

# Spring 2015



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

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

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

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

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

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

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

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

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

The Red Shoes

2303 Government Street

Baton Rouge, LA 70806

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

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

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

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

# Scholar in Residence

Spiritual Awakening Seminar  
with

Joan Borysenko, PhD

Internationally Known Author,  
Psychologist and Inspirational Speaker



Friday, March 6

Saturday, March 7

*Spend an inspiring weekend with one of the world's foremost pioneers in mind-body medicine and spirituality. Joan brings together ancient wisdom and modern science to offer new and practical tools to help us embody healing and wholeness.*

The Art and Science of Resilience

Friday March 6 7-9 pm

In partnership with the Unitarian Church

Location: 8470 Goodwood Blvd.

The transformative process of resilience reveals our inherent nobility, a rite of passage from pieces to peace. Mythologist **Joseph Campbell called this passage the Hero's Journey: the journey from the first awareness of life disrupted to the concluding steps of discovering our strengths and sharing wisdom.** Learn to experience change as a process of receiving, a key to spiritual growth and resilience. Discover how psychology, neuroscience and spirituality support enjoying and growing through the inevitable: change.

The Wisdom of the Heart:

Where Psychology, Health and Spirituality Meet

Saturday March 7 10 am-5 pm

Location: The Red Shoes—2303 Government St

Science is now revealing what we have known intuitively: love is the foundation of health, happiness and peace of mind. The effects of love on mental and physical wellbeing can be seen in the healing power of gratitude and forgiveness, and in the importance of empathy and relationships to longevity. Leave fear and scarcity behind, and explore how to live life grounded in compassion, love and optimism, cornerstones of spirituality and positive psychology. Learn tools to retrain your brain and **nervous system to generate "heartfulness" as a natural companion to mindfulness.** Enjoy a day of inspiration, meditation and information.

*Weaving together spirituality and healing with a respected medical background, Joan Borysenko touches our hearts and minds. As a magnificent bridge between science, psychology and spirituality she has authored/co-authored 14 books. She has a doctorate in medical sciences from Harvard Medical School and is a licensed clinical psychologist. [www.joanborysenko.com](http://www.joanborysenko.com).*

Friday only \$20 Saturday only \$75 Weekend seminar \$90

5.5 CEUs for social workers (Sat) \$20

**Days are like scrolls: Write on them what you wish to be remembered. - Baya ibn Pakuda**

A new year of opportunity: 2015 can be a year of positive change for us, for the world and for our planet. It begins with each of us, with taking time to reassess and discover new ways of living and interacting. This season holds abundant opportunities to come together as a community to learn and grow at The Red Shoes. In January, Mary Saunders is joining us to share her transformative work on healing through our own inner wisdom. In March, Joan Borysenko returns to Baton Rouge for an outstanding seminar, *Wisdom of the Heart*. Join us often: discover, explore, create, connect and open to the possibilities of a new year and a new you. The world is waiting.

Wendy Herschman, Executive Director



## January



Complete yoga schedule on page 8

A Course in Miracles (details p. 11)

Mondays Beginning January 5 7-8:30 pm

Welcome the wisdom of *A Course in Miracles*. Meeting weekly, we build a circle of support for this profound and life-changing inner work that focuses on healing relationships and making them holy.

Gather the Women Circle (details p. 11)

Tuesdays Beginning January 6 4:30-6 pm

Our circle, part of a global sisterhood, creates an opportunity to connect in authentic conversation to share stories, to inspire and be inspired.

Compassion in Action Circle (details p. 11)

*A Path Appears* - Book Study

Wednesdays January 7-March 25 10:30 am-12 pm

*Hope is like a path in the countryside.*

*Originally, there is nothing - but as people walk this way again and again, a path appears.*

-Lu Xun, Chinese essayist, 1921

How can we begin to approach the seemingly insurmountable problems of gender-based oppression and human rights violations? In *A Path Appears*, award winning journalists Nicholas Kristof and Sheryl WuDunn examine the roots of vulnerability and identify successful local and global initiatives, providing hope that one person can make a difference.

