

Fall 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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Executive Director: wendy@theredshoes.org

Scholar in Residence

The Wisdom of Mary Magdalene

Meet Mary Magdalene as she has appeared throughout history in legends, stories, music and images.

with

Kayleen Asbo, Ph. D.



Cultural Historian, Spiritual Director, Mythologist

Friday October 10 7-9 pm

Saturday October 11 10 am - 5 pm

Beware of those who say, "Here it is," or "There it is," for it is within you that the kingdom of God dwells.

- The Gospel of Mary

Mary Magdalene stands at the center of the Christian contemplative tradition, yet she transcends all religious boundaries. Her composite picture from scripture reveals a woman of courage able to witness profound suffering and yet remain open to new life, joy and hope. For many contemporary seekers, Mary Magdalene represents an archetypal figure who points the way to a deeply embodied spiritual pathway that affirms the goodness of creation and the wisdom that can be found within the depths of each human heart.

Explore the Mary Magdalene of history and her profound and lasting impact on the contemplative tradition. Discover the Mary Magdalene of art, music and mythology through a slideshow of almost 400 masterworks from across the centuries. Celebrate Mary Magdalene as an archetypal figure of anthropos, a fully realized human being of great spiritual power who embodies integration and wholeness. Through contemplative practices we will connect with our own wisdom, the indwelling Feminine.

Facilitated by Kayleen Asbo, who holds advanced degrees in music, mythology and psychology, and weaves together myth, history and the arts in her interactive workshops that are hailed as "truly life changing." She is on the faculty of San Francisco Conservatory of Music and is joining the Religion and Philosophy faculty at California Institute of Integral Studies. She is Creative Director and Resident Mythologist for Mythica Foundation for Education, Contemplation and the Arts, and has presented at Michael Conforti's Assisi Institute of Depth Psychology Conference in Italy.

Early bird payment by September 20 \$125/ After \$150

Dear Friends, As we approach the holidays, make sure to save time for the things that really matter. Let moments at The Red Shoes be your holiday lights. Our retreat, *The Wisdom of Mary Magdalene*, will illuminate your soul. Our speaker joins us from CA, weaving together myth, music and art to share her visionary work on the Sacred Feminine and the truths Mary reveals to us. The muses are smiling... so many outstanding opportunities to enjoy writing and appreciating poetry. Ava Haymon, our state Poet Laureate, will be teaching a Women's Week poetry class, two outstanding scholars from Southern University will be celebrating the works of Maya Angelou and in partnership with the Arts Council, we will host two poetry writing workshops. To highlight love as the core of our traditions, we welcome as a facilitator, an LSU student dedicated to feminist advocacy who will be leading a workshop, *The Art of Self Love*. As you read our brochure, choose the holiday gifts you would like to give yourself and pick out a few classes for friends and family and buy gift certificates, which are sure to please. We hope your holiday season is filled with the joy of loved ones, warm memories and moments of awe. It will only feel complete if you celebrate with us at our holiday luncheon on December 5. Please join us,
 Wendy Herschman, Executive Director

September

Complete yoga schedule on page 8

A Course in Miracles (details p. 11)
 Mondays Beginning Sept. 1 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 our relationships and making them holy.

Gather the Women Circle (details p. 11)
 Tuesdays Beginning Sept. 2 4:30-6 pm
 Our Gather the Women circle creates an opportunity for women to connect in authentic conversation and share their stories. Meeting in circle, we focus on a different spiritual concept each week.

Compassion in Action Circle (details p. 11)
 Book Study: *I Am Malala*
 Wednesdays Sept. 3–Oct. 29 10:30 am-12 pm
 When the Taliban took control in Pakistan, one girl spoke out. Malala Yousafzai refused to be silenced and fought for her right to an education. *I Am Malala* is the story of a family, terrorism and the fight for a **daughter's right to education. Become more aware of the global issues of women's rights and explore the implications for our own culture.**

Facilitated by Anne Harrison, community volunteer.
 Suggested monthly donation \$20

Meditation and Spiritual Awakening (details p. 11)
 Wednesdays Beginning Sept. 3 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.

