

Spring 2018



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 Lisa Delpit Maida Owens
Celia Bailey Tracie Garrett Sandy Patrick
Barbara Bullock Terri Hammatt Celia Strickler
Susan Lambert

Wendy Herschman, Executive Director
Kelly Jean, Administrative Assistant

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

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

Scholars in Residence

Evolutionary Narrative: Creating Authentic Power through Story
A Spiritual Retreat

with

Dr. Joan Borysenko

Harvard trained cell biologist, psychologist, world-renowned expert in the mind/body connection and author of 17 books



Friday	March 9	7-9 pm
Saturday	March 10	10 am-5 pm
Sunday	March 11	10:30 am-1 pm

The stories we habitually tell ourselves change our relationships, our path through the world and even our brain circuitry. They can elevate life to heaven on earth or drop us unceremoniously into the fire. The ability to replace self-judgment and condemnation of others with mindful compassion will help silence the inner critic and create a more coherent narrative of meaning and purpose that encourages your inner light to shine ever more brightly. Join us to rewrite parts of your own life story, learn effective techniques to rewire negative brain circuits and discover authentic character strengths and values that lead to increased wellbeing and resilience. Together with Joan, we will harvest the wisdom of life myths, both sacred and profane, uncover core strengths, use positive psychology for resilience and discover the power of transformational narrative.

Friday only \$25/ full retreat early bird by Feb 1 \$125
After Feb 1 \$165

Cancer as a Healing Journey: Project HOPE

Friday March 9 10-11:30 am

Mary Bird Perkins/ Our Lady of the Lake Cancer Center

We all know resilient people who bounce back from hardships of every kind and create their best lives. Other people stress out and melt down losing hope and health. The good news is that resilience is a learnable skill that illness and adversity invite us to cultivate. Resilient people face reality head-on, tame fear and stress, find deeper meaning in life, laugh often and inspire others. In the process, the immune system perks up, and the natural healing mechanisms of body and mind are nurtured and amplified. In this lecture, Joan Borysenko, Ph.D., a world-renowned expert on stress, health, and healing, offers you practical tools to help turn crisis into opportunity.

(Breakfast Treats Available at 10am) - No Fee

Inspiring Scholar Rabbi Diane Elliot
An Oasis in Time

Enjoy a weekend of inner listening,
a time to refresh body, soul and mind.
January 26-28 (More info p.4)



*A dream you dream alone is only a dream.
A dream you dream together is reality.*

John Lennon/ Yoko Ono

Dear Friends, It is time for us to dream together, a dream of a caring world. While we look around and see a world that appears fragmented and out of harmony, we can still choose to “dream” a world of oneness. Coming together at The Red Shoes for small circles and inspiring speakers is a first step. We turn inward to connect with heart and spirit and then we can open our eyes to how to embody that connection to spirit as we interact with others. The Red Shoes is providing opportunities for inquiry about race so together, we can “dream” a more equitable world. **Rabbi Diane Elliot** is coming in January to help us find the quiet place within that creates personal peace and noted author and pioneer in integrative medicine, **Joan Borysenko**, is joining us to speak at a local cancer center and then lead an inspiring retreat that will call us to live our highest purpose. Please join us for programs, offer your time as a volunteer and consider a financial donation of any amount, so together, we can dream of a world of love and caring compassion - and make it reality.

Happy New Year, Wendy Herschman, E.D.

January

Complete yoga schedule on page 8

A Course in Miracles (details p. 11)

Mondays Beginning January 1 7-8:30 pm
Seeking happiness and peace? Begin the new year with our weekly study of *A Course in Miracles*, a powerful, life-changing course that guides us to happiness and peace. The first week, January 1, will be a review of the end of 2017 lessons. On January 8th we will begin the course for 2018. Enjoy the miracles of life.

Compassion in Action Circle (details p. 11)

Wednesdays January 3-31 10:30 am-12 pm
Join us as we complete our discussion of *A Hidden Wholeness: The Journey Toward An Undivided Life* by Parker J. Palmer. **Gain an experience of a “circle of trust” as we support each other on the journey to living balanced lives.**

Meditation and Spiritual Awakening (details p. 11)

Wednesdays Beginning January 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. 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.

Kundalini Yoga —Weekly

Thursdays Beginning January 4 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, breathing techniques, meditation and sound chanting. 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 January 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, 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 January 4 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.

Alcoholics Anonymous Open Meeting - Meditation

Thursdays Beginning January 4 7-8 pm
Together we explore guided meditation and share our experience, strength & hope toward living a Sober Life.