Meditation and Spiritual Awakening (details p. 11)

Wednesdays Beginning January 7 5-6 pm

Join us for a quiet time of exploration and meditation. Enjoy stillness that creates a time to empty and reconnect to Source. Some instruction offered each week as we develop and deepen our practice.

Dream Discovery

Thursdays Beginning Jan. 8 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.

\$40

Spiritual Journey Circle (details p. 11)

Thursdays Beginning January 8 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.

Meditation and Movement: Collective Prayer

Friday January 9 7-9 pm

Join us for a collective prayer gathering. We sing, dance and chant a sacred mantra used to connect directly with the Divine. Experience "the *Jai Bolo* prayer, a powerful **manifestation tool,**" a means **"to receive a response from the universe to prayers."** Sense our true divine nature in Oneness with everything. Open to all faith traditions and spiritual practices.

Facilitated by James Brinson, a seeker who has traveled many paths, discovering and experiencing Oneness.

\$10

Yoga Workshop: Chakra Cleansing and Balancing

Sunday January 11 2-5 pm

Take time to begin the new year with compassion and grace. We will focus on breath and movement to uplift body and spirit. Journal during our time of exploration and discussion about the balance or imbalance experienced in the chakras. Then movement, stretching and breath work will cleanse, balance and open the possibilities for the new year.

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

\$25

Parabola: Discussion

2nd Mondays Beginning January 12 6-7:30 pm

**"Seeds are the one thing that are the only genuine promise we have of the future."**

Sister Joan Chittister

Join us once a month to discuss the articles in *Parabola*, a quarterly journal that explores fundamental questions and themes of humanity from a wide variety of spiritual traditions. Each issue of *Parabola* is organized around a thought-provoking spiritual theme. We will read and share our thoughts, and hopefully plant the seeds of understanding of how we are all connected. Subscribe to *Parabola* online and read it in print or online.

Facilitated by Celia Strickler, LCSW, spiritual seeker, student of Kohenet, the Hebrew Priestess Institute, and Kivvun, of the Institute of Jewish Spirituality.

Donation monthly \$10

Brent Baum: *Surviving Trauma School Earth*  
Wednesday January 14 6:30-8:30 pm

*Trauma offers us a remarkable opportunity to embrace our quantum potential and reveal our nature as beings of light, at play between light and shadow.*

Brent Baum shares insights from his new book: *Surviving Trauma School Earth*. In **Baum's latest work, he reveals** the power of the heart meridians, which store traumatic relational imprints and unconsciously govern our choices. Explore a new model for integrating all levels of consciousness, finding the deeper meaning behind our decisions.

*Facilitated by Brent Baum, trauma specialist who developed "Holographic Memory Resolution."*

\$10

Introduction to the Five Elements of Asian  
Medicine, Chi Gong and Shiatsu

Friday January 16 7-9 pm

We will weave together the physical body, emotions, thought and nature. Learn the twelve organ energy pathways on the body and the emotional and physical signs and symptoms of organ energy imbalance. Participants will experience chi gong energy exercise (all physical abilities welcome) and how to use shiatsu pressure points for common ailments.

*Facilitated by Janet Sullivan, former shiatsu instructor at the Swedish Institute of Massage Therapy in N.Y., currently teaches at LSU Leisure School & Whole Foods.*

\$20

Answering the Call: Linda Allred

Saturday January 17 10 am-3 pm

Answer the call and take control of your future by overcoming your limiting beliefs. Let go of the subconscious chatter holding you back from achieving your goals. Discover the art of creative visualization and how it can give you the power to change your unconscious narrative. Say yes to transformation and learn how to become a happy, healthy individual. Connect the dots between your thoughts and actions, and make 2015 the year of your dreams!