Dream Discovery
 Thursdays Beginning Sept. 4 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 Sept. 4 6-7 pm
 Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers. We begin our **exploration with Matthew Fox's Meister Eckhart: A Mystic Warrior for Our Times.**

The Key - **Men's Spiritual Group** (details p. 11)
 Thursdays Beginning Sept. 4 6-7 pm
 Are you ready to open the door to the second half of life? The key we seek is the one that opens the door to a life of meaning. Enter a supportive space for men to meet that encourages authentic conversation leading to a deeper understanding of the healthy masculine.

Sunday Sacred Circle (details p. 11)
 Sundays Beginning Sept. 7 5-6 pm
 Join Dr. Francis Vanderwall for a time of contemplation: an inspiring, inter-faith, ecumenical experience for those yearning to unite with the spirit of Sophia.

Oneness Meditation (in place of weekly meditation)
 Wednesday September 10 5-6:30 pm
 Oneness is a phenomenon centered on awakening through Deeksha, an energy transfer that brings about growth in consciousness. Benefits of Deeksha include decreasing mental chatter and mental conflict, increasing love and compassion, removing energetic blockages, and more. Join with the Oneness Gulf Coast Community as we experience meditation and Deeksha to bring forth joy, peace, and grace in our journey through life.

Facilitated by James Brinson, a seeker who has traveled many paths, discovering and experiencing Oneness.
 Suggested donation \$5

Inner Balance: Yoga Chakra Workshop
 Saturday September 13 10 am-12:30 pm
Do you wish you felt more in balance, but don't know where to start? This yoga workshop will help you release

stagnant energy and renew vitality. The chakras are energy centers in the body that relate to different aspects of physical, mental and spiritual health. We will begin with brief journaling to determine where you are experiencing blocks or burnout in each of the six main chakras. Then we will work with yoga poses designed to bring each area into balance, finishing with a flow practice to continue for daily renewal. Experience full yogic breath, chanting, and poses suitable to every age, level of fitness and flexibility.

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

\$20

Spirituality, Prayer and Healing
 Mondays Sept. 15-Oct. 20 6-7:30 pm
 Why do we pray? Is there a connection between spirit and wellness? Join us to explore the relationship between spirituality, methods of prayer, and their practical applications in physiological and psychological healing. We will focus on an aspect of the human being that modern medicine has all but forgotten—the spiritual. Experience several methods of prayer, and encounter the potential given us by our Creator to become well again.

Facilitated by Dr. Francis Vanderwall, Professor Emeritus, Our Lady of the Lake College, Professor for OLLI at LSU and Jesuit Retreat Director.

Early bird registration by September 9 \$60/ After \$75

Volunteer - GBR Food Bank Backpack Project
 Tuesday September 16 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 low cost or free 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

Gong Bath Concert: Autumnal Equinox
 Friday September 19 7-8:30 pm
 Saturday September 20 7-8:30 pm

(Choose one date or come for both concerts.)

In preparation for the autumnal equinox, join us for a concert and gong bath to transition from the energies of summer to the pensive notes of autumn, keeping in harmony with the cycles of the earth. Feel the vibrational change and sense the subtle tones of

summer's transformation to autumn. No water is involved in a gong bath; participants sit or recline and allow the sounds to “wash over” them. The concert will include 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 sound arts and professional musician, yoga practitioner and meditation leader; and Olivia Sophia, music educator, musician, sound arts promoter.

Each \$20

The Ancient Practice of Yogic Sleep
 Sunday September 21 2-4 pm
You'll feel like you have had a mental



massage. Give yourself the gift of rejuvenation and help alleviate everyday tensions. This ancient method of deep rest while remaining conscious results in complete relaxation. Leave behind chronic exhaustion and holistically address your physiological, neurological and subconscious needs. Guided meditation, gentle stretching and breath awareness will renew and refresh.

Facilitated by Becky Barton, certified Yoga Nidra instructor.

\$5

Dreams, Images and Spirit
 Monday September 22 10:30 am-12 pm

All of us dream, but few of us know how to interpret our dreams or how to connect our dreaming to our spirituality. A guided meditation will help us enter the world of images alive in our imaginations and in our subconscious. We will learn how to approach a dream and what aspects of the dream to focus on. Your dreams will become a mirror to your soul.

Facilitated by Joan McCaskill, Spiritual Director, MA.

