

# Spring 2014



## The Red Shoes

A CENTER FOR PERSONAL & SPIRITUAL GROWTH

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

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

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

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

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

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

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

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

### BOARD OF DIRECTORS

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

The Red Shoes

2303 Government Street

Baton Rouge, LA 70806

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

[www.theredshoes.org](http://www.theredshoes.org)

[info@theredshoes.org](mailto:info@theredshoes.org)

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

# Scholar in Residence

## Embodying the Sacred Woman through Love, Healing and Empowerment

A Weekend of Transformation with

Dr. Christine Page

Author, speaker and gifted intuitive

Friday January 17 7-9 pm

Saturday January 18 10 am-5 pm

Sunday January 19 12:30-4:30 pm



This three day retreat reconnects women to their natural creative strength, innate compassion and inspirational wisdom, allowing everyone present to express her own unique inner beauty and power, and hence fulfill her destiny.

Included in our spiritual journey:

- How did we forget our sacred purpose?
- What can our physical body teach us about our true identity as women?
- Why is it important to purify our womb of ancestral wounds and outdated stories to create a healthy space for new growth?

Using visual imagery, music and movement, participants are guided to hear the wisdom of their female ancestors, release erroneous beliefs and emotional obstacles, pay homage and respect to the transformational qualities of the womb, and fall in love with themselves all over again. Laughter, tears, hugs and sharing of stories are all natural forms of healing for women. Come to be wrapped in the loving heart of the Great Mother; enjoy a retreat that will change your life forever.

***Christine is a gifted healer, and I loved how she used her experience, expertise, humility and humor to create such a safe space for the spirit to come forth. EA***

***If you want to reconnect with the whole of you; if you want to release the past, clear issues and change your life in the most divine way I have ever encountered then this seminar is for you! GP***

Facilitated by mystical physician Dr. Christine Page, M.D., a pioneer in the field of healthcare for over 35 years. She is an international speaker and gifted intuitive. She is the author of seven books including *Frontiers of Health* and her latest *The Healing Power of the Sacred Woman*. [www.christinepage.com](http://www.christinepage.com)

Paid in December \$195; Paid in January \$225  
12 CEUs for nurses, social workers, LPCs \$20

**April Fool's Day FUNdraiser: Bistro Byronz, See p.7**

*Start close in, don't take the second step or the third,  
start with the first thing close in,  
the step you don't want to take.*

From *Start Close In* by David Whyte

One year ending, another beginning: What is the first step? My email is filled, my bookshelves, too, with wisdom teachings about *The Shift* and *Transformation* and a *New Awakening*. Clearly we see a world that is wanting and in need of change. This is the moment for the first step. This new year, can we “start close in” allowing space to think in questions not statements? It is easy to be drawn back to what we already know - but can we dwell in the not knowing and be open to becoming? Can this moment be the miracle when we let go of old truths that don't fit? Ask yourself: What is your heart longing for, what is the world longing for? Take the first step, even if it pulls at the foundation of the life you thought you were supposed to be living. The Red Shoes supports the “step you don't want to take” into the mystery, the step that challenges closely held beliefs, that may rebirth your soul. Your journey begins anew, with our amazing programs and teachers to inspire you, to expand your vision and your heart. “Start with the first thing close in.” The Red Shoes will light the way.

Wishing You Joy, Wendy Herschman, Executive Director

## January

Complete yoga schedule on page 8

### Community Chant

Sunday January 5 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

### A Course in Miracles

Mondays Beginning Jan. 6 7-8:30 pm  
Begin the new year with *A Course in Miracles*. We will meet weekly throughout 2014 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. This one-year program begins the **process of changing one's mind and perception with the aim of removing the 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 Circle (details p. 11)

*Formerly Continuing Community*

Tuesdays Beginning Jan. 7 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 find our voices and claim our power.

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

Wednesdays Beginning Jan. 8 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.

