

Fall 2016



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

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

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

We celebrate, empower and nurture women.

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

We connect creativity, spirituality and authenticity.

We provide a place of healing and reconciliation.

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

CIRCLE OF LEADERSHIP

Roberta Guillory, Founder

Donna Badon Maida Owens
Celia Bailey Sandy Patrick
Lisa Delpit Becky Simmons
Tracie Garrett Celia Strickler
Susan Lambert

Wendy Herschman, Executive Director
Ellen Friedman, Assistant Director

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

Scholars in Residence

The Power of the Divine Mother:
Healing Our Souls, Healing Our World
with

Meghan Don

Award-Winning Author, Spiritual Mentor



Friday November 11 7-9 pm
Saturday November 12 10 am-5 pm
Sunday November 13 10:30 am-12 pm

We sense deep chaos, affecting our souls, our bodies, our earth. What can we do to navigate these times? How do we maintain our spiritual stamina? In this retreat we will be introduced to the Gnostic teachings of the Dark Mother, an energy and vital force of the Divine Feminine who has been relegated to the shadows for too long. Also known as Kali, Lilith and the Black Madonna, she takes us deep into our darkness and draws out the light of life and awareness.

We will learn of this Dark Mother's deeply transformative power and how she takes in our pain and gives us back the peace of equanimity, how she takes in our weakness and gives us the gift of strength. We will learn of her tenderness and fierceness and awaken these qualities within ourselves.

When we enter into the field of this Dark Mother's power we will be able to stand up, not only for our own lives and souls, but also for those around us who are living in great need. She teaches us how to enter into our liberated hearts and transform our fear into a power for the good of all. This deeply experiential retreat includes meditation, ancient feminine chant and sacred dance.

Sunday Morning - Gnostic Grace Circle Service
Celebrate the union of the feminine and masculine energies, within our own beings and within the world. We will invoke the Archangels of the Sacred Circle and join in chant and prayer.

Facilitated by Meghan Don, author of The New Divine Feminine. Originally from New Zealand, Meghan has traveled the world in search of her spiritual truth. As founder and leading guide of The Gnostic Grace Circle, her work with mystic meditation, dance and chant helps to raise the feminine consciousness.

Early Bird Paid Registration \$135 / After November 1 \$165

In Partnership with the C. G. Jung Society of Baton Rouge



Dr. Michael Conforti

Internationally Known Author & Jungian Analyst
When the Gods are Silent

Friday September 23 7-9 pm
Saturday September 24 9 am-1:30 pm
(details p. 4)

Dear Friends, How are you? I have wished I could reach out to each of you and listen to your story. Whether your home was dry or flooded, the waters have washed our hearts together and we are all feeling the loss and compassion throughout our community. What can we do to help? Our season ahead provides opportunities to share healing, acceptance and hope. The work of restoring homes and neighborhoods is exhausting. Take time to refuel at The Red Shoes. We have several powerful programs offered as a donation by facilitators who want to help and ease the pain - there is no cost to attend. "Tear it down to the studs." Those words, unthinkable a month ago, have lost their shock value. After the sorrow and the labor, what is the teaching that emerges? What is it in our lives and in our social fabric that needs to be cast off and exposed? We haven't forgotten Alton Sterling, or the police officers, we haven't forgotten what it feels like to heap our treasures on the curb as rubbish. How can we rebuild our lives and our community in a better, healthier way? We can begin by simply remembering, we are One.
Wendy Herschman, Executive Director

September



Complete yoga schedule on page 8

Kundalini Yoga

Thursdays Beginning September 1 9:30-10:30 am
 Kundalini yoga connects our finite selves with the infinite through a dynamic blend of spiritual and physical practices. Known as the yoga of awareness, kundalini blends guided movements, breath techniques, meditation and sound chanting. With simple instruction, humor and a leap of faith, revive your dormant energy. Participate on mats or chairs. This practice is for those with physical limitations or fully fit.

Facilitated by Janet Sullivan, a licensed massage therapist practicing Shiatsu healing work for 20 years.
 \$10

Dream Discovery

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

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

Spiritual Journey Circle (details p. 11)

Thursdays Beginning September 1 6-7 pm
 Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers. New paths appear as we look and listen from new perspectives.

Sunday Sacred Circle: Matters of the Heart

(details p.11)
 Sundays Beginning September 4 5-6 pm
 Nourish your spirit. Enjoy a time of introspection, an inter-religious, ecumenical experience for those yearning to unite through prayer, chanting, inspirational readings and silence with Spirit.