\$5

Living a Life Fulfilled
 Monday September 22 7-8:30 pm

Feel stuck in your current life situation? Do you want to feel happier and more positive? Begin living the life you choose: start your business, change careers or improve relationships. Using strategies from her book *Dance in the Sun: Being the Authentic You*, Monique will help you unlock your inner gifts and talents, and close the gap between your dreams and your reality. Learn about The **Red Shoes' loan program for female entrepreneurs.**

Facilitated by Monique Moliere Piper, certified professional coach, entrepreneur and author; Allison Manning & Wendy Herschman, Lifting Loans directors.

\$5

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

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

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

Lunations - New Moon Ritual
Tuesday September 23 6-7:30 pm

Welcome to this sacred gathering:

These days of the dark moon were considered by our grandmothers to be the most potent days for a woman, for on these days, 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, who is nourished by the ritual and enjoys sharing this special time.

Suggested donation \$5

Ava Haymon: What's Cookin'?

Tuesday September 23
6:30-8:30 pm



Women have written about food since **they've had anything to write with. The world of women's writings includes not only novels, essays and poems, but also letters, cookbooks and diaries, often about meals.** Bring your favorite cooking tool, your **grandmother's handwritten recipe or your memories of food. We'll tell our stories, do some scribbling, and write the way women always have.** Beginners welcome.

Facilitated by Ava Haymon, Poet Laureate of Louisiana and visual artist.

\$8

Rise and Shine Yoga
Wednesday September 24 8-9:30 am
Begin your day with renewed energy, focus and inner calm. This gentle yoga class will transform the way you greet the day. Women of all ages, sizes and fitness levels are welcome. Breathwork, meditation and movement increase your strength and lower your stress level. Have you ever wanted to experience yoga, but were afraid to try? This class is for you.

Facilitated by Tina Ufford, RYT 200 through Yogasteps, who has been practicing yoga for 14 years.

\$5

Create & Collage: Discover Your Life's Vision

Friday September 26 10:30 am-12:30 pm
Blending creativity and spirit, craft your mini-book of hopes and dreams to carry with you and look at for **inspiration. Working from a "Be, Do, Have" list (what you would like to BE, activities you want to DO and things you want to HAVE), collage your dreams by layering images, words, quotes and paper. A treasure!** Materials provided.

Facilitated by Pam Arnold, collage enthusiast and teacher.

\$5

Open Mic Poetry and Music
Friday September 26 7-8:30 pm



Celebrate the arts in Baton Rouge with 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 five-minute spot, or join our audience and share good music, good poetry and good company.

\$5

Bee-Friend Your iPhone
Saturday September 27
Part I 10:30 am-12 pm

Use your iPhone to its fullest potential to enrich your personal, spiritual and work life, and stay connected to friends and family. We will cover the basics, including setting up your iPhone, advanced calling features and how to use built-in apps like Calendar, Notes, Camera, Photos and more. Bring your iPhone, Apple ID and password. (Part II - Intermediate class -12:30 pm.)

Part II 12:30-2 pm
In this intermediate class we will cover more advanced features of your iPhone including customizing the iPhone, editing, copying and pasting text, using iCloud, the notification center, Siri and more.

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

Each part \$5

Food For the Soul: Open House Party
Sunday September 28 4:30-6 pm
Discover an oasis for relaxation and transformation. Feed your spirit, nourish your creativity and drink from our deep well of inspirational programs. Our open house features a buffet of experiences: program samplings, imaginative activities, delicious delicacies and a guest from Sharing Shores, the non-profit that created the unique cookbook *Saffron to Sassafras*. Experience our inclusive, supportive community. Learn about our wide array of offerings and meet some of our facilitators.

No Fee

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.

The 5 Day Brain Cleanse
Daily Sept. 29, 30, Oct. 2-4 7-8:30 pm
Our brains are overworked and undernourished, bombarded with stressful stimuli that create mental fog, depression and forgetfulness. Learn how to protect and support cognitive function and mental acuity.

Designed by transformational teacher Siddhi, The Brain Cleanse™ uses a multifaceted approach to cleanse and revitalize the brain, releasing old habits, patterns and beliefs that can keep us stuck and often lead to illness and depression. Benefits include improved memory, focus and creativity, reduced stress, and greater peace and well-being. Learn yoga poses, nutrition, meditation, and other practices to heal and nourish the brain. Redefine how you see your fears, cast them away and feel lighter.