Sunday Sacred Circle (details p.11)

Sundays Beginning January 7 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.

Black Minds Matter: Join the Conversation

Tuesdays January 9-February 6 6-8 pm
Looking for a meaningful way to engage in the race conversation? Join us for the next steps in *Black Minds Matter*, a course developed at San Diego State University designed to increase the national consciousness about issues facing black boys and men who are devalued and over-criminalized in society, **leading to the “school-to-prison pipeline.”** Discussion topics include: assumption of criminality, campus climates, teaching practices, policy and research and holistic support for Black Male learners.

Facilitated by Charity M. Parsons, with 10 years of experience in education & founder of idoschool.com. \$5 per class/ series of 5 \$20

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

Dance in the Sun Vision Board Workshop
Wednesday January 10 6:30-8:30 pm

Start the new year by defining clear and meaningful goals! Keep your goals in front of you by creating a vision board with pictures and words that illustrate what you want to achieve. A vision board is a way to sell your own ideas to yourself, to anchor to your dreams and to allow the magic of manifestation to work in your life. Join us to focus on **your authentic life, your core clarity. Let go of what's in the way** - connect with your dreams while designing a vision that calls to you and attracts your ideal outcome.



Facilitated by Monique Moliere Piper, M.A., a speaker, bestselling author and certified professional coach. She has coached women for over 7 years.

\$20

Won't Bow Down : The Graduates

Friday January 12 7-9 pm
The Graduates ensemble emerged out of a drama club inside The Louisiana Correctional Institute for Women in St Gabriel. The Graduates use their personal experiences with the criminal justice system to create performances that reach out to young at-risk women, offer a window into incarceration's effects on individual lives and encourage those who have the power to shift current policies to do so. Join us for The Graduates current performance. It will stir your heart.

Directed by: Ausetua Amor Amenkum, artistic director of Kumbuka African Drum and Dance Collective; and Kathy Randels, artistic director of ArtSpot Productions and founder of The LCIW Drama Club.

\$10

Isle of Woman: Herbal Valentines for You!
Saturday January 13 10 am-12:30 pm
This year, honor the day of love, Valentine's Day, with luscious herbals! We do this class early in the year so your herbals can be ready for Valentine's Day. We'll make an aphrodisiac cordial, aphrodisiac infused chocolate and a sensual massage oil. We'll discuss what it is to be in the present moment through touch and soul presence, which is an aphrodisiac in itself! You'll go home with samples and recipes to make your **Valentine's Day or any day a heart-centered, sensual experience!** Please bring three jars, 4-8 ounces each, with lids.

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

\$35

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

Breaking Vases : Book Talk by Author Dima Ghawi
Sunday January 14 2:30-4 pm

Breaking Vases is a tale of self-discovery, transformation and the persistence to rise above internal and external limitations. It captures the brutal realities for a female born into Middle Eastern culture which followed Dima from her native Jordan to the United States. The story is shared to inspire and empower others to take action in their lives. Our afternoon will have a middle-eastern flavor as we snack together and discuss breaking limitations in our personal and professional lives. (Book sale and book signing)

Facilitated by Dima Ghawi, author & leadership coach.

Suggested donation \$10

Yellow Brick Academy: Passion to Profits
Mondays January 15-February 5 6:30-8pm
Explore business concept design by using tools to answer these important questions: What do you sell? Who will buy it? Can you make money at it? and How much start-up capital is needed? This course will provide an in-depth study of planning and financing the business start-up. Participants will produce a mini business plan to demonstrate the feasibility of their business concept and support the application process for the *Lifting Loans* micro loan or other funding opportunities. Learn how to bridge the gap between passion and profits!

Facilitated by business professionals in collaboration with SELA Women's Business Center, the Good Work Network and The Red Shoes Lifting Loans Program.

\$40

Volunteer: Baton Rouge Food Bank
3rd Tuesdays January 16 10 am-12 pm
Location: 10600 South Choctaw Dr. (Fraenkel Center)
The Food Bank's mission is to feed the hungry in Baton Rouge and surrounding parishes. Can you offer two hours that will make a big difference? 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 today to volunteer.

Wear closed-toe shoes / No Fee

Community Healing - Weight Control and Chakras
3rd Wednesdays January 17 6:30-8:30 pm
Loosing weight is less challenging when the body, thoughts and emotions are calm and attentive. Using **your body's natural ability to heal itself, transform the weight loss hurdle into a spiritual experience to sculpt your physical, mental and emotional bodies.** With a focus on the chakras and subconscious thought, we will use pranic healing to cleanse and energize the chakras **so you can eliminate cravings and raise your body's awareness to make healthy choices.**

Facilitated by Pat Cole & Rita Riggio and trained members of Pranic Healing of Baton Rouge.