### Dialogue on Race - Original Series

Wednesdays Jan. 8-Feb. 12 10:30 am-12:30 pm

The Dialogue is a unique opportunity for people of diverse backgrounds to speak frankly and safely about racial issues, learning from each other about the impact of prejudice and institutional racism. The Dialogue **recognizes that racism is not an “us versus them” issue.** Racism is an institutional construct that was built into our system, and much of it exists today unintentionally and indirectly. However, as long as racism exists, our institutions will tend to operate to the advantage of one race over another. Sessions are led by trained facilitators. Participants prepare for weekly discussion by reading short pre-assigned articles.

No Fee

### Dream Discovery

Thursdays Beginning Jan. 9 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

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

Thursdays Beginning Jan. 9 6-7 pm

Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers. We will begin by exploring the work of poet David Whyte, whose poetry and ideas illuminate the psychological and the sacred.

### The Key - Searching and Sharing (details p. 11)

Thursdays Beginning Jan. 9 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.

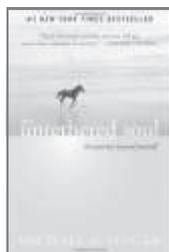
Vision Book - A Kaleidoscope of Dreams  
 Fridays January 10-31 10:30 am-12 pm  
 What are the goals for your life in the new year? Using collage to bring the words to life in images, we will create personal vision books. After selecting several life categories as the focus of our project, participants will illustrate chapter dividers that will be assembled into books.

Each participant will take home a spiral bound copy of their visions for the new year. Your book will guide you toward turning those visions into reality.

Facilitated by Pam Arnold, collage enthusiast for 25 years and collage teacher extraordinaire.

\$40

*The Untethered Soul* - Book Study  
 Tuesdays January 14-28 6:30-8 pm  
 Who are you, and what can you do each day to discover inner peace and serenity? This inspiring book offers simple yet profound answers to these elusive questions. Using traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer encourages us to become more aware of our thoughts and the endless mental chatter. Together we will explore practices that guide us to present



moment consciousness, the space that allows us to let go of thoughts and memories that keep us from achieving our potential. Join us to learn and support each other in transformation.

Facilitated by Missy Crews, artist, educator and inspired spiritual seeker.

\$30

Volunteer - GBR Food Bank Backpack Project  
 Tuesday January 14 10 am-12 pm  
 Location: 10600 Choctaw Drive (New location!)  
 In East Baton Rouge Parish, over 80% of children in the public school system receive free or reduced lunches, assuring them of one nutritious meal a day. Help provide school children with backpacks of food to take home on weekends and holidays throughout the school year. Join our "assembly line" filling backpacks with milk, juice and nourishment for children in our area. We can help ensure that children have food to eat on weekends when otherwise they might go hungry.

No Fee

**Full and partial scholarships are always available.**  
**Please do not let the cost of a program deter you from attending.**

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

## A Weekend of Transformation with Dr. Christine Page

Friday, Saturday, Sunday January 17-19

### Embodying the Sacred Woman through Love, Healing and Empowerment

This three day retreat reconnects women to their natural creative strength, innate compassion and inspirational wisdom, allowing everyone present to express her own unique inner beauty and power and hence fulfill her destiny.

(details p. 1)

### Women's Leadership Connection

In partnership with AARP  
 4th Wednesdays January-April 6:30-8:30 pm  
 Are you new to Baton Rouge, or do you know someone who is? Are you interested in learning more about your new city from local experts? In partnership with AARP, we are offering a series of four dinners and discussions, beginning January 22, for women who have relocated to Baton Rouge in the past three years.

- Learn from outstanding panelists who will address:
  - Louisiana's culture and education**
  - Crime and prison reform
  - Poverty and race
  - Politics and smart growth
- Join a community of women who are also new to positions of leadership or service.
- Engage in dialogue about the current status of, and potential for women to help grow Louisiana.