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

\$150

*In Partnership with
the Arts Council*



Poetry Essentials

Tuesdays Sept. 30, Oct. 21, Nov. 18 6:30-8 pm

This workshop offers an overview of poetry's fundamentals through the exploration of two questions: What is poetry? Why do we write it? Sessions will focus on how to read poetry and how to start writing poetry by understanding the importance of subject, tone and narrative in poetry; becoming more sensitive to tools of the craft (language, music and rhythm); as well as introductions to traditional and open forms.

Facilitated by Cynthia Toups, a teaching artist with the Arts Council, former senior poetry editor for the literary journal Rose & Thorn and longtime student of Ava Haymon, Louisiana State Poet Laureate.

\$60

October

Weekly Programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
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

The Miracle of Crystals & Pranic Healing
Wednesday October 1 7-9 pm

*With elegant simplicity and practical wisdom,
Master Co shows you how to harness
the healing power that exists in every human being.*

- Deepak Chopra, M.D.

Master Stephen Co will share the ancient secrets of harnessing the prana/life force or chi energy to remove stress, boost your vitality and accelerate healing from

common health issues. He will discuss crystal energy techniques: how to use the power of quartz crystals and gemstones for protection, increasing energy and healing relationships. Master Co will also use a powerful consecrated laser crystal to do a group healing. Come away feeling lighter, stress free and highly energized!

Facilitated by Master Stephen Co, author and a senior disciple and personal student of Grandmaster Choa Kok Sui, the founder of Pranic Healing.

Suggested donation \$10

*In Partnership with
the Arts Council*



Spectral Spaces: The Imaginative Reality of Poetry
Thursdays Oct. 2, 16, 30; Nov. 6, 20, Dec. 4
10:30 am-12:30 pm

Do you enjoy writing poetry but want to gain a deeper understanding of what creates the emotive power of words? Explore the imaginative reality shared between poet and reader, a space where multiple meanings exist beyond the actual words on the page. By looking at the works of poets and other artists, we will focus on how color, sound and dreams influence this shared experience. Develop new techniques for using these elements to add meaning and depth to the written word through a variety of writing exercises.

Facilitated by Cynthia Toups, a teaching artist with the Arts Council, former Senior Poetry Editor for the literary journal Rose & Thorn and student of Ava Haymon, Louisiana State Poet Laureate.

Each \$25/Series of 6 \$120

Men's Retreat: The Essence of Being a Mature Man

Saturday October 4 9:30 am-5:30 pm

Who am I really? Why am I here? What's truly calling me? Do I (still) have the power within, physically, mentally, **emotionally, spiritually, to answer the call?** Men's work expert Stefan Hermann will lead us to awakening so the answers may arise. Discover how to live with passion and clarity of purpose so we are not saying no when we want to say yes, or yes when it would be wiser to say no. This experiential workshop offers insight into the true nature of what it means to be a man in modern **times. Based on Stefan's book *Future Design***, he will guide us to a deeper understanding and more powerful expression of self.

Facilitated by Stefan Hermann, who has 16 years of experience as a master facilitator of men's work in Europe, South Africa and all over the US.

\$85

Did you know you can make donations and register for any of our classes online?

Please visit our website: www.theredshoes.org

iPad/iPhone Photography

Sunday October 5 2-4 pm

A picture is worth a thousand words, if you know how to take it, edit, save and share it! Explore the editing features built into the camera and photos app on your iPhone or iPad. Learn important concepts of photography: basic camera skills, composition and lighting and how to use an iOS device to make use of these concepts to take better pictures. Learn how to organize and share pictures. Add a new dimension to your “iSkills.”

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

\$20

Spiritual Retreat (details p. 1) The Wisdom of Mary Magdalene

Friday October 10 7-9 pm

Saturday October 11 10-5 pm

Myth, music and art lead us to the power of Mary Magdalene, an archetypal figure who points the way to a deeply embodied spiritual path that affirms the goodness of creation and the wisdom that can be found within the depths of each human heart.

Make Your Own Magic: The Art of Self-Love

Sunday October 12 2-5 pm

I love myself, therefore I live totally in the now, experiencing each moment as good and knowing my future is bright, and joyous and secure...