Suggested Donation \$10

Kundalini Breathwork Series
 Mondays January 22 & 29 7-8:30pm
 Workshop 1 - Return Home-Return to Breath
 Experience simple techniques and exercises to open the lungs, center the mind and return home to your breath. Handouts provided for further practice.
 Workshop 2 - Diaphragm and Health: Intermediate and Advanced Breath
 Learn progressive techniques and exercises to work the diaphragm, cleanse the organs and open the heart. Anatomy and philosophy will be discussed as part of this practice. Handouts of exercises will be provided.

Facilitated by Janet Sullivan, licensed massage therapist who teaches chi gong, shiatsu, self-massage seminars and both Kundalini and Hatha yoga.
 \$15 each/series \$25

Be Your Healthiest Self
 Wednesday January 31 6:30-8 pm
 Why do we crave carbs and sweets so much? Well, Ellen says, "It's not our fault, those foods are addictive, and the food industry knows it!" Learn why we crave certain foods and how to manage and overcome the cravings. Explore the health risks of excess sugar and artificial sweeteners and which natural sweeteners are the healthiest. Leave with valuable handouts.

Facilitated by Ellen B.J. Bander, Certified Health Coach, MA.

\$20



February

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 2

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Monthly Programs

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3rd Wednesday	Com Healing	6:30-8:30pm	pg 3

SoulCollage® Art and Self-Revelation
 Saturday February 3 10 am-5 pm
 SoulCollage® is an engaging process of making 5"x8" collage cards. Your collaged images will surprise and affect you, each one reflecting an aspect of your personality and essence. After creating our cards, we **will learn to "read" them through an interactive process** that offers access to a place of wisdom and kindness within. Everyone has the innate gift of creativity. Just bring willingness and your creative impulse will find expression.

Facilitated by Catherine Williams MA: SoulCollage® Facilitator, Drama Therapist and Certified Teacher of the Enneagram of Personality.

Early Bird paid by January 20 \$45/ \$50

Compassion in Action Circle (details p. 11)
 Wednesdays Beginning Feb 7 10:30 am-12 pm
 Come and explore a new way forward beyond the brewing class war between the haves and the have nots as we discuss *Born on Third Base: A One Percenter Makes the Case for Tackling Inequality, Bringing Wealth Home, and Committing to the Common Good* by Chuck Collins. Collins gave away his inheritance at 26 and spent the three decades working against inequality. Using his perspective from both sides, he offers national and local solutions to offer a new narrative.

An Island in Time A Spiritual Retreat with Rabbi Diane Elliot

*Co-sponsored by
 Hadassah of Baton Rouge*



Friday January 26 6:30-9 pm
 Saturday January 27 10 am-4 pm
 Sunday January 28 10 am-1 pm
 Enjoy a weekend of pausing and inner listening, a time of true refreshment for body, soul and mind. As the cares of the week sink into the background of consciousness, we will cultivate the oft-neglected, essential practices of rest, calm, delight and communal enjoyment. People of any or no faith are welcome.
 Friday: A shared meal, framed by simple ritual, song and contemplation, will serve as the gateway to an **oasis in time, known in Jewish tradition as "Shabbat," a time of "ceasing" or release.**
 Saturday: Flow into a full day of nurturance, expressing our deepest soul yearnings through stillness and movement, chanting and silence, shared conversation and art-making.
 Sunday: Enjoy an introduction to the ancient Kabbalistic practice of counting the Omer. Reading from her recently published-book, *This Is the Day, Ha-Yom Yom*, Rabbi Elliot will guide participants in exploring qualities of heart and soul.

Facilitated by Rabbi Diane Elliot, author of essays and poems, who inspires seekers from a variety of faith traditions to develop spiritual practice through meditation, movement and nuanced interpretations. With a 25-year career in art and choreography and 40 years in the somatic movement form Body-Mind Centering, Rabbi Elliot serves as the Director of Wholly Present.

Friday only includes dinner \$25/ Saturday \$50/
 Sunday \$20 / Full Retreat \$70

Discover Kundalini Yoga - Basics
Monday February 7 7- 8:30 pm
What is kundalini yoga and what makes it different?

Have you heard some “weird” things about kundalini?

Discover this uplifting blend of spiritual and physical practices. Come to learn the beauty and value of kundalini yoga. Sample the exercises, breath work, meditation and short chant.