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

\$35

A Conversation with Your Inner Child

Sunday January 18 2-5 pm

Often we think things from our past are behind us but really they are on replay in our unconscious minds, affecting our everyday lives. Examine the importance of healing past relationships and gain new understandings of your childhood experiences. An ancient East Indian process will be used to help invoke, heal, and initiate a deep sense of forgiveness and

release. The workshop will include writing exercises, contemplation and a guided healing process.

*Facilitated by James Brinson, a seeker who has traveled many paths, discovering and experiencing Oneness.*

\$35

Create Your Best Year in 2015: Carolee Laffoon  
Mondays January 19 & 26 6-8 pm

Put two powerful practices to work in your life.

Session 1: Affirmation Goal-Setting for 2015

Learn a powerful affirmation practice that will support personal goal-setting for the year. Using a unique monthly process, we will develop affirmations to support goals in key areas of our lives.

Session 2: Visualize Your Best Year Ever!

Create more of what you desire in your life by using the powerful tool of creative visualization. We will practice the art of using mental imagery to make lasting changes and create a vision album to put this practice to work.

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

Each \$20 / Both \$35

*Lunations: New Moon Ritual*

Monday January 19 6-7:30 pm

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

*Facilitated by Lisa Bovenkamp, who is nourished by ritual and enjoys sharing this special time.*

Suggested donation \$5

Volunteer: Baton Rouge Food Bank

Tuesday January 20 10 am-12 pm

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. (Closed-toe shoes.)

No Fee

Pranic Healing Clinic

Wednesday January 21 6:30-8:30 pm

Pranic Healing® is based on two major principles:

1) The physical body is capable of healing itself, and  
2) For life to exist it must have energy. By increasing the life energy of the affected part or the whole body, the healing process is accelerated. Our healing clinic begins with a group meditation to start the healing process followed by individual healing sessions for participants. Avoid wearing leather or silk.

*Facilitated by students of Master Stephen Co.*

Suggested donation \$10

Explore the New Goodwood Library  
Friday January 23 10 am-12 pm  
Location: 7711 Goodwood Blvd.

**Join us for a tour of the new Main Library. We'll get the** inside scoop on how libraries are designed in 2015, and how the choices were made for the design of this new, beautiful building. Learn about the philosophy behind the library as a center for the community it serves.

*Facilitated by Mary Stein, assistant director of the EBR Library, who was instrumental in the library design.*

No fee

Engaging Poetry: Body, Soul and Spirit  
Friday January 23 7-9 pm

Many of us enjoy poetry—its rhythm, its lyricism, its power to speak to our hearts—but lack confidence in our ability to interpret it. Together, we will explore how moving poetry beyond the realm of the intellect alone, inviting the whole self—the physical self, the intuitive self, the spiritual and imaginative self—into a shared interpretive space can offer us access to poetry on new levels. Experience how the ancient art of choral reading -with some modern embellishments—brings poetry to life in surprisingly profound and often playful ways.

*Facilitated by Ann Trousdale, deacon at First United Methodist Church and retired L.S.U. professor.*

\$10

Yoga Nidra: A Practice of Self Love  
Sunday January 25 2-4 pm

Yoga Nidra is a nurturing practice for body, mind and soul. The word yoga means union and nidra means waking sleep. Through spiritual affirmation and relaxation techniques, we will create an internal environment open to healing through surrender. Enjoy two periods of reclining meditation. No experience needed. Dress comfortably; you may bring a pillow.

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

\$20

### Women's Leadership Connection

In partnership with AARP  
4th Wednesdays January-April 6:30-8:30 pm  
Are you new to Baton Rouge? Join **Women's Leadership Connection** and learn about our city from local experts. In partnership with AARP, we offer a series of four dinners and discussions, beginning January 28, for women who have relocated to Baton Rouge in the past three years. Learn from outstanding panelists who will **address: Louisiana's culture & education, crime & prison reform, poverty & race, and politics & smart growth.** Join this community of women who are also new to positions of leadership or service in Baton Rouge. Preregistration required. For an application and info: The Red Shoes, 338-1170, or [www.theredshoes.org/wlc](http://www.theredshoes.org/wlc)  
4 dinners and discussions \$50