Louise Hay, author of *You Can Heal Your Life*

The power of self-love is transformative, but often elusive. Our culture barrages us with messages that indicate we are imperfect, not enough. Inspired by the teachings of Brene Brown, Tara Brach and Louise Hay, we will focus on appreciating ourselves and uncovering our power. Together, we will explore the concept of self-love and how to embrace it. Loving yourself is a revolutionary act, accessible to everyone!

Facilitated by Courtney Brandabur, a feminist advocate and activist, a senior at LSU studying psychology and creator of a community organization, Girl Warrior.

\$10

Maya Angelou: A Celebration

Wednesdays October 15, 22 6:30-8 pm

A bird doesn't sing because it has an answer, it sings because it has a song.

Maya Angelou

On May 28 of this year, we lost a woman who helped us believe we each have a song to sing. Maya Angelou lived life as a teacher, activist, artist and human being. She was a warrior for equality, tolerance and peace. Her words inspire us, her passion ignites us, her heartbreaks urge us out of complacency and her expectations help us soar. Join us to celebrate her life and her words, to

unwrap her poetry and essays, the gifts she gave to us in her life. Learn more about the spirit and the heart of this powerful and creative soul.

Facilitated by Cynthia Bryant, Associate Professor of English, Southern University and Lisa Delpit, Felton G. Clark Distinguished Professor of Education at Southern.

\$10

Chanting, Breathing and Freedom:

Release Your Breath and Discover Your Voice

Saturday October 18 10 am-4 pm

Singing—in the shower, with a karaoke machine or in a group—affects us more profoundly than we realize.

Simple vocalizing with an awareness of the breath has been proven to benefit our psychological and physical health. Experience a combination of pranayama breathing exercises, simple yoga asanas and group Sanskrit chanting to open, strengthen and balance the chakras, while dissolving old fears and energetic blockages. When you move beyond those fears, understand the flow of your breath and give yourself permission to sing, you can use your authentic voice for healing.



Facilitated by Martha Howe, a professional musician who has been meditating and chanting for 33 years; and Tara Potter, a long-time meditator, energy-worker, chiropractor, and a certified IYS pranic healer.

\$60

Opening to Grace: Yoga Nidra

Sunday October 19 2-4 pm

Enjoy this time to surrender, opening body, mind and spirit to the gifts of grace. Yoga Nidra is a reclined meditation through which you are led into deep relaxation and integration. Breathing exercises, affirmations and visualization techniques will create a healing synthesis of mind, body and soul.

Facilitated by Delisha “Dee Dee” Poullard, certified yoga teacher in the Amrit and Yoga Nidra methods.

\$20

Volunteer - Backpack Project (details p. 3)

Tuesday October 21 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

Lunations—New Moon Ritual (details p. 5)

Wednesday October 22 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 | www.theredshoes.org

November

Weekly Programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
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

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Holiday Magic in Stained Glass

Saturday & Sunday November 1 & 2

Let the colors of the holiday season shine! Create a unique ornament or sun catcher to treasure. Choose your design from patterns provided, and bring your design to life with pieces of colored glass. Make one for yourself on Saturday and one for a friend in the Sunday class! Supplies and tools are provided.

Class size is limited, so enroll early!

Saturday Nov. 1 9:30 am-12:30 pm (Level 1)
Learn basics skills in stained glass: how to cut, wrap glass and solder.

Sunday Nov. 2 2-5 pm (Level 2)

For those who have any previous experience working with stained glass. (Including the November 1 class.)

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

Each \$20

Exploring Alchemy: Transformation and Carl Jung

Mondays November 3-24 6-7:30 pm
What is alchemy? Can this ancient art have meaning today? Could a new understanding of alchemy illuminate new possibilities in our lives, opportunities to turn challenges into spiritual gold? Carl Jung, the founder of analytical psychology, realized that the alchemical experiments of the Middle Ages, which seemed to transform worthless metals into precious gold, represented a process of soul growth and a pattern of transformation in the human psyche. As we study the work of the alchemist, we will look within to break down old patterns, dissolve ego structures and embark on a powerful experiment of transformation.

Facilitated by Joan McCaskill, Spiritual Director, MA.

\$40

Compassion in Action Circle (details p. 11)

Lunch & Learn Documentary Series

Wednesdays Nov. 5-19 10:30 am-12:30 pm

Our circle will be watching and discussing a series of inspiring documentary films.