Facilitated by Janet Sullivan. (Bio: see p.4, January 22)
\$15

Yoga Nidra: Encounter Your Darkness
with Peace & Love

Saturday February 17 10 am-1 pm



Explore your shadow gently through Yoga Nidra meditation. Our shadows are deep sub-conscious energies pushed down that can unconsciously guide us through our lives. Yoga Nidra enables non-judgmental presence by bringing the peaceful power of the soul to the forefront of your awareness. In this state, we can access the healing power of love, acceptance

and compassion. We will practice releasing mental chatter and built up anguish by using soothing Yoga Nidra induction techniques such as breathing, physical relaxation, visualization and sound healing. Just bring an open heart, an open mind and a journal.

Facilitated by Delisha ‘DeeDee’ Jones, certified yoga instructor, meditation facilitator and energy healer.
\$45

Open Mic Music & Poetry: Love, Loss and Laughter
Saturday February 17 7-8:30 pm

Looking for a great start to the weekend? Celebrate the best of the arts in Baton Rouge! Enjoy a night of unique creative offerings: poetry and music to stir your heart and soul. Join our audience to experience this tapestry of talent and stay for coffee and desserts. Musicians, singers and poets: Share your original or favorite works on love, loss, laughter or anything else in this

supportive, appreciative “coffee-house” setting. Call early to reserve your 5-minute spot.

\$5

Mudbound: The Arts Enrich a Discussion on Race
Sunday February 18 1:30- 5pm

Can you pass the “racism test” created at Harvard to help uncover implicit bias? Renee Bacher, local writer, will share her thoughts on facing the results of this test. Join us to discuss how race is a factor in our lives, whether we know it or not. Then we will watch the film *Mudbound*, a story of two families bound together by the shared farmland they live on, yet set against one another by the social hierarchy of the Jim Crow South. The two families, one white and one black, are changed forever when their two beloved sons return home from war. This story is about change: the change in a

person’s heart that comes from new perspective. And also about how things have not changed - prejudice and power still lock people in place.

Facilitated by Charity Parsons, educator, founder of idoschool.com, and Renee Bacher, essayist, writer, blogger and dog rescuer.

\$20

Transformation: CONSPIRE 2017 conference
Mondays Feb19-March 26 10:30 am-12:30 pm
The separate self is the major problem, not the shadow self which only takes deeper forms of disguise.

Join this six-week study based on Center for Action and **Contemplation’s 2017 CONSPIRE conference** that includes teachings by Fr. Richard Rohr, Rev. Angel Kyodo Williams, Mirabai Starr and Ken Wilber. They help us rediscover the inherent unity and belovedness of all beings. The autonomous, egocentric and separate self must give way to our True Self. Facing our shadow is a breakthrough to grace and mercy. This awareness brings us to the revelation that we are not separate from God and each other. We have always been one in Love.

Facilitated by Kerri D’Amico, a student of Richard Rohr’s Living School for Action and Contemplation.

\$60

Volunteer: Baton Rouge Food Bank (details p.3)
3rd Tuesdays February 20 10 am-12 pm
Can you find time in your schedule? Just 2 hours makes a difference. (Wear closed-toe shoes.)

Meditation in a Busy World
Tuesday February 20 6:30-8 pm
Meditation is a technology based on the Energy Body, in order to master it, first you need to learn the inner workings of the Energy Body. In this workshop, you'll experience the Energy and learn about chakras. Using this knowledge, you'll practice meditation and experience inner peace. You'll also learn how to apply the energy healing and meditation for Self-healing and protection against negative energies.

Facilitated by Misagh Naderi, a disciple of Grandmaster Choa Kok Sui and an introduction leader of his courses

\$10

**The Red Shoes’ Lifting Loans Program:
Women Helping Women**

Through our Lifting Loans micro-loan program, we assist women who are trying to start or grow small businesses and help them transition to economic success and independence. Our supportive program that combines education, mentorship and very low interest loans is helping women in our community. We are proud to be a catalyst for women building self-sufficiency. Please note our Yellow Brick Academy and other business classes offered. If you are ready to start a business and need assistance, please call The Red Shoes, 338-1170, for more information about Lifting Loans.

Community Healing: Prosperity
 Wednesday February 21 6:30-8 pm
 What prevents you from being financially and materially prosperous? People often carry subconscious negative thoughts about money. These energies of poverty that people harbor in their aura and chakras need to be flushed away and replaced with prosperity energy. We will explore healing and meditation techniques to disintegrate and externalize these self-sabotaging energies from the aura and chakras and re-energize them with prosperity energies for a more abundant life. Based on law of attraction, an aura that is filled with prosperity energies tends to attract more abundance **and opportunities. We can't give you a new car, but we certainly can give you the energy to get one!**

Facilitated by Pat Cole & Rita Riggio and trained members of Pranic Healing of Baton Rouge.