Preregistration required. For an application and info: The Red Shoes, 338-1170, or [www.theredshoes.org/wlc](http://www.theredshoes.org/wlc)  
 4 dinners and discussions \$50

Safety Awareness Training  
 Thursday January 23 7-9 pm  
 Have "open eyes," know what is going on around you...be smart and stay safe! Open Eyes Safety Training, taught by Jeff LeDuff, former Baton Rouge Chief of Police and his son Kelly, provides individuals with the ability to recognize and react to situations that threaten personal safety. Learn non-violent techniques to respond effectively to dangerous situations. Become aware of safety in daily life:

- Parking lots
- Carrying purses and packages
- Driveway safety
- Buckling children into car seats
- Credit card use
- More!

Empower yourself with the confidence and knowledge to avoid being a victim. These tips may save your life. Bring a friend or family member and open the eyes of someone near and dear.

Facilitated by Jeff LeDuff, who devotes his life to serving the city of Baton Rouge and law enforcement, and Kelly LeDuff. [www.openeyessafetytraining.com](http://www.openeyessafetytraining.com)

\$50

Holistic Mothering Circle (details p. 11)  
 4th Fridays January 24 7-9 pm  
 Create and maintain community throughout the journey of pregnancy, childbirth, and motherhood. Through this gathering, mothers will feel valued and supported, and provided with the resources needed to make informed choices about this unique phase of life.

Crochet Compassion with Plastic Bags  
 Saturday January 25 10 am-12 pm  
 We may already recycle and repurpose our plastic shopping bags but somehow they seem to magically multiply. Join us to learn how to turn plastic bags into *plarn* (plastic yarn). After we cut and tie the bags into balls of *plarn*, a simple crochet chain stitch turns it into a lightweight, weather resistant sleeping mat that can be used by people who are homeless, living on the streets. Rolling balls of *plarn* or crocheting in front of the TV, you can make a difference and spread compassion in our community. No crocheting experience required. You may want to bring a Q crochet hook.

*Facilitated by members of the Compassion in Action Circle and friends from First Baptist Church.*  
 Donations appreciated

New Year, New Beginnings, New You!  
**Why Diet Resolutions Don't Work**  
 Wednesday January 29 6:30-8:30 pm  
 Train your brain to lose weight. Eliminate the weight you hate and keep it off forever while eating the foods you love and not feeling deprived. Learn how to easily break your bad eating habits and beliefs about food in less than five minutes. Increase self-confidence and self esteem when you finally reach your goal weight.  
**Discover why diets don't work and get concrete steps to** retrain your brain and get happy and healthy in 2014. Think of this as the present you really wanted for **Christmas but didn't get. Take the Living Well** assessment now at [www.talktolindanow.com](http://www.talktolindanow.com).

*Facilitated by Linda Allred, weight loss expert, Accelerated Change Template (ACT) Master Practitioner and certified hypnotist.*

\$30



## February

### 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

Exploring the Enneagram -  
 Connecting With Your True Self  
 Saturday February 1 10 am-4 pm  
 Learn to look at yourself and others with eyes of compassion instead of judgment. The Enneagram is a personality typology combining psychology and spirituality. Studying the Enneagram makes us more aware of ourselves, allowing us to be more present, awake and connected to spirit.  
 We will explore the nine personality types through discussion, experiential exercises and music. If you have studied the Enneagram before, this will offer new tools to bring the wisdom of the enneagram into your life. As we learn about each type, we develop empathy and become less reactive.

*Facilitated by Ann Galloway, certified Enneagram instructor, who has worked with the Enneagram for over 10 years. She is a counselor intern.*

\$89

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

Creation Stories - A Spiritual Beginning  
 Tuesdays February 4-25 6:30-8 pm  
*Thousands of years ago there was no land nor sun nor moon nor stars, and the world was only a great sea of water... the water was the kingdom of the god Maguayan.*

-Ancient Filipino account of the creation  
 It is in the nature of humans to wonder about the unknown and search for answers. At the foundation of nearly every culture is a creation myth that explains how the wonders of the earth came to be. Discover creation stories from all parts of the globe, throughout different time periods. Explore the meaning of creation motifs such as the egg, the seed, the primordial being, the creative fire, the separation of heaven and earth and the stages of creation. These foundational stories teach us about the mysteries of creativity and the cycles of renewal in human life. They influence the way people think about the world and their place in relation to their surroundings. How does our own creation story explain basic patterns and define the ultimate meaning of life for our culture?