Safe Landings: How To Fall & Not Break Your Hip
 Tuesdays & Fridays Sept 6-30 10:30-11:30 am
 How many people do you know who have been hurt in a fall? In life, falling is certain. Accepting this reality is the first step to freedom from injury. Learning to let go, emptying all fear of danger and tension, allows the mind to relax and the body can learn to fall safely. This light aerobics class begins with clearing the mind and then shows how to land safely and rise again. It starts with very gradual impact to allow anyone of any fitness level to do what they can. As class progresses, you will build strength, agility, and the ability to flow into a fall with gradually increasing impact. You can learn how to fall safely. Like riding a bike, it comes back when needed.

Facilitated by Omar L. Rashed who has been practicing martial arts for over 7 years and is author of the book Journey to Black Belt: Lessons For Life. He is also a part-time professor at Rutgers University.

\$85

Compassion in Action Circle (details p. 11)

Healing Our Political Divide:
 Reuniting and Strengthening Our Families,
 Communities and Country
 Wednesdays Sept 7- Oct 26 10:30 am-12:30pm
 Are you concerned about our divisive political **environment but aren't sure how to engage in a way that's constructive, healing and unifying?** Join us as we discuss *The Reunited States of America: How We Can Bridge the Partisan Divide* and listen to author and teacher Mark Gerzon share principles and practical solutions that have already begun healing divides all across the country, from local communities to the halls of Congress.

Facilitated by Gerry Stark and members of the Compassion in Action Circle.
 Monthly \$20

Meditation and Spiritual Awakening (details p. 11)
 Wednesdays Beginning September 7 5-6 pm
 Join us for a quiet time of exploration and meditation. Enjoy stillness that creates a time to empty and reconnect to Source. The first Wednesday of each month is a time of coloring meditation with quiet music. Some instruction offered each week as we develop and deepen our practice.

Suggested donation \$5

Finding Your Way Through: *The Way of the Heart*
Wednesday September 7 6:30-8:30 pm

I learned this work a month before Katrina hit. My family and all of my relatives lost our homes. But I had a way to process the event with more grace, love, and even joy than I could have imagined. I did not get out of it, but surely had a way through it.

- Donna Accardo, The Way of the Heart Coordinator



Are you physically and emotionally exhausted from this flood and its aftermath? Worried about what to do next? Come experience

energetic relief. *The Way of the Heart* is an organization dedicated to supporting individual and collective life. Working with a healing modality that promotes a sense of grounding and empowerment, a trained facilitator from New Orleans is offering an evening of de-stressing and clearing of trauma, fear and anxiety. Leave ready to greet the new day.

Facilitated by Donna Accardo, Louisiana Area Coordinator for The Way of the Heart who has been a facilitator since 2005.

Donations to Benefit Our Flooded Friends

Heal Yourself Workshop: Pranic Healing and TAT®
Saturday September 10 10 am-4 pm

Looking for non-medical, non-pharmaceutical methods to heal? Experience a demonstration and explanation of Pranic Healing and a hands-on experience with Tapas Acupressure Technique. Pranic Healing is a simple, yet **powerful system of “no-touch” energy healing based on the fundamental principles that the body is a self-repairing entity.** Learn how to tap into your own energy and the ocean of surrounding energy. The TAT® process uses acupressure points to connect the physical, mental, emotional and spiritual aspects, bringing one to presence in the current moment, more able to receive the love, healing, peace and energy available. Healing is in your hands.

Facilitated by Pat Cole, Advanced Pranic Healer and Velma Alford, Certified TAT® (Tapas Acupressure Technique) Trainer, interfaith Seraphim Angel minister.
\$45

A Course in Miracles (details p. 11)
Mondays Beginning September 12 7-8:30 pm
Welcome the wisdom of *A Course in Miracles*. Meeting weekly, we build a circle of support for this profound and life-changing inner work that focuses on healing relationships and making them holy.

Beyond Surviving the Flood: Waves of Emotion
Wednesday September 14 6:30-8:30 pm
The Louisiana Flood was experienced in many different ways: rooftop evacuation, leaving just in time, material



loss and assisting flooded friends. Now we can join together to learn how to cope with the aftermath. Through techniques that will address trauma, reduce anger and anxiety

and even address survivor’s guilt, we will work on managing the ongoing stress of the flood and its effects. Open up to the various emotions you may be experiencing in response to this disaster and learn how to cope with grief, depression, fear and worry in the face of a dramatically changed community landscape.

Facilitated by Dayle Malen, LCSW-BACS, EFTMP, M.Ed., who offers therapy, life skills and coaching to those who wish to re-design their lives.