\$10



Discovering Your Inner Peace -
 Retreat for Survivors of Sexual Assault
 Saturday February 24 10 am-4 pm
Come together for a day of empowerment and inner peace: A day to take care of you.
 Feel stress melt away as you experience meditation and relaxation techniques including therapeutic art, yoga and music. This retreat is an opportunity to focus on you: your power, strength and inner beauty. With a supportive network of women, experience healing processes designed to enhance your mental and physical health. Enjoy a delicious lunch in conversation with a caring community of women. This day of relaxation is offered at no cost through a partnership with The Red Shoes and the Sexual Trauma Awareness & Response Center (STAR) and a grant from the Junior League of Baton Rouge. If you or someone you know is interested in attending, please contact STAR: 615-7093 or The Red Shoes: 338-1170. All participants pre-register with STAR.

No Fee

March

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-12p	pg 11
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Spiritual Journey	Thurs	6-7 pm	pg 11
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Complete yoga schedule on page 8

I'm Not That Kind of a Girl - Writing Workshop
 Saturday March 3 10:30 am-12:30 pm
 Do you feel the weight of stereotypes that have been layered over your sense of self? Challenge the labels and expectations layered on women of all ages about femininity, sexuality and value. Millennials are labeled lazy and entitled, boomers as competitive and seniors **as outdated and irrelevant. Discover the "kind of girl" you actually are, rather than what society tells you. We will read and discuss some images of "kinds of girls" in poems and then, through a transformative process, engage in self-reflective writing to connect with and celebrate just "what find of girl" is living within.**

Facilitated by Desiree Dallaiacomo, program director Forward Arts and nationally recognized slam poet.

Students \$10/\$20

Transformation (details p. 5)
 Mondays March 5-26 10:30 am-12:30 pm
 Continue this study based on Center for Action and Contemplation's 2017 CONSPIRE conference.

A Spiritual Retreat with
 Joan Borysenko
*Evolutionary Narrative:
 Creating Authentic Power through Story*
 March 9-11
 (details p. 1)

Mantra: Sound, Chant and Song
 Wednesday March 14 6:30-8 pm
 Hindu, Christian, Sikh, Jewish, Muslim: Rejoice in the common thread of healing and devotion. Find your peace by weaving together philosophy, light exercise, group sound, meditation and a well deserved rest.

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

\$15

Gong Bath: Welcome the Rhythms of Spring
 Sunday March 18 3-4:30 pm
 Join us for a concert and gong bath to transition from the energies of Winter to the festive notes of Spring. 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

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

Volunteer: Baton Rouge Food Bank (details p. 3)
 3rd Tuesdays March 20 10 am-12 pm
 Can you find time in your schedule? Just 2 hours makes a difference.

Community Healing and Meditation
 Wednesday March 21 6:30-8:30 pm
 Join us for an evening of rejuvenation and healing with energetic cleansing and meditation. Clinic begins with light stretching, followed by a 15-minute guided **meditation, "Meditation on Twin Hearts"**, activating the heart and crown energy centers in the body by blessing the world with loving kindness. Afterwards, participants receive a personalized healing session with a trained Pranic Healing practitioner.

Facilitated by Pat Cole & Rita Riggio and trained members members of Pranic Healing of Baton Rouge.
 Suggested Donation \$10

Volunteer - Step into Spring Party at Bishop Ott
Sweet Dreams Women and Children's Shelter
 Thursday March 22 6:45-8:00 pm
 Location: 1623 Convention Street
 Volunteer to participate and help plan a party for women and children, complete with games, crafts and treats. But rather than giving, you will receive the greatest gift: the smiles of those you meet during this heart-warming evening. Register today and we will coordinate this special evening via email!

No Fee

Traditional Crystal Healing Workshop
 Saturday March 24 9:30 am-5 pm
 Sunday March 25 10 am-5 pm
 Gift yourself with this intensive immersion in gem and crystal healing practices as passed down by elder indigenous healers and offered by permission. With **Robin's guidance as a Shamanic facilitator and certified Spiritual Healer**, students will learn profound healing techniques with crystals and stones and gain hands on experience working with these ancient beings. Crystals and stones will be available for participants to purchase and work with during this workshop. Certificates will be given on completion.