*Facilitated by Joan McCaskill, Spiritual Director MA.*

\$40

### 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!

Isha Kriya Meditation (in place of weekly meditation)  
 Wednesday February 5 5:30-7 pm  
*Isha means that which is the source of creation. Kriya means an inward action towards that. Isha Kriya is a simple yet powerful tool to move from untruth to truth.*  
 - Sadhguru

Learn a meditation practice based on the essence of yoga, a simple and powerful practice involving the breath called Isha Kriya. This kriya will create a certain space between you and your body and between you and your mind, helping you release limiting aspects of yourself. Adopting a practice of Isha Kriya meditation creates significant benefits towards health, work efficiency and general well-being. At the conclusion of the session all participants will leave with a 15-minute meditation that they can do on a daily basis that leads to enhanced efficiency, focus and health. No prior experience of yoga or meditation is required.

*Facilitated by Denise Graham, M.D. and Isha Yoga facilitator.*

Donations appreciated

Volunteer - Backpack Project (details p. 3)  
 Tuesday February 11 10 am-12 pm  
 Help provide school children with backpacks of food to take home on weekends and holidays throughout the school year. Join our "assembly line" filling backpacks with milk, juice and nourishment for school children.

No Fee

The Voice of the Authentic Self:  
 How Poem-Making and Art Encourage Our Growth From Pretense to Freedom -Ava Haymon  
 Saturday February 15 10 am-2 pm

**Ava Haymon's new book, *Eldest Daughter***, is the difficult work of over 35 years. She reveals, through her art form, the shame and childhood secrets of religious abuse, confusion, and incest. In making poem after poem, she finds a balance and the spiritual growth to transform the pain into love and freedom. Ava will share how dedication to the art and craft of writing has made this long journey possible. Then we will experience a step towards our own truth and healing through creative discovery using color, words and paper.

*Facilitated by Ava Haymon, Poet Laureate of Louisiana, poetry teacher, and author of poetry collections including *Eldest Daughter*, *Why the House is Made of Gingerbread* and others.*

(Includes book) \$25

Yoga Nidra - Healing from the Heart  
 Sunday February 16 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

Compassion in Action Circle (details p. 11)  
*Half the Church* - Book Study  
 Wednesdays Feb. 26-April 30 10:30 am-12 pm  
**Join us to explore Carolyn C. James' book, *Half the Church, Recapturing God's Global Vision for Women***, which offers a positive approach to the changes, challenges and opportunities facing women throughout the world today.

Holistic Mothering (details p. 11)  
 Friday February 28 7-9 pm  
 Create and maintain community throughout the journey of pregnancy, childbirth, and motherhood. Through this gathering, mothers feel valued and supported, and provided with the resources needed to make informed choices about this unique phase of life.



## March

### 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 Meditation	Wed	10:30a-12p	pg 11
Dream Discovery	Wed	5-6 pm	pg 11
Spiritual Journey	Thurs	10:30a-12p	pg 2
The Key	Thurs	6-7 pm	pg 11
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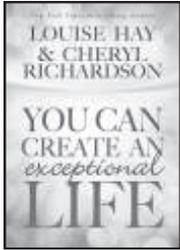
Nia - Body Mind and Spirit Mardi Gras Dance  
 Saturday March 1 10-11:30 am  
 Dance to the music and spirit of Mardi Gras in honor of YOU: your body, mind and spirit! Energize and manifest joy with Nia. Nia provides cardiovascular health, body toning, stress reduction, weight loss, improved memory, raised endorphin production and relaxation. And in one word, it is fun. Nia delivers this in healthy ways and brings ease to choices for a healthier you. Bring your beads, your masks or costumes, and open to receiving the joy and magic of Nia.