Donations to Benefit Our Flooded Friends

Enjoy a Boost of Divine Energy
Tuesday September 20 6:30-7:30 pm
Receive the Oneness Blessing, a transfer of Divine energy. The Oneness Blessing awakens creative potential, promotes inner peace and harmony and invokes experiences of unconditional love. Spend an hour connecting with the Divine and accessing your own divinity. Open to all, walking any spiritual path.

Facilitated by James Brinson, a Oneness Blessing Giver and Trainer.

Suggested donation \$10

Pranic Healing Clinic - Monthly
Wednesday September 21 6:30-8:30 pm
Pranic healing is a powerful “no-touch” healing modality developed by Grand Master Choa Kok Sui using “life force” or prana (chi) to heal emotional and physical ailments. Pranic healing offers specific protocols for each condition. Enjoy receiving a healing session and learn to heal yourself.

Facilitated by students of Master Stephen Co.

Suggested donation \$10

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

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.

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

In Partnership with
The C.G. Jung Society of Baton Rouge
 A Spiritual Retreat with Michael Conforti
When the Gods Are Silent
 September 23-24

Living Through Times of Turmoil and Trauma
 Friday September 23 7-9 pm

*The world hangs by a thin thread, and
 that thread is the psyche of man...* -Carl Jung

Throughout history we have lived through times when the Gods were silent -The Crusades, The Holocaust and endless inhumane wars. Now, we encounter unthinkable **acts of violence in our own backyards. The “secure”** spaces of schools, movie theaters and shopping malls have morphed into settings of violence. The recent murders in Baton Rouge and Dallas have painfully brought the reality of the dark unconscious and its manifestations to the fore of our lives. We are experiencing a world that has lost its bearings, a world where politics and religion seem incapable of healing - and often fuel the storm. Our Gods are silent once **more...or their voices go unheard. Dr. Conforti will** explore the psychic conditions responsible for this plight and the moral response demanded from each of us.

Dreams and the Eclipse of God
 Saturday September 24 9 am-1:30 pm

How do we separate our personal interpretation of a dream from its archetypal meaning so we can receive the larger message? Since the beginning of time, humanity has found ways to listen to The Self, to the transcendent and to a wisdom which exists beyond conscious perception. This was the world familiar to Jung and upon which he built his work with dreams, **symbols, “self” and the “objective psyche.” However,** in contemporary culture, we find the contributions of Jung eclipsed by an emphasis on individual feelings and reactions to dreams. Such a personal rendering of the **dream, while meaningful in identifying one’s complexes and personal biases, does little to attend to the dream’s** innate, archetypal and spiritual meaning. The dream reveals a truth about life, and this meaning is often muted by individual perception and consciousness. It is this tension between the secular and the sacred, the personal and the archetypal, that will be explored in this seminar. These themes will be illustrated through the presentation of dreams from clinical practice, the Bible and from historical figures.

Dr. Michael Conforti is a Jungian analyst in private practice in Mystic, CT, and the founder and director of the Assisi Institute. He was a faculty member at the C.G. Jung Institute-Boston, and the C.G. Jung Foundation of New York.

Friday \$20/Saturday \$65
 Early Bird Combo \$75 / After September 10 combo \$80
 CEUs Friday (2.0) Saturday (4.0) LPCs & MSWs \$10

Gong Bath - Sounds of Fall: Autumn Equinox
 Sunday September 25 3:30-5:30 pm
 Join us for a concert and gong bath to transition from the energies of summer to the pensive notes of autumn. Feel the vibrational change and sense the subtle tones of transformation. No water is involved in a gong bath; participants sit or recline and allow the sounds to “wash over” them. The concert includes a variety of instruments and “singing” bowls. You may bring a yoga mat, pillow and blanket to rest comfortably. Some mats and blankets available.

Facilitated by Daniel Leonard, practitioner of yoga, sound arts and meditation leader; and Olivia Sophia, music educator, musician and sound arts promoter. \$20

Volunteer: Baton Rouge Food Bank
 4th Tuesdays Beginning September 27 10 am-12 pm
 Location: 10600 South Choctaw Dr. (Fraenkel Center)
 There are many in need - you can help. The food bank counts on volunteers for over 20,000 hours of help each year. All food donated must be sorted and categorized for distribution. That is where we come in: we will meet at the food bank to sort or bag food. Join our team, call us today to volunteer. (Wear closed-toe shoes.) No Fee

Lunations: New Moon Ritual
 Thursday September 29 6-7:30 pm
 Join us to tap into the cycle of the moon as a source for re-centering and re-grounding. Our sacred monthly **gatherings, based on Christine Page’s Lunations** ceremony, include a water ritual for letting go of those things we no longer need.
Facilitated by Lisa Bovenkamp-Langlois, who enjoys sharing this monthly ritual of transformation. \$5



