31  <b>Choices in the Midst of Change 10a-3p</b>
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>JUNE</b>						
1  <b>Therese Knowles 2-3:30p</b> <b>HU Chant 3:30p</b>	2 Yoga 8a / 5:30p CS Yoga 10:30a <b>ACIM 7p</b>	3 Yoga 8a GTW 4:30p <b>Going Up! 6:30p</b>	4 Yoga 8a <b>Crime &amp; Violence in BR 10:30a</b> Meditation 5p	5 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	6 Yoga 8a	7 <b>Nia: Bailando! Latin Dance 10-11:30a</b>
8	9 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	10 Yoga 8a Gather the Women 4:30p Going Up! 6:30p	11 Yoga 8a Compassion 10:30a Meditation 5p <b>Heal Your Life 6:30p</b>	12 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	13 Yoga 8a	14 <b>Blueberry Picking 4:30p</b>
15	16 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	17 Yoga 8a GTW 4:30p Going Up! 6:30p	18 Yoga 8a Compassion 10:30a Meditation 5p Heal Your Life 6:30p	19 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	20 Yoga 8a	21 <b>Gong Bath Concert 7p</b>
22 <b>Yoga Nidra 2-4p</b>	23 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	24 Yoga 8a <b>Food Bank 10a</b> GTW 4:30p Going Up! 6:30p	25 Yoga 8a Compassion 10:30a Meditation 5p Heal Your Life 6:30p	26 Yoga 8a / 5:30p Dreams 10:30a The Key 6p <b>Lunations 6p</b>	27 Yoga 8a	28  <b>Choosing the Next Steps 10a-4p</b>
29  <b>Therese Knowles 2-3:30p</b>	30 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>JULY</b>		1 Yoga 8a GTW 4:30p <b>Mission Possible! 6:30p</b>	2 Yoga 8a <b>Compassion in Action 10:30a</b> Meditation 5p Heal Your Life 6:30p	3 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	4 <b>Closed for Independence Day</b>	5
6 <b>HU Chant 3:30p</b>	7 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	8 Yoga 8a GTW 4:30p <b>iPad Training 6:30p</b>	9 Yoga 8a Compassion 10:30a Meditation 5p Heal Your Life 6:30p	10 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	11 Yoga 8a <b>Wellness Way 7-9p</b>	12 <b>Wellness Way 10a-4p</b>
 13 <b>Therese Knowles 2-3:30p</b>	14 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	15 Yoga 8a GTW 4:30p	16 Yoga 8a Compassion 10:30a Meditation 5p Heal Your Life 6:30p	17 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	18 Yoga 8a <b>Open Mic 7p</b>	19 <b>Yogic Sleep 10:30-11:45a</b>
20	21 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	22 Yoga 8a Gather the Women 4:30p  <b>Mindfulness 6:30p</b>	23 Yoga 8a Compassion 10:30a Meditation 5p	24 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	25 Yoga 8a <b>Lunations 6p</b>	26
27	28 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	29 Yoga 8a Gather the Women 4:30p	30 Yoga 8a Compassion 10:30a Meditation 5p	31 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>AUGUST</b>					1 Yoga 8a	2 <b>Stained Glass Sun Catchers 9:30a-12:30p</b>
3 <b>HU Chant 3:30p</b>	4 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	5 Yoga 8a GTW 4:30p	6 Yoga 8a Compassion 10:30a Meditation 5p <b>Ecstasy Book Study 6:30p</b>	7 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p <b>Shelter Party 6:45p</b>	8 Yoga 8a	9
10	11 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	12 Yoga 8a Gather the Women 4:30p  <b>Path of Change 6:30p</b>	13 Yoga 8a Compassion 10:30a Meditation 5p Ecstasy Book Study 6:30p	14 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	15 Yoga 8a	16 <b>Yogic Sleep 10:30-11:45a</b>
17	18 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	19 Yoga 8a Gather the Women 4:30p	20 Yoga 8a Compassion 10:30a Meditation 5p Ecstasy Book Study 6:30p	21 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	22 Yoga 8a <b>Matthew Fox 7-9p</b>	23 <b>Matthew Fox 10a-1p</b>
24 <b>Lunations 6p</b>	25 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	26 Yoga 8a Gather the Women 4:30p	27 Yoga 8a Compassion 10:30a Meditation 5p Ecstasy Book Study 6:30p	28 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	29	30
31						



# Sacred Circles



*There is something about Circles The Beloved likes.*  
Hafiz

## A Course in Miracles

Mondays Weekly 7-8:30 pm  
Welcome the wisdom of *A Course in Miracles*. We will meet weekly throughout the year to build a circle of support for this profound and life-changing inner work that focuses on healing relationships and making them holy. The *Course* consists of 365 lessons, an exercise for each day of the year. Begin the process of changing your mind and perception with the aim of removing blocks to the awareness of love's presence.