Facilitated by Rev. Robin Cunningham, Vibrational Medicine Specialist - CH, LMT, RRMT working with holistic forms of healing for nearly 45 years.
 \$275

Field Trip: Whitney Plantation Museum
 Saturday March 24 Departing 9:30am
I am changed. I see ... the dots across the timeline of history that led to our current situation of racism and the effect that it has across an entire ... nation.
 - Mr. Sydney Lent -visitor 3.11.13

Join us for a unique tour experience of the Whitney Plantation, a museum dedicated to preserving and sharing authentic narratives of the enslaved population.

We will begin with a special introductory talk with museum curator and research director, Dr. Ibrahim Seck at 10:30 am. Then we will enjoy a full guided tour of the grounds, memorials and buildings. Pack a brown bag **so we can "lunch and learn" together. We will carpool** from The Red Shoes parking lot leaving at 9:30 am.
 \$25

From Idea to Profit
 Tuesday March 27 6:30-8 pm
 Start or grow your business successfully! Research has shown 8 out of 10 entrepreneurs fail. You can be one of the profitable few. Join us to learn how to design and test your idea or current business. Learn what most successful business owners have in common. Attendees will leave with a Business Breakout template to jump into action. The time is now!

Facilitated by Monique Moliere Piper, MA, certified coach, entrepreneur and best-selling author helping women create their ideal lives and businesses.
 \$15



April

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
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Monthly Programs

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3rd Wednesday	Com. Healing	6:30-8:30	pg 7

Book Study: *Small, Great Things*
 Tuesdays April 3-24 6:30-8pm
Small, Great Things tackles the important challenges of our time: racism, prejudice, privilege and inequality. Author, Jodi Picoult, challenges readers to engage in self-awareness of their own actions and beliefs, resulting in a sometimes uncomfortable, but necessary introspection. This heartbreaking and eye-opening story of a labor and delivery nurse who was prohibited from caring for a newborn baby because the parents requested that no African American touch the child will expand our cultural conversation to allow an honest and revealing look at ourselves and others in the world.

Facilitated by Patricia Day, retired education specialist, and volunteer extraordinaire with Habitat, Breda and other worthy causes.
 \$40

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

Pranic Healing: An Introduction
Tuesday April 3 6:30-8pm
Discover how your energetic and physical bodies work together to protect you from the outside environment. Learn how Pranic Healing can be used to keep you healthy—physically, emotionally and psychologically. We will discuss the theory behind the art and science of energetic healing using Prana. You will learn a few simple techniques to reduce stress and protect yourself from a toxic environment.

Facilitated by Pat Cole, Vice President of Pranic Healing Baton Rouge, Certified in Electromagnetic Stress Reduction and Polarity Therapist, Pranic Healing Practitioner.

\$10

Spring Vegetable Gardens in the South
Saturday April 7 10:30 am-12 pm
It's time to plant so you can enjoy a full harvest of delicious, healthy, fresh vegetables. Learn about the recommended spring vegetable varieties for our area, when and how to plant them and how to prepare the garden bed. We will also discuss an easier approach: container gardening. Each participant will plant and take home their own spring container garden. Vegetable plants appropriate for container gardening will be provided as well as the soil, container and fertilizer. Have fun, learn and ask all your gardening questions, then watch your garden grow.

Facilitated by Stephanie Elwood, licensed horticulturist.

\$15

Easy Herbal Kitchen
Sunday April 8 2-4:30pm
This class is about the building blocks of a healthy herbal kitchen. Doing these things increases nutrient density to your usual food routine! We'll discuss the how and why of making herbal vinegars, herbal butter, herbal honey, herbal ghee, as well as bone marrow broth and recipes for using them. Students will sample these and make and take home herbal honey and ghee, instructions and recipes.
Bring three jars, 4-8 ounces each, with lids

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

\$30

Marketing for Solopreneurs
Tuesday April 10 6:30-8pm
Do you want more customers? Are you the business's marketing team? Do you know you need to step up your **strategy, but aren't sure what to do? Come find out how** to reach your buyers. You will learn the basics of communicating with your ideal customer, how to differentiate your business from competitors, and the importance of personal branding. Get clarity on your

unique marketing strategy. Attendees will receive a one-page Marketing Plan template to jump into immediate action.

Facilitated by Monique M. Piper. (see March 27 class)

Chi Gong: Beginners / Intermediate
Wednesday April 11 6:30-8pm
Chi Gong or Qigong is a powerful system of healing and energy medicine from China. It is the art and science of using breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate the life energy (qi). Qigong practice leads to better health and vitality and a tranquil state of mind. Grow your Chi (energy). Practice seated and standing.