October

Weekly Programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
Course in Miracles	Mon	7-8:30 pm	pg 11
Compassion in Action	Wed	10:30a-12:30p	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
AA Meditation Mtg	Thurs	7-8 pm	pg 5

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Monthly Programs

4th Tuesdays	Food Bank	10 am-12pm	pg 3
3rd Wednesday	Pranic Clinic	6:30-8:30pm	pg 3

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

From the Isle of Woman: Organic Face Cream
 Saturday October 1 10:00 am-12:30 pm
 Mythology tells of places inhabited solely by women that kept alive traditions that nourished the healthy feminine, caring for bodies, hearts and souls. Join this **class of our "Isle of Woman" series to learn why caring for your skin naturally helps with long term wellness in the whole body.** In this class we look specifically at unique aspects of facial care, introduce traditional facial assessment for organ vitality and learn how to make our own decadent herbal face cream that you can customize for your skin type! We will make the cream in class and leave with a small jar, a time tested recipe and an ingredient resource list. (class limit 9)

Facilitated by Megan Assaf, BFA, LMT, Women's Health Massage Therapist.

All supplies included \$30

Yellow Brick Academy: Entrepreneur Training
 From Funding to the Finish Line
 Tuesdays Oct 4, 18 & Nov 1, 15 6-8 pm
 See your business dreams become your reality. Expand your potential as a small business owner by gaining skills in finance and concept design. This 4-part academy will help you with a start-up or existing business. Deepen your understanding of your business model and define your product. Know your target market and competition. Learn the basics of personal financial management, including budgeting, debt management and credit score management.

October 4 Session One: Credit and Cash Matters
 Learn how credit and cash can make or break your business model.

October 18 Session Two: Business Plan or Bust!
 Develop and leave with a one-page business and marketing plan.

Facilitated by business professionals in collaboration with the SELA Women's Business Center, the Good Work Network, SBA (Small Business Administration) and The Red Shoes Lifting Loans program.

4 class series \$40

Seeing Beyond Our Own Truth: Evolved Awareness
 Wednesdays October 5-26 6:30-8 pm
"I do not have any answers, but I have some very good questions." Elie Weisel

When the world is in chaos and our image of the meaning of life is challenged by circumstances, how do we hear both sides, pro and con, with respect and accept the ambiguity of the situation? Using two challenging works, we will consider accepting paradox as a necessary aspect of a belief system and open dialogue as a stepping stone to personal and societal growth. First we will watch *The Trial of God*, based on the book by Elie Wiesel, a drama of doubting trust and trusting doubt that plunges us into the uncomfortable sea of not-knowing. Then readings from *The Sunflower* by Simon Wiesenthal will continue our exploration of

what we call good and evil by considering the role of forgiveness. Challenge your ability to see things differently and grow in wisdom and understanding.

Facilitated by Joan McCaskill.

\$40

Kundlaine Yoga (details p. 2)
 Thursdays October 6-26 9:30-10:30 am
Known as the yoga of awareness, kundalini's guided movements and breath techniques bring inner harmony.


Alcoholics Anonymous Open Meeting –Meditation
 Thursdays beginning Oct 6 7-8 pm
 Together we will explore guided meditation, and share our Experience, Strength, and Hope toward living a Sober Life.

NIA: A Time To Rebuild from the Inside Out
 Friday October 7 12-1:30 pm
"When we heal ourselves, we heal the world"
 ~ Mark Nepo

Come and gather to bridge the divide. Move your body in community to beautiful music in rhythm and flow and sense your life force from the inside out. By calling us to **"feel to heal," Nia is a mind/body fusion fitness practice that allows us to rebuild, renew and re-invigorate.** The magic of dancing together is deep and ancient medicine. Nia trainers Julie Wylie and Kate Finlayson will be your guides to dance into a loving relationship with your oldest friend, Your Body!

Facilitated by Kate Finlayson and Julie Wylie, Nia Education Trainers & Nia First Degree Black Belt Teachers.

\$15

Beyond Surviving the Flood (details p. 3)
 Saturday October 8 10am- 12 pm
 Address trauma, reduce anger, anxiety and **even survivor's guilt. Manage the ongoing stress of the flood and its effects.**

A Picture Is Worth...The Story It Tells

Sunday October 9 2:30-4:30 pm
 Are you storing boxes of family photos to retain your family history? A photo only has meaning if we know the story. The story is the treasure to hand down to the next generation. Join us to learn how to save the family stories your photos tell. Bring up to 10 photos. Through a guided experience of listening and speaking, you will learn how to tell the story of your photos as you are recorded on professional video equipment. This conversation enables you to save the stories and memories, forever. You will be able to purchase a DVD (\$20) of this beautiful experience of story sharing.