*Facilitated by Anita Faye Leclercq, who has been studying A Course in Miracles since the 1980s.*  
Suggested monthly donation \$20

## Gather the Women - Connections and Reflections Formerly *Continuing Community*

Tuesdays Weekly 4:30-6 pm  
*A circle of women is a multifaceted mirror in which each sees herself reflected.... The circle is a sacred ritual, the gathering of women...capable of changing ourselves and the world.*

-Jean Shinoda Bolen

Our Gather the Women circle creates an opportunity for women to connect in authentic conversation to share their stories, to inspire and be inspired. Each week, our circle focuses on a different spiritual concept. Meeting in circle, we find our voices, claim our power, and realize our self-worth, leading to personal and planetary transformation. Our Gather the Women (GTW) circle is part of a global network of women who are activating **the incredible power of women's wisdom, valuing and honoring** all expressions of spirituality.

Donations appreciated

## Compassion in Action Circle

Wednesdays June 4-Aug. 27 10:30 am-12 pm  
Documentaries, podcasts and books will spark the spirit of compassion during the summer months. Discussions **focusing on local crime and on women's new roles in war and peace** will raise our awareness of important issues. The group will also study *Nurturing Healing Love*, the book by a mother of a Sandy Hook victim. As our awareness grows, our hearts open and our hands reach out to help.

*Facilitated by Gerry Stark and members of the Compassion in Action Circle.*  
Suggested monthly donation \$20

## Spiritual Awakening and Meditation

Wednesdays Weekly 5-6 pm  
Join us for a quiet time of exploration and meditation. Guided meditation leads into a period of silence, a time

to quiet the mind and release stress. Silence ends as we listen to the wisdom of inspiring spiritual leaders including Pema Chodrun and Eckhart Tolle. We then return to silence, a time to empty and re-connect to Source. Some instruction offered as we develop and deepen our practice. All levels of experience welcome.

*Facilitated by Wendy Herschman, who enjoys sharing the joy of group meditation.*  
Suggested donation \$5

## The Key - Searching, Sharing and Living Thursdays Weekly 6-7 pm

The key we seek is the one that opens the door to a life of meaning. Join our group and enter a supportive place for men to meet that encourages authentic conversation about coming to a deeper understanding of the healthy masculine and the natural yearning for spirituality. Together we find the courage to strip away the pretense of our false selves and discover new energies and joy grounded within our souls.

*Facilitated by David Dragon and Tom Lastrapes, who envision lives lived fully in relationship with the Divine.*  
Suggested monthly donation \$20

## Spiritual Journey Circle Thursdays Weekly 6-7 pm

Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers. This summer, we explore *Earth, Water, Fire & Air: Essential Ways of Connecting to Spirit* by Cait Johnson. Share in discussions taking you to a spirituality that will enrich your life on a deeper personal level. Return each week for spiritual connection and community.

*Facilitated by Wendy Herschman, Executive Director of The Red Shoes, & members of Spiritual Journey Circle.*  
Suggested monthly donation \$20

### Join The Red Shoes Circle of Volunteers

- \* Flex your green thumb in our gardens
- \* Mentor a woman entrepreneur
- \* Lend a hand at a program
- \* Represent us at events around town



Call Allison Manning 338-1170 or  
allison@theredshoes.org

### Easy Ways to Stay Connected



For up to date information, follow us on Facebook:  
[www.facebook.com/TheRedShoesBR](http://www.facebook.com/TheRedShoesBR)



Visit our website [www.theredshoes.org](http://www.theredshoes.org) and on the bottom of our calendar page, click the Google link. With one click all posted events will be added to your personal calendar!

## Support The Red Shoes

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

Did you know?

- In the past year, we offered over 267 programs.
- Over 6,400 people benefitted from our programs.
- Our low fees keep our programs inclusive, but do not cover our operating expenses and facilitator fees.
- Your gifts help us provide uplifting and affordable programming.

The Red Shoes is a valuable resource to diverse community groups in Baton Rouge, such as Cancer Services of GBR, Baton Rouge Earth Day, Dialogue on Race Louisiana, the Bishop Ott Sweet Dreams Shelter, STAR (Sexual Trauma Awareness & Response Center) and the GBR Food Bank. Your donation enables us to provide information and services.

**You can make donations and register for any of our classes online.**

**Please visit our website: [www.theredshoes.org](http://www.theredshoes.org)**

## **The Red Shoes' Lifting Loans Program**

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

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

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

**August 22 & 23  
Scholar in Residence  
Mathew Fox  
Returns to Baton Rouge**

2303 Government Street  
Baton Rouge, LA 70806

**The Red Shoes**  
A CENTER FOR PERSONAL & SPIRITUAL GROWTH



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