Divine Love as a Shield: Protect Yourself from Negative Energies with Master Stephen Co  
Thursday January 29 7-9 pm

*Master Stephen Co has helped me tremendously. He is the real deal. The Power of Prana could save your life.*

-Wayne Dyer, PhD

Discover how to use Prana/Qi and crystals to shield yourself from negative people and places that drain your life force. Activate your heart and crown chakras to flood your body with divine love, peace and bliss in order to quickly flush out negative energy and create a powerful shield of energetic protection!

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

Suggested minimum donation \$10

Rhythms of Change: Reclaim Your Well-Being  
Friday January 30 7-9 pm

Saturday January 31 10 am-5 pm

*At this time of great transition, each of us is being asked to show up and acknowledge what wise women have known for centuries: We matter and our awareness and healing are essential to the world.*

Friday: Sense the Rhythms

This is an invitation to transformation: become aware of the rhythms of change, the elemental forces of nature that lie within. Understand how these cycles inform our experience at a fundamental level and why attuning to them is critical: our awareness and healing are essential to the world. Experience powerful exercises to tap into these forces firsthand.

Saturday: Ancient Wisdom: Healing that Starts Within  
Join us for an experiential journey that reveals the ancient wisdom of the cycles of nature within all of creation. Discover the five phases of change: earth, wood, fire, metal and water, and create a deeper relationship with the inherent wisdom in each. Through integration and living this wisdom, become an embodiment of healing. Learn the power of the **4 R's**: Receptivity, Remembrance, Reflection and Return.

*Facilitated by Mary Saunders, author of Rhythms of Change. She has over 25 years of experience in Oriental medicine and integrates this with psychology, nutrition and spiritual practice.*

Friday \$20

Saturday \$70

Early Bird by January 10 - \$75 / Full retreat \$85

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

Call today to schedule your event.

225-338-1170



# February



## Weekly Programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
Course in Miracles	Mon	7-8:30 pm	pg 11
Gather the Women	Tues	4:30-6 pm	pg 11
Compassion in Action	Wed	10:30a-12p	pg 11
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Dream Discovery	Thurs	10:30a-12p	pg 2
Spiritual Journey	Thurs	6-7 pm	pg 11

Complete yoga schedule on page 8

### If You Can Dream It, You Can Do It

Tuesday February 3 6-7:30 pm

Learn the action steps to take to live your passion. That spark is inside of you for a reason—it is up to you to bring it to full light. If you have a business idea, a gift or a talent you want to share with the world, explore how to take the next step. Find out if our Lifting Loans program can move you closer to your dreams.

*Facilitated by Melinda Stallings, author and speaker in the fields of leadership & change for over 17 years.*

\$10

Cooking Plants with Anita Faye: Quick & Delicious  
Wednesday February 4 6:30-8 pm

Looking for ways to enjoy a plant-based diet? Come and have dinner with us! Anita Faye will cook a quick and easy plant-based dinner that you can easily replicate at home in any pot or using the Instant Pot, an electric pressure cooker. Learn about seasonings and time-saving methods to prep your vegetables, as well as cookbooks and websites for healthy cooking. Then enjoy a delicious dinner of soup, cornbread and a vegetable.

*Facilitated by Anita Faye Leclercq, personal food trainer, with a certificate of nutrition in plant-based food from Cornell University.*

\$20

In partnership with  
the Arts Council



Spectral Spaces  
Thursday Feb 5, 19; Mar 5, 19; Apr 2, 16  
10:30 am-12:30 pm

A poem is more than the simple meaning of the written words. It creates emotion beyond the boundaries of the page through imaginative cooperation between the poet and reader. Explore how the elements of color, sound and dreams produce this expanded experience of the poem. Through a variety of writing exercises, we will develop techniques using these elements as a way to enhance meaning and depth in our own poetry.

*Facilitated by