Facilitated by Janet Sullivan. (Bio:see p.4, January 22)

\$15

Volunteer: Baton Rouge Food Bank (details p. 3)
3rd Tuesdays April 17 10 am-12 pm
Can you find time in your schedule? Just 2 hours makes a difference.

Community Healing and Meditation (details p. 7)
Wednesday April 18 6:30-8:30pm
Join us for an evening of rejuvenation and healing with energetic cleansing and meditation.

Yoga Nidra: Explore The Akash
Sunday April 22 2-4 pm
The Akash is the part of your spiritual DNA that holds memories of your journeys as a soul. Exploring this aspect of your self can support you in unlocking understandings of habits, connections to others and your purpose. In this workshop, we will insert questions into our meditative practice to connect with our Higher Self. No experience is needed. This will be a very meditative, self-exploratory session so please bring your Journal.

Facilitated by Delisha 'Dee Dee' Jones, certified yoga instructor, meditation facilitator & energy healer.

\$30

Baton Rouge Earth Day: The Soleful Labyrinth
Sunday April 29 12-4:30 pm
LSU Ag Center's Parker Coliseum
Looking for ways to reduce your carbon footprint? If you have gently used shoes collecting dust in your closet, consider giving them new life and bring them to The Red Shoes beginning April 10.

On Earth Day, we will be creating a labyrinth made up of the donated shoes. Honor Mother Earth: recycle, reuse and repurpose. Come join us for a day of fun at the new LSU location and walk the soleful labyrinth. Following the event, all shoes will be donated to St. Vincent De Paul and Cenikor. Help us do good for the earth and its people!

The Red Shoes 2017 Spring Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JANUARY	1 CLOSED ACIM 7p	2 Yoga 8a	3 Yoga 8a Compassion in Action 10:30a Coloring Med 5p	4 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	5 Yoga 8a	6
7 Sacred Circle 5p	8 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	9 Yoga 8a Black Minds 6p	10 Yoga 8a Compassion 10:30a Meditation 5p Vision Board 6:30p	11 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	12 Yoga 8a The Graduates 7p	13 Isle of Woman 10a
14 Breaking Vases 2:30p Sacred Circle 5p	15 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Yellow Brick Academy 6:30p	16 Yoga 8a Volunteer: Food Bank 10a Black Minds 6p	17 Yoga 8a Compassion 10:30a Meditation 5p Comm Healing 6:30p	18 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	19 Yoga 8a	20
21 Sacred Circle 5p	22 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Yellow Brick Academy 6:30p Kundalini Series 7p	23 Yoga 8a Black Minds 6p	24 Yoga 8a Compassion 10:30a Meditation 5p	25 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	26 Yoga 8a Oasis in Time 6:30p	27 Oasis in Time 10a
28 Oasis in Time 10a Sacred Circle 5p	29 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Yellow Brick Academy 6:30p Kundalini Series 7p	30 Yoga 8a Black Minds 6p	31 Yoga 8a Compassion 10:30a Meditation 5p Healthiest Self 6:30p			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
FEBRUARY				1 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	2 Yoga 8a	3 SoulCollage 10a
4 Sacred Circle 5p	5 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Yellow Brick Academy 6:30p	6 Yoga 8a Black Minds 6p	7 Yoga 8a Compassion in Action 10:30a Coloring Med 5p Kundalini Basics 7p	8 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	9 Yoga 8a	10
11 Sacred Circle 5p	12 Closed for Mardi Gras	13 Closed for Mardi Gras	14 Yoga 8a Compassion 10:30a Meditation 5p	15 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	16 Yoga 8a	17 Yoga Nidra 10a Open Mic 7p
18 Mudbound 1:30p Sacred Circle 5p	19 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Transformation 10:30a	20 Yoga 8a Volunteer: Food Bank 10a Busy World Meditation 6:30p	21 Yoga 8a Compassion 10:30a Meditation 5p Comm Healing 6:30p	22 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA Meditation 7p	23 Yoga 8a	24 STAR Retreat 10a
25 Sacred Circle 5p	26 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Transformation 10:30a	27 Yoga 8a	28 Yoga 8a Compassion 10:30a Meditation 5p			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MARCH				1 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	2 Yoga 8a	3 I'm Not That Kind of a Girl 10:30a
4 Sacred Circle 5p	5 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Transformation 10:30a	6 Yoga 8a	7 Yoga 8a Compassion 10:30a Coloring Med 5p	8 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	9 Yoga 8a Joan Borysenko Mary Bird 11:30 Joan Borysenko Retreat 7p	10 Joan Borysenko Retreat 10a
11 Joan Borysenko Retreat 10:30a Sacred Circle 5p	12 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Transformation 10:30a	13 Yoga 8a	14 Yoga 8a Compassion 10:30a Meditation 5p Mantra 6:30p	15 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	16 Yoga 8a	17
18 Gong Bath 3p Sacred Circle 5p	19 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Transformation 10:30a	20 Yoga 8a Volunteer: Food Bank 10a	21 Yoga 8a Compassion 10:30a Meditation 5p Comm Healing 6:30p	22 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p Shelter Party 6:45p	23 Yoga 8a	24 Crystal Healing 9:30a Whitney Plantation 9:30a Departure
25 Crystal Healing 10a Sacred Circle 5p	26 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p Transformation 10:30a	27 Yoga 8a Idea to Profit 6:30p	28 Yoga 8a Compassion 10:30a Meditation 5p	29 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a AA 7p	30 Yoga 8a	31
Sun	Mon	Tue	Wed	Thu	Fri	Sat
APRIL						
1 Sacred Circle 5p	2 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	3 Yoga 8a Pranic Healing 6:30p Small, Great Things 6:30p	4 Yoga 8a Compassion 10:30a Coloring Med 5p	5 Yoga 8a / 5:30p Kundalini 9:30a Dreams 10:30a Spirit Journey 6p AA 7p	6 Yoga 8a	7 Vegetable Gardening 10:30a
8 Herbal Kitchen 2p Sacred Circle 5p	9 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	10 Yoga 8a Marketing 6:30p Small, Great Things 6:30p	11 Yoga 8a Compassion 10:30a Meditation 5p Chi Gong 6:30p	12 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 7p	13 Yoga 8a	14
15 Sacred Circle 5p	16 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	17 Yoga 8a Volunteer: Food Bank 10a Small, Great Things 6:30p	18 Yoga 8a Compassion 10:30a Meditation 5p Comm Healing 6:30p	19 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 7p	20 Yoga 8a	21
22 Yoga Nidra The Akash 2p Sacred Circle 5p	23 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	24 Yoga 8a Small, Great Things 6:30p	25 Yoga 8a Compassion 10:30a Meditation 5p	26 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA 7p	27 Yoga 8a	28
29 BR Earth Day 12p Sacred Circle 5p	30					