Nov 5: *Bhutto* (first woman to lead a Muslim nation)

Nov 12 & 19: *The Graduates* (the Latino dropout crisis)

Women, Money and Taking Charge

Wednesday November 5 6:30-8 pm

Are you forever trying to manage your money, but end up feeling managed by your money? Do you have any idea how and where all your money goes? Do you wonder if you should be planning for the future? Women tend to look the other way when it comes to financial planning. Take a short quiz to discover your financial personality and learn steps you can take to relate to finances in a new and productive way.

Facilitated by Judith Sinclair, registered representative with LPL Financial.

\$5

The Third Eye: Yoga Nidra (details p. 6)

Sunday November 9 2-4 pm

During this practice we will focus on integration through the third eye. The third eye balances the sympathetic and parasympathetic nervous system, creating balance of the fight and flight tendencies of the mind.

Safety Awareness Training for the Holiday Season

Wednesday November 12 6:30-8:30 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:

- Parking lots
- Carrying purses and packages
- Driveway safety
- **Children's car seats**
- Credit card use
- More!

Empower yourself with the confidence and knowledge to avoid being a victim. These tips may save your life.

Facilitated by Jeff LeDuff, who devotes his life to serving the city of Baton Rouge and law enforcement, and Kelly LeDuff. www.openeyessafetytraining.com

\$50

Volunteer - Backpack Project (details p. 3)

Tuesday November 18 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.**

No Fee

Volunteer: Sweet Dreams Fall Fiesta

Thursday November 20 6:30-8 pm

Location: 1623 Convention Street

Volunteer to participate and help plan a Fall Fiesta 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! (Women only)

No Fee

Join The Red Shoes Circle of Volunteers.

Lunations—New Moon Ritual (details p. 3)
 Friday November 21 6-7:30 pm
 Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

Yoga



December

Ongoing programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
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Compassion in Action Circle (details p. 11)
 Lunch & Learn Documentary Series
 Wednesdays Dec. 3 & 10 10:30 am-12:30 pm
 Our circle will be watching and discussing a series of inspiring documentary films.
 December 3—*Waiting for Superman* (education reform)
 December 10—*World Peace and Other 4th Grade Achievements* (inspiration in the classroom)

Holiday Luncheon
 Friday December 5 12-1:30 pm
 Looking for the perfect way to nourish your holiday spirit? Join us for a festive luncheon with friends from The Red Shoes community. Our catered lunch will be buffet style and you can be assured of conversations and connections that will be gifts you truly enjoy. Let us know if you would like to bring a gift: a favorite holiday dessert for the group. Take time for a gathering that will warm your heart and brighten your holiday season.
 Reservations by Dec. 2, please! \$10

Listen to Your Body: Yoga Nidra (details p. 6)
 Sunday December 7 2-4 pm
 We will explore healing through deep meditative awareness of the innate intelligence in our bodies. Heal body, mind and soul through energy awareness.

Volunteer - Backpack Project (details p. 3)
 Tuesday December 16 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