Facilitated by Omar L. Rashed author of five books, two of which are personal memoirs of his grandparents who died before he was born. Their stories will live on.

Early Bird \$40/After September 25 \$50

Mind-Body Skills for Coping and Resiliency
 Saturday October 15 10 am-1 pm
 Discover simple coping skills to help reduce stress, manage anxiety and increase your resiliency. Learn basic, scientifically proven techniques practiced in Western medicine and traditional healing cultures in this workshop based on the teachings of The Center for Mind-Body Medicine, (www.cmbm.org.) This workshop will include experiences with relaxation techniques, imagery and using movement for improved health.

Facilitated by Carolee Laffoon, life coach, and certified practitioner of Mind-Body Medicine through The Center for Mind-Body Medicine. She serves on the faculty of the Mind-Body Center of Louisiana.

\$25

Flood Assistance Fundraiser: Yoga of Sound
 Saturday October 15 7-8:30 pm
 Enjoy a relaxing evening of music, chanting and eastern philosophy of sound presented to raise funds for flood relief. Explore Nada Yoga - the yoga of sound, a practice of tuning in to the omnipresent laws of the vibrating universe. Come together to experience

Kirtan, spiritual chanting that encourages deep concentration and find out about Indian Ragas - the artistic embodiment of the yoga of sound path. You may notice better quality sleep and a sense of calm after attending this session. Awaken: open your ears and learn simple yet elegant, energy restoring practices.

Facilitated by Dr. Igor Iwanek, formerly an Affiliated Artist at MIT, a composer and musician well versed in the Hindustani (North Indian) and Western Classical music traditions.

Donations to Benefit Our Flooded Friends

Sleep Benefits and Secrets
 Mondays October 17 & 24 6:30-8pm
 Do you wake up weary when you start your day? Are you tired of wasting time and money on your sleep issues? Based on the book, *The Healing Power of Sleep* by Lynn D. Johnson, learn twelve tools to use that will help you get deep, refreshing sleep. You will no longer need to rely on drugs or anyone else for the rest you deserve. If you are willing to commit to learning and practicing **simple, new sleep skills, you'll discover a happier, more creative, healthier you.**

Facilitated by Pat Godfrey, LCSW.

\$20

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

*Presented in Partnership with
 The C. G. Jung Society of Baton Rouge*
 Dreams, Creativity and The Cajun Psyche
 Saturday October 22 10 am-1 pm
 The term *Cajun* is usually associated with food, music and good times. The popularity and commercialization of the *Cajun* brand stops short, however, of understanding the soul or psyche of this ethnic people. The culture of the Cajuns, deeply rooted in their history, environment and religion, has been the perfect container for a living creative spirit.

Using the framework of Carl Jung's analytical psychology, the world of dreams and the collective unconscious and motifs from Longfellow's poem *Evangeline*, we will explore how the heart and soul of the living Cajun culture is a reflection of the original source of its being and its history.

Facilitated by Charlene Henry, MSW, LCSW, founder of the C.G. Jung Society in Lafayette, Diploma Candidate in Analytical Psychology at the Center for Research and Study of Analytical Psychology in Zurich, Switzerland.

\$40

CEUs 3.0 for LPCs and MSWs \$10

Open House Party: Your Carriage is Waiting
 Sunday October 23 4-5:30 pm



"Cinderella... proof that the right pair of shoes can change your life."

You are invited to our fall open house, the perfect place to discover **"the right shoes to wear" for the next steps** on your spiritual journey. Like all of us, Cinderella faces many challenges before she can find her own path and discover her beauty and power. Her life transforms when she puts on the glass slippers and is able to walk in a new way. Come explore the magic of **The Red Shoes: you'll feel like you have been transported by carriage to this safe, supportive space for relaxation and transformation where you can become your best self.** Ignite your spirit and nourish your creativity in this warm, inclusive community. Our open house features program samplings, imaginative activities and delicious delicacies. Learn about our wide array of offerings and meet some of our facilitators. We know The Red Shoes can change your life.



No Fee

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

Did you know you can make donations and register for any of our classes online? Please visit our website: www.theredshoes.org

Break Free:

Launch into Perfectly (im)Perfect Action
Saturday October 29 10 am-4 pm
You have a big dream or project—that book you want to write, the new business to launch, the garden to plant, the space to clean out, a new degree to earn—but you **aren't making any progress. Maybe you haven't even started.** Join us for an interactive day of inquiry, strategizing, brainstorming, exercises, encouragement and mutual accountability to identify and start breaking through blocks of procrastination, overwhelm, shame, perfectionism and fear. Our goal? To experience the exhilaration and effectiveness of stepping out of "Stuck" and into **"Perfectly (im)Perfect Action."**

Facilitated by Chris Kisling, mentor and life coach who helps people break through the blocks that stand between them and the life they want.