Yoga

Morning Yoga - A Perfect Beginning
Monday-Friday 8-9 am

Wake up the body and invigorate your mind and spirit with morning yoga! Start your day with gentle stretching to increase circulation, improve posture and enhance your energy level. This integrated class offers a slow, meditative approach to yoga with a focus on breathing, core strength and proper body alignment. Become grounded and focused for the day. All levels of experience welcome.

Facilitated by Tina Ufford, RYT 200 through Yogasteps and Vanessa Parks.

\$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
Seeking happiness and peace? Begin the new year with our weekly study of *A Course in Miracles*, a powerful, life-changing course that guides us to happiness and peace. This universal spiritual teaching offers daily **exercises focusing on raising awareness of love's** presence and healing relationships through forgiveness. Join us to discuss the daily exercises and build a circle of support for this transformative inner work. (First week will be a review of end of 2016 lessons)

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
Expand your awareness on social justice issues that are at the forefront of our society today. Books, documentaries and guest speakers will stimulate our discussions. Learn more about the issues and discover how you can be part of the solution. Be the change!

Facilitated by 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 enhance 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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Inspiration On the Way

Rabbi Diane Elliot

January 26-28

Joan Borysenko

March 9-11

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, partially 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!

Join the Circle of Giving

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

Did you know?

- In 2017, we offered over 290 programs.
- Over 7,190 people participated with us.
- 539 new people discovered The Red Shoes.
- Our low fees keep our programs inclusive, but do not cover operating expenses and facilitator fees.
We Need Your Help For That!
- Your gifts help us provide uplifting and affordable programming for all in our community.

The Red Shoes is a valuable resource to diverse community groups including Cancer Services of GBR, Baton Rouge Earth Day, Dialogue on Race Louisiana, Capital Area Human Services, the Bishop Ott Shelter, Mary Bird Perkins/Our Lady of the Lake Cancer Center, STAR and the GBR Food Bank.

Your donation enables us to offer hope and healing to women in the community. They are so grateful.

**Make Your Donation Online Today
or mail a check to 2303 Government St. 70806**

Please visit our website: www.theredshoes.org