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

\$15

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

*Create an Exceptional Life - Book Study*  
 Wednesdays March 5-26 6:30-8 pm  
 Open your mind to new ways of thinking and put your



own well-being at the top of your agenda. Join this book study to learn practices and tools to create an exceptional life from two masters, Louise Hay and Cheryl Richardson. In their book, *You Can Create an Exceptional Life*, Louise and Cheryl discuss a wide range of topics, including the importance of loving ourselves and

our bodies; aging consciously; manifesting positive relationships; and facing death in a dignified way. Studying the book as a group will deepen the experience of the teachings. Each week we will discuss the reading and do exercises to explore the topics in more depth. As we put these practices to work in our lives, we will discover that we too can create an exceptional life!

*Facilitated by Carolee Laffoon, certified Heal Your Life® Coach and mind-body skills practitioner.*  
 \$40

The Ancient Practice of Yogic Sleep  
 Saturday March 8 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

Volunteer - Backpack Project (details p. 3)  
 Tuesday March 11 10 am-12 pm  
 Help provide school children with backpacks of food to take home on weekends and holidays throughout the school year. Join our “assembly line” filling backpacks.

Thank you for your support of The Red Shoes through your participation and through your generous gifts to The Red Shoes Circle of Giving.

Simplicity: Crafting a Life of Meaning  
 Wednesdays March 11, 18, 25 6:30-8 pm  
 Join Chris Andrews to discuss Cecile Andrews' book, *The Circle of Simplicity*, that creates a conversation about the quest to carve out lives of meaning and happiness. Simplicity offers a path, but the endless lures of society make it difficult to simplify life, especially if one tries to undertake it alone. Simplicity reminds us to turn away from activities that have failed to create satisfaction, such as climbing the career ladder, shopping and multi-tasking. As we become more sensitive to the issues presented in the book, we can create our own “circle of simplicity” for discernment and support, eliminating things that are simply taking our time, and embracing activities that truly bring joy and personal meaning into our lives.

*Facilitated by Chris Andrews, leader of Jubilee Pioneers and Executive Director of Rebuilding Together B.R.*  
 \$30

Open Mic Music and Poetry Coffeehouse  
 Friday March 14 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





Discovering Your Inner Peace -  
 Retreat for Survivors of Sexual Assault  
 Saturday March 29 10 am-4 pm  
*Come together for a day of empowerment and inner peace: A day to take care of you.*  
 Feel stress melt away as you experience meditation and relaxation techniques including yoga, therapeutic art activities, and sound healing. This retreat is an opportunity to focus on you: your power, strength and inner beauty. With a supportive network of women, experience healing processes designed to enhance your mental and physical health. Enjoy a delicious lunch in conversation with a caring community of women. This day of relaxation is offered at no cost through a partnership with The Red Shoes and the Sexual Trauma Awareness & Response Center (STAR). If you or someone you know is interested in attending, please contact STAR: 615-7093. All participants must pre-register with STAR.  
 No Fee



# April



## 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
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

## FUNdraiser - April Fool's Dinner at Bistro Byronz

Tuesday April 1 5-9 pm

This is no joke. Enjoy a delicious dinner with friends or family on April Fool's Day and Bistro Byronz will donate 20% to The Red Shoes. Just remember to sign their donation sheet after dinner.



## Volunteer - Dinner and Bingo at Bishop Ott Sweet Dreams Women and Children's Shelter

Location: 1623 Convention Street

Thursday April 3 5:45-7:30 pm

Volunteer to participate and help prepare dinner for women and children living at the shelter. After socializing throughout dinner, we will enjoy playing bingo with lots of prizes. 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

## A Mystic's Vision of the Trinity - Book Study

Fridays April 4-25 10:30 am-12 pm

Explore a new perspective on the very old Christian doctrine of the Trinity. In her latest book, *The Holy Trinity and the Law of Three: Discovering the Radical Truth at the Heart of Christianity*, Cynthia Bourgeault finds that embedded within this theological formula that Christians recite mostly on autopilot lies a powerful metaphysical principle that could change our understanding of Christianity. Together we will rekindle our visionary imagination through this study of a book that blends Christian theology and principles of contemplative practice to help revitalize contemporary Christianity. Unpack the power of the Holy Trinity in a way that will reawaken your heart and spirit.