\$45

Lunations: New Moon Ritual (details p. 4)
Saturday October 29 6-7:30 pm
Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.



November



Weekly Programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
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Monthly Programs

4th Tuesday	Food Bank	10a-12p	pg 3
3rd Wednesday	Pranic Clinic	6:30-8:30p	pg 3

Yellow Brick Entrepreneur Training (details p. 5)
Tuesdays Nov 1 and 15 6-8 pm
Expand your potential as a small business owner by gaining skills in finance and concept design. This academy will help you with a start-up or an existing business.

Nov 1 Session Three: Numbers Don't Lie

Analyze feasibility and projections to determine if this business can break even or make money.

Nov 15 Session Four: Who, What and How?
At our business roundtable, learn from and dialogue with business owners and professional service providers.

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

Compassion in Action Circle (details p.11)
#unBRoken: Hope and Healing for Baton Rouge
Wednesdays Nov 2-Dec 14 10:30 am-12 pm
How do we come together as a community to make a better Baton Rouge? Join us as we explore ideas with presentations from local leaders, inspiring TED talks and discussion of thought provoking articles. Together we will chart a course for hope and healing.

Open Mic Music and Poetry
Friday November 4 7-9 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 stay for coffee and desserts.

\$5

Moved To Create: Intuitive Painting
Saturday November 5 10:30 am-12:30 pm
Experience authentic creative expression: you will be invited to breathe deeply, become present and connect with your inner muse. It is from this connection that creativity will flow, without judgment or attachment to the outcome. Intuitive painting allows you to get out of your head and paint from your heart. The facilitator will encourage and support you through your process without influencing your work or imposing design or technique. All paints and materials provided. Have fun!

Facilitated by Antoinette Johnson, visual and intuitive artist, owner of Source Connect Studio and Gallery. She believes that we are all artists and when we focus on our creative energy, it calms and centers us.

\$30

The Healer Within: Madeleine Conger
Sunday November 6 1:30-4:30 pm
Every one of us is a healer - this is in fact one of our divine birthrights. Inside each of us is the innate wisdom that intuitively knows how to heal the body, mind, and spirit. But how do we access this inner wisdom for personal healing? Madeleine Conger will describe how a cancer diagnosis at age 19 altered her life in unimaginable ways, as she began to uncover spiritual gifts through her own journey of self-healing. Participants will experience healing techniques based on Madeleine's own modality, "Conscious Touch Healing," assisting us in bringing awareness and consciousness to our own healing wisdom. Learn to be a **greater healing presence for one's self and others.**

Facilitated by Madeleine Conger, LPC, who has had a private healing practice in Baton Rouge for 16 years. She is certified in Integrated Kabbalistic Healing and Barbara Brennan Hands of Light Healing.

\$45



December



Ongoing programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
Course in Miracles	Mon	7-8:30 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
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Monthly Programs

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Holiday Lunch: Celebrate the Season

Friday December 2 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 Nov. 29, please!

\$10

Volunteer: Winter Wonderland Party

at Sweet Dreams Shelter
 Thursday December 8 6:45-8:30 pm
 Location: 1623 Convention Street

Volunteer to participate and help plan a winter wonderland party for women and children, complete with games, crafts and treats. But along with 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

Presented in collaboration with
 St. Joseph Spirituality Center

Paula D'Arcy Seminar

Living Within the Mystery

In Honor of

Sister Lydia Champagne's Legacy

Friday March 3 7-9 pm
 Saturday March 4 10 am-5 pm
 \$65

Location: St. Joseph's Academy Cafeteria

Ava Haymon: Your Life As a Fairy Tale
 Mondays November 7-21 6:30-8:30 pm
 Once upon a time, fairy tales were not repeated as **children's entertainment**. Our culture has cleaned them up, rendered them sweet and disguised much of their power. Somehow (magically, you could say), they retain their profound ability to urge us on toward health and spiritual development. Join Ava Leavell Haymon for a prose writing workshop that will deepen your writing and your life as well. Before our first class, identify your **favorite fairy tale**. We'll share those as we begin to relax under the spell of this ancient form. Once there, we can learn about ourselves and communicate honestly **without revealing more than we wish**. Maybe we'll even live happily ever after!
 Beginners and seasoned writers all welcome.