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, and Valerie Flynn-Wintz, certified restorative yoga teacher.
 \$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 Fall Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
September	¹ Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	² Yoga 8a Gather the Women 4:30p	³ Yoga 8a Compassion 10:30a Meditation 5p	⁴ Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	⁵ Yoga 8a	⁶
⁷ Sunday Circle 5p	⁸ Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	⁹ Yoga 8a Gather the Women 4:30p	¹⁰ Yoga 8a Compassion 10:30a Oneness Meditation 5p	¹¹ Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	¹² Yoga 8a	¹³ Chakra Workshop 10a
¹⁴ Sunday Circle 5p	¹⁵ Yoga 8a / 5:30p CS Yoga 10:30a Prayer 6p ACIM 7p	¹⁶ Yoga 8a Volunteer: Food Bank 10a GTW 4:30p	¹⁷ Yoga 8a Compassion 10:30a Meditation 5p	¹⁸ Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	¹⁹ Yoga 8a Gong Bath 7p	²⁰ Gong Bath 7p
²¹ Yogic Sleep 2-4p Sunday Circle 5p	²² Yoga 8a / 5:30p WW Dreams 10:30a Prayer 6p ACIM 7p Fulfilled Life 7p	²³ Yoga 8a GTW 4:30p Lunations 6p Ava Haymon: What's Cookin' 6:30p	²⁴ Rise & Shine Yoga 8a Compassion 10:30a Meditation 5p	²⁵ Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	²⁶ Yoga 8a Create Your Life's Vision 10:30a Open Mic 7p	²⁷ Be-friend Your iPhone Pt 1 10:30a iPhone Pt 2 12:30p
²⁸ Open House Party 4:30-6p Sunday Circle 5p	²⁹ Yoga 8a / 5:30p CS Yoga 10:30a Prayer 6p ACIM 7p Brain Cleanse 7p	³⁰ Yoga 8a GTW 4:30p Poetry Essentials 6:30p Brain Cleanse 7p				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
OCTOBER			¹ Yoga 8a Compassion 10:30a Meditation 5p Pranic Healing 7p	² Yoga 8a / 5:30p Dreams 10:30a Spectral Space 10:30a Sp. Journey/Key 6p Brain Cleanse 7p	³ Yoga 8a Brain Cleanse 7p	⁴ Men's Retreat 9:30a Brain Cleanse 7p
⁵ iPhone/iPad Photography 2-4p Sunday Circle 5p	⁶ Yoga 8a / 5:30p CS Yoga 10:30a Prayer 6p ACIM 7p	⁷ Yoga 8a Gather the Women 4:30p	⁸ Yoga 8a Compassion 10:30a Meditation 5p	⁹ Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	¹⁰ Yoga 8a Mary Magdalene 7-9p	¹¹ Mary Magdalene 10a-5p
¹² Art of Self-Love 2-5p Sunday Circle 5p	¹³ Yoga 8a / 5:30p CS Yoga 10:30a Prayer 6p ACIM 7p	¹⁴ Yoga 8a GTW 4:30p	¹⁵ Yoga 8a Compassion 10:30a Meditation 5p Maya Angelou 6:30p	¹⁶ Yoga 8a / 5:30p Dreams 10:30a Spectral Space 10:30a Spirit Journey 6p The Key 6p	¹⁷ Yoga 8a	¹⁸ Chanting, Breathing, Freedom 10a-4p
¹⁹ Yoga Nidra 2-4p Sunday Circle 5p	²⁰ Yoga 8a / 5:30p CS Yoga 10:30a Prayer 6p ACIM 7p	²¹ Yoga 8a Volunteer: Food Bank 10a GTW 4:30p Poetry 6:30p	²² Yoga 8a Compassion 10:30a Meditation 5p Lunations 6p Maya Angelou 6:30p	²³ Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	²⁴ Yoga 8a	²⁵
²⁶ Sunday Circle 5p	²⁷ Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	²⁸ Yoga 8a GTW 4:30p	²⁹ Yoga 8a Compassion 10:30a Meditation 5p	³⁰ Yoga 8a / 5:30p Dreams 10:30a Spectral Space 10:30a Spirit Journey 6p The Key 6p	³¹ Yoga 8a	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOVEMBER						1 Holiday Stained Glass Level 1 9:30a-12:30p
2 Holiday Stained Glass Level 2 2-5p Sunday Circle 5p	3 Yoga 8a / 5:30p CS Yoga 10:30a Alchemy 6p ACIM 7p	4 Yoga 8a GTW 4:30p	5 Yoga 8a Compassion 10:30a Meditation 5p Women & Money 6:30p	6 Yoga 8a / 5:30p Dreams 10:30a Spectral Space 10:30a Spirit Journey 6p The Key 6p	7 Yoga 8a	8
9 Yoga Nidra 2-4p Sunday Circle 5p	10 Yoga 8a / 5:30p CS Yoga 10:30a Alchemy 6p ACIM 7p	11 Yoga 8a GTW 4:30p	12 Yoga 8a Compassion 10:30a Meditation 5p Safety Training 6:30p	13 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	14 Yoga 8a	15
16 Sunday Circle 5p	17 Yoga 8a / 5:30p CS Yoga 10:30a Alchemy 6p ACIM 7p	18 Yoga 8a Volunteer: Food Bank 10a Gather the Women 4:30p Poetry Essentials 6:30p	19 Yoga 8a Compassion 10:30a Meditation 5p	20 Yoga 8a / 5:30p Dreams 10:30a Spectral Space 10:30a Spirit Journey 6p The Key 6p Volunteer: Shelter Party 6:30p	21 Yoga 8a Lunations 6p	22
23 Sunday Circle 5p	24 Yoga 8a / 5:30p CS Yoga 10:30a Alchemy 6p ACIM 7p	25 Yoga 8a Gather the Women 4:30p	26 Yoga 8a	27 Closed for Thanksgiving	28 Closed for Thanksgiving	29 Closed for Thanksgiving
30 Closed for Thanksgiving						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
DECEMBER	1 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	2 Yoga 8a GTW 4:30p	3 Yoga 8a Compassion 10:30a Meditation 5p	4 Yoga 8a / 5:30p Dreams 10:30a Spectral Space 10:30a Spirit Journey 6p The Key 6p	5 Yoga 8a Holiday Lunch 12-1:30p	6
7 Yoga Nidra 2-4p Sunday Circle 5p	8 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	9 Yoga 8a GTW 4:30p	10 Yoga 8a Compassion 10:30a Meditation 5p	11 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	12 Yoga 8a	13
14 Sunday Circle 5p	15 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	16 Yoga 8a Volunteer: Food Bank 10a Gather the Women 4:30p	17 Yoga 8a Meditation 5p	18 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p The Key 6p	19 Yoga 8a	20
21 Sunday Circle 5p	22 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	23 Closed for Winter Holidays	24 Closed for Winter Holidays	25 Closed for Winter Holidays	26 Closed for Winter Holidays	27 Closed for Winter Holidays
28 Closed for Winter Holidays	29 Closed for Winter Holidays	30 Closed for Winter Holidays	31 Closed for Winter Holidays			