Facilitated by Joan McCaskill, Spiritual Director, MA.

\$40

## Asking the Answer

Saturday April 5 10 am-4:30 pm

### Do you ever feel like you're living someone else's life?

Create personal alignment and live through your most deeply-held values. Learn to release the questions that you hold at the unconscious level as you direct the next leg of your spiritual evolution. This powerful workshop

leads participants to a higher awareness through a re-membering process, an original timeline process created by Carla Woody, and an indigenous ritual to clear and infuse your energy body. With many years of experience with indigenous traditions, world mythologies and neuro-linguistic programming, Carla guides us in creating mindful questions to use for practice and transformation.

Facilitated by Carla Woody, MA, personal mentor who leads spiritual journeys exploring sacred world traditions. Her non-profit, Kenosis Spirit Keepers helps preserve indigenous wisdom.

Early bird paid by March 15 \$75

Paid after March 15 \$89

## Community Chant (details p. 2)

Sunday April 6 3:30-4:30 pm

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

## Volunteer - Backpack Project (details p. 3)

Tuesday April 8 10 am-12 pm

Help provide school children with backpacks of food to take home on weekends and holidays throughout the school year. Join our "assembly line" filling backpacks.

## Re-Envision Yourself for Business Success

Tuesday April 8 6:30-8 pm

Did you know that changing your mindset about your self-esteem, money and abilities could catapult your business to financial success? Even with excellent marketing strategies and hard work, most entrepreneurs struggle to create the level of success they desire. Guess what is holding them back from achieving their goals? Their limiting subconscious beliefs and negative mindset! Linda will give you the secret to quickly and easily change your limiting beliefs. She'll provide tools to eliminate these types of logjams so you can get unstuck and achieve the financial success you deserve! Learn about The Red Shoes Lifting Loans micro-loan program that can help you start or grow your business.

Facilitated by Linda Allred, the bad habit belief breaker, certified hypnotist and Master ACT Energy Practitioner, and Celia Strickler, Lifting Loans coordinator.

\$10

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.

# 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

Manifest the Life of Your Dreams  
Saturday April 12 10:30 am-4:30 pm  
Expand your consciousness by using Quantum Tapping, Heartmath, and Ho'oponopono (ancient Hawaiian

**healing) as a means to restructure your body's energy** system. Rewire your brain for health, happiness and prosperity and remove blocks to your growth by contacting the quantum field.

- Join us for manifestation training:
- Experience Tapping with intentions to reduce food cravings, improve sleep and find the hidden unconscious blocks that are holding you back.
  - Learn how to use quantum Ho'oponopono to heal and enhance your ability to create miracles with your mind.
  - Use Heartmath techniques to integrate the heart chakra as a way to access the quantum so we can more easily create the life of our dreams.

Learn cutting-edge techniques so you can be the person you were created to be!

Seminar participants will receive an instructional DVD, a 40 page instruction manual and a mini phone session.

*Facilitated by Dr. Garland Landrith, a quantum field psychologist and energy healer whose research was cited in the movie What the Bleep Do We Know?*

\$49

## Baton Rouge Earth Day - Downtown, North Blvd

Sunday April 27 Noon-4 pm

Looking for ways to reduce your carbon footprint? Donate your used shoes for recycling & reuse. The Red Shoes will build a labyrinth at Earth Day using recycled shoes as a construction material. Honor Mother Earth—recycle, reuse & rebuild. Bring your gently used shoes to The Red Shoes beginning April 1. All shoes will be donated to St. Vincent De Paul and Cenikor.