Facilitated by Ava Leavell Haymon, Poet Laureate,
 State of Louisiana, 2013-2015.

\$60

The Transformative Power of the
 Divine Mother:
 Healing Our Souls, Healing Our World
 with
 Meghan Don

Friday	November 11	7-9 pm
Saturday	November 12	10 am-4 pm
Sunday	November 13	10:30 am-12 pm (details p. 1)

Yoga Nidra: Peace Within
 Saturday November 19 10 am-12 pm
 Join DeeDee for this grounding yoga nidra to cultivate a foundation of inner peace and clarity. Center and balance the mind and body through relaxation exercises, breathing techniques and subtle energy exercises. Yoga nidra is a reclined, guided meditation. There are no yoga postures; no experience is needed. Bring a blanket/pillow/mat. Dress comfortably.

Facilitated by Delisha "Dee Dee" Poullard, certified
 yoga instructor, meditation facilitator and energy
 healer.

\$20

Lunations: New Moon Ritual (details p. 3)
 Monday November 28 6-7:30 pm
 Join us to tap into the cycle of the moon as a source for re-centering and re-grounding.

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 Red Shoes 2016 Fall Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SEPTEMBER				1 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p	2 Yoga 8a	3
4 Sacred Circle 5p	5 Closed for Labor Day	6 Yoga 8a Safe Landings 10:30a	7 Yoga 8a Compassion in Action 10:30a Coloring Med 5p Way of Heart 6:30p	8 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p	9 Yoga 8a Safe Landings 10:30a	10 Heal Yourself: Pranic & TAT 10a
11 Sacred Circle 5p	12 Yoga 8a / 5:30p CS Yoga 10:30a A Course in Miracles 7p	13 Yoga 8a Safe Landings 10:30a	14 Yoga 8a Compassion 10:30a Meditation 5p Surviving the Flood 6:30p	15 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p	16 Yoga 8a Safe Landings 10:30a	17
18 Sacred Circle 5p	19 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	20 Yoga 8a Safe Landings 10:30a Divine Energy 6:30p	21 Yoga 8a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p	22 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p	23 Yoga 8a Safe Landings 10:30a Michael Conforti Seminar Trauma 7p	24 Michael Conforti Seminar Dreams 9a-1:30p
25 Gong Bath 3:30p Sacred Circle 5p	26 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	27 Yoga 8a Food Bank 10a Safe Landings 10:30a	28 Yoga 8a Compassion 10:30a Meditation 5p	29 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Lunations 6p Spirit Journey 6p	30 Yoga 8a Safe Landings 10:30a	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
OCTOBER						1 Isle of Woman: Face Cream 10a
2 Sacred Circle 5p	3 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	4 Yoga 8a Yellow Brick Academy 6p	5 Yoga 8a Compassion 10:30a Coloring Meditation 5p Seeing Beyond 6:30p	6 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	7 Yoga 8a NIA 12p	8 Surviving the Flood 10a
9 Photo Stories 2:30p Sacred Circle 5p	10 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	11 Yoga 8a	12 Yoga 8a Compassion 10:30a Meditation 5p Seeing Beyond 6:30p	13 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	14 Yoga 8a	15 Carolee Laffoon: Mind-Body Skills 10a Yoga of Sound Flood Benefit 7p
16 Sacred Circle 5p	17 Yoga 8a / 5:30p CS Yoga 10:30a Sleep Secrets 6:30p ACIM 7p	18 Yoga 8a Yellow Brick Academy 6p	19 Yoga 8a Compassion 10:30a Meditation 5p Pranic 6:30p Seeing Beyond 6:30p	20 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	21 Yoga 8a	22 Dreams, Creativity & The Cajun Psyche 10a
23 Open House Party 4p	24 Yoga 8a / 5:30p CS Yoga 10:30a Sleep Secrets 6:30p ACIM 7p	25 Yoga 8a Food Bank 10a	26 Yoga 8a Compassion 10:30a Meditation 5p Seeing Beyond 6:30p	27 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	28 Yoga 8a	29 Break Free: Launch into Action 10a Lunations 6p
30 Sacred Circle 5p	31 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOVEMBER		1 Yoga 8a Yellow Brick Academy 6p	2 Yoga 8a Compassion 10:30a Coloring Meditation 5p	3 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 7p	4 Yoga 8a Open Mic 7p	5 Intuitive Painting 10:30a
6 Healer Within: Madeleine Conger 1:30p Sacred Circle 5p	7 Yoga 8a / 5:30p CS Yoga 10:30a Ava Haymon: Fairy Tales 6:30p ACIM 7p	8 Yoga 8a	9 Yoga 8a Compassion 10:30a Meditation 5p	10 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 7p	11 Yoga 8a Meghan Don: Power of Divine Feminine 7p	12 Meghan Don: Power of Divine Feminine 10a
13 Meghan Don: Gnostic Grace Circle 10:30a Sacred Circle 5p	14 Yoga 8a / 5:30p CS Yoga 10:30a Ava Haymon: Fairy Tales 6:30p ACIM 7p	15 Yoga 8a Yellow Brick Academy 6p	16 Yoga 8a Compassion 10:30a Meditation 5p Pranic Clinic 6:30p	17 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 7p	18 Yoga 8a	19 Yoga Nidra 10a
20 Sacred Circle 5p	21 Yoga 8a / 5:30p CS Yoga 10:30a Ava Haymon: Fairy Tales 6:30p ACIM 7p	22 Yoga 8a Food Bank 10a	23 Closed for Thanksgiving	24 Closed for Thanksgiving	25 Closed for Thanksgiving	26
27 Sacred Circle 5p	28 Yoga 8a / 5:30p CS Yoga 10:30a Lunations 6p ACIM 7p	29 Yoga 8a	30 Yoga 8a Compassion 10:30a Meditation 5p			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
DECEMBER				1 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 7p	2 Yoga 8a Holiday Lunch 12p	3
4 Sacred Circle 5p	5 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	6 Yoga 8a	7 Yoga 8a Compassion 10:30a Coloring Meditation 5p Pranic Clinic 6:30p	8 Yoga 8a / 5:30p Dreams 10:30a Winter Wonderland at Sweet Dreams Shelter 6:45p AA 7p	9 Yoga 8a	10
11 Sacred Circle 5p	12 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	13 Yoga 8a	14 Yoga 8a Compassion 10:30a Meditation 5p	15 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 7p	16 Yoga 8a	17
18 Sacred Circle 5p	19 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	20 Yoga 8a	21 Yoga 8a Compassion 10:30a Meditation 5p	22 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 7p	23 Yoga 8a	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