Sacred Circles

Sunday Sacred Circle: Matters of the Heart
Sundays Weekly 5-6 pm
Nourish your spirit: a time of introspection, an inter-religious, ecumenical experience for those yearning to unite through prayer, chanting, inspirational readings and silence with the spirit of Sophia.

Facilitated by Dr. Francis Vanderwall, Professor Emeritus, Our Lady of the Lake College and Jesuit Retreat Director.

Donations Appreciated

A Course in Miracles
Monday 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. 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...capable of changing ourselves and the world.
-Jean Shinoda Bolen

Our Gather the Women circle creates an opportunity to connect in authentic conversation, to share stories, to inspire and be inspired. Each week we focus on a different spiritual concept. In circle, we find our voices and claim our power, 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 Sept. 3-Dec. 10 10:30 am-12 pm
Films and books will spark the spirit of compassion during the fall months. Inspiring stories about women, youth, education, courage and love, as well as stories that highlight the shadow side of our culture will reveal new opportunities for compassionate action.

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



Meditation and Spiritual Awakening 
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. We listen to the wisdom of inspiring spiritual teachers and then return to silence, a time to empty and reconnect 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 - **Men's Spiritual Group**
Thursdays Weekly 6-7 pm
Are you ready to open the door to the second half of life? 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 yearning for spirituality.

Facilitated by Tom Lastrapes, who envisions a life 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 heart to the ideas of diverse spiritual teachers. We begin the fall **season exploring Matthew Fox's new book, *Meister Eckhart: A Mystic Warrior for Our Times***. 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

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.

Easy Ways to Stay Connected

 For up to date information, follow us on Facebook: www.facebook.com/TheRedShoesBR

 Visit our website 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!

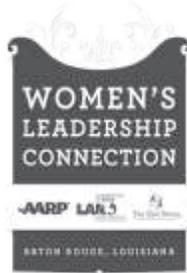
Women's Leadership Connection

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

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

4th Wednesdays - January 28-April 22
6:30-8:30 pm - 2303 Government St

- Learn from outstanding panelists **who will address Louisiana's** politics, culture, education & race.
- Join a community of women who are also new to positions of leadership or service.
- Engage in dialogue about the potential for women to make a difference in Louisiana.



4 dinners and discussions - \$50

Application and info: 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. 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!**

A Red Shoes Gift Certificate: The perfect way to say, "Thank You," or "I Am Thinking of You."

Scholar in Residence
Kayleen Asbo
The Wisdom of
Mary Magdalene
October 10 & 11

2303 Government Street
Baton Rouge, LA 70806



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