## 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 healing and 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](http://www.theredshoes.org)

# The Red Shoes 2014 Spring Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>JANUARY</b>						
			1 <b>Closed for New Year's Day</b>	2 Yoga 8a / 5:30p	3 Yoga 8a	4
5 <b>HU Chant 3:30p</b>	6 Yoga 8a / 5:30p CS Yoga 10:30a <b>ACIM 7p</b>	7 Yoga 8a Gather the Women 4:30p	8 Yoga 8a <b>Dialogue on Race 10:30a</b> Meditation 5p	9 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	10 Yoga 8a <b>Vision Book 10:30a</b>	11
12	13 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	14 Yoga 8a <b>Food Bank 10a</b> GTW 4:30p <b>Untethered Soul 6:30p</b>	15 Yoga 8a Dialogue on Race 10:30a Meditation 5p	16 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	17 Yoga 8a Vision Book 10:30a <b>Christine Page 7-9</b>	18 <b>Christine Page 10a-5p</b>
19 <b>Christine Page 12:30-4:30p</b>	20 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	21 Yoga 8a Gather the Women 4:30p Untethered Soul 6:30p	22 Yoga 8a Dialogue on Race 10:30a Meditation 5p <b>WLC 6:30p</b>	23 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p <b>Safety Training 7p</b>	24 Yoga 8a Vision Book 10:30a <b>Holistic Mothers 7p</b>	25 <b>Crochet Compassion 10a-12p</b>
26	27 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	28 Yoga 8a GTW 4:30p Untethered Soul 6:30p	29 Yoga 8a Dialogue on Race 10:30a Meditation 5p <b>Diet Resolutions 6:30p</b>	30 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	31 Yoga 8a Vision Book 10:30a	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>FEBRUARY</b>						
						1 <b>Enneagram 10a-4p</b>
2 <b>HU Chant 3:30p</b>	3 Yoga 8a / 5:30p CS Yoga 10:30a <b>ACIM 7p</b>	4 Yoga 8a GTW 4:30p <b>Creation Stories 6:30-8p</b>	5 Yoga 8a Dialogue on Race 10:30a <b>Isha Kriya Meditation 5:30p</b>	6 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	7 Yoga 8a	8
9	10 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	11 Yoga 8a <b>Food Bank 10a</b> GTW 4:30p Creation Stories 6:30-8p	12 Yoga 8a Dialogue on Race 10:30a Meditation 5p	13 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	14 Yoga 8a	15 <b>Ava Haymon 10a-2p</b>
16 <b>Yoga Nidra 2-4p</b>	17 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	18 Yoga 8a GTW 4:30p Creation Stories 6:30-8p	19 Yoga 8a Meditation 5p	20 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	21 Yoga 8a	22
23	24 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	25 Yoga 8a GTW 4:30p Creation Stories 6:30-8p	26 Yoga 8a <b>Compassion in Action 10:30a</b> Meditation 5p <b>WLC 6:30p</b>	27 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	28 Yoga 8a <b>Holistic Mothers 7p</b>	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MARCH</b>						1 Mardi Gras Nia 10-11:30a
2 HU 3:30p	3 Closed for Mardi Gras	4 Closed for Mardi Gras	5 Yoga 8a Compassion in Action 10:30a Meditation 5p Exceptional Life 6:30-8p	6 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	7 Yoga 8a	8 Yogic Sleep 10:30-11:45a
9	10 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	11 Yoga 8a Food Bank 10a GTW 4:30p Chris Andrews 6:30-8p	12 Yoga 8a Compassion 10:30a Meditation 5p Exceptional Life 6:30-8p	13 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	14 Yoga 8a Open Mic Music & Poetry 7p	15
16	17 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	18 Yoga 8a GTW 4:30p Chris Andrews 6:30-8p	19 Yoga 8a Compassion 10:30a Meditation 5p Exceptional Life 6:30-8p	20 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	21 Yoga 8a	22
23	24 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	25 Yoga 8a Gather the Women 4:30p Chris Andrews 6:30-8p	26 Yoga 8a Compassion 10:30a Meditation 5p Exceptional Life 6:30-8p WLC 6:30p	27 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	28 Yoga 8a Holistic Mothers 7p	29 STAR Retreat 10a-4p
30	31 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>APRIL</b>		1 Yoga 8a Gather the Women 4:30p FUNdraiser Bistro Byronz 5p	2 Yoga 8a Compassion in Action 10:30a Meditation 5p	3 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p Shelter Party 5:45p	4 Yoga 8a Trinity Study 10:30a-12p	5 Asking the Answer 10a-4:30p
6 HU 3:30p	7 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	8 Yoga 8a Food Bank 10a GTW 4:30p Re-Envision Yourself 6:30p	9 Yoga 8a Compassion 10:30a Meditation 5p	10 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	11 Yoga 8a Trinity Study 10:30a-12p	12 Manifest the Life of Your Dreams 10:30a-4:30p
13	14 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	15 Yoga 8a Gather the Women 4:30p	16 Yoga 8a Compassion 10:30a Meditation 5p	17 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	18 Yoga 8a Trinity Study 10:30a-12p	19
20	21 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	22 Yoga 8a Gather the Women 4:30p	23 Yoga 8a Compassion 10:30a Meditation 5p WLC 6:30p	24 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	25 Yoga 8a Trinity Study 10:30a-12p Holistic Mothers 7p	26
27 Earth Day Noon-5 pm	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			



# Sacred Circles



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

**A Course in Miracles**  
Mondays Weekly 7-8:30 pm  
Begin the new year with *A Course in Miracles*. We will meet weekly throughout 2014 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 (GTW) circle is part of a global network of women who are activating the incredible **power of women's wisdom. This sisterhood connects** women through inclusive circles, valuing and honoring all expressions of spirituality. Our Tuesday GTW circle creates an opportunity for women to connect in authentic conversation to share their stories, to inspire and be inspired. Meeting in circle, we find our voices, claim our power, and realize our self-worth, leading to personal and planetary transformation.  
Donations appreciated

**Compassion in Action Circle**  
*Half the Church* - Book Study  
Wednesdays Feb. 26-April 30 10:30 am-12 pm  
**Join us to explore Carolyn C. James' book, *Half the Church, Recapturing God's Global Vision for Women*.**  
Worldwide, women have been overlooked for leadership roles. Often considered physically and intellectually incapable, women have seldom been given the opportunity to lead. Thankfully things are changing, but at a slow pace. Women are blessed with gifts that embody God and enhance the world; all they need is the freedom and confidence to put those talents into practice. *Half the Church* gives a positive approach to the changes, challenges and opportunities facing women **in today's world.**

*Facilitated by Susan Lambert, retired educator and community volunteer.*  
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. We will begin by exploring the work of poet David Whyte, whose poetry and ideas illuminate both the psychological and the **sacred: "We shape our self to fit this world and by the world are shaped again."** 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

**Holistic Mothering**  
Monthly 4th Fridays 7:30-9 pm  
Create and maintain community throughout the journey of pregnancy, childbirth, and motherhood. Through this gathering, mothers will feel valued and supported, and provided with the resources needed to make informed choices about this unique phase of life. We will address common concerns, learn coping skills, socialize, and discuss evidence-based information on developing a natural-minded, holistic approach to motherhood.

*Facilitated by Katie Lamb, a birth doula and mother of two, who recently moved to Baton Rouge.*  
Donations appreciated

## Women's Leadership Connection

Are you new to Baton Rouge? Are you interested in learning more about your new city from local experts?

AARP and The Red Shoes present a series of four dinner discussions for women who have relocated to Baton Rouge within the last three years.

4th Wednesdays: January 22-April 23  
6:30-8:30pm - 2303 Government St

- **Learn from outstanding panelists addressing Louisiana's** politics, culture, education, crime and other vital issues.
- Join a community of women who are also new to positions of leadership or service.
- Engage in dialogue about ways women can make a difference in Louisiana.

4 dinners and discussions - \$50

For an application and info:

The Red Shoes 338-1170 or  
[www.theredshoes.org/wlc](http://www.theredshoes.org/wlc)



## 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!**

Your gift to  
the Circle of Giving helps make  
these programs possible.  
Mail your check today or make an  
online donation!

2303 Government Street  
Baton Rouge, LA 70806

The Red Shoes  
A CENTER FOR PERSONAL & SPIRITUAL GROWTH



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