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 breath and movement into balance, become grounded and focused for the day. All levels of experience welcome.

Facilitated by Tina Ufford, CYT.

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

Yoga for Cancer Survivors

Mondays 10:30-11:30 am



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

Facilitated by Valerie Flynn Wintz, certified restorative yoga teacher.

Sponsored by Cancer Services - No Fee

Gentle Yoga

Mondays and Thursdays 5:30-6:30 pm

Melt away tension and stress at the end of your day through this revitalizing practice. 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 experienced students who enjoy a slow-paced, less strenuous practice.

Facilitated by Tina Ufford, RYT 200 through Yogasteps, and Valerie Flynn Wintz, certified restorative yoga teacher.

\$8 per class / 7 classes \$48



Sacred Circles

There is something about Circles The Beloved Likes.
- Hafiz

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 Spirit.

Facilitated by inspired members of the circle.

Donations appreciated

A Course in Miracles

Mondays Weekly 7-8:30 pm

Welcome the wisdom of *A Course in Miracles*. We will meet weekly to build a circle of support for this profound and life-changing inner work that focuses on renewing our minds in positive ways to heal ourselves, our relationships and many aspects of our lives. The Course consists of 365 lessons, an exercise for each day or done at your own pace. Begin the process of changing your mind and your perceptions of life experiences with the aim of removing blocks to the awareness of love's presence within and all about.

Facilitated by Nic Ourso, who has studied *A Course in Miracles* for many years.

Suggested monthly donation \$20

Compassion in Action Circle

Wednesdays Weekly 10:30 am-12 pm

Join us to expand your awareness on issues that are at the forefront of our society today. Books, films, guest speakers and TED talks will spur our discussions. Learn more about the problems and discover how you can be part of the solution. You can make a difference!

Facilitated by Gerry Stark, community activist, and other 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. Silence ends as we listen to the wisdom of inspiring spiritual leaders. 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.

* The first Wednesday of each month will be a time for contemplative coloring, a relaxing form of active meditation. Enjoy calming music as we color.

Facilitated by Wendy Herschman, who enjoys sharing the joy of group meditation.

Suggested donation \$5

Spiritual Journey Circle

Thursdays Weekly 6-7 pm

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

Thought-provoking writers and inspiring teachers will be part of our spiritual journey. Share in discussions that enrich your life on a deep 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



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Baton Rouge, LA 70806

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Inspiration On the Way

Michael Conforti
Sept 23- 24

Meghan Don
Nov 11-13

Introducing
Project HOPE
Heal
Overcome
Prosper
Empower



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

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

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

We Wish You Well!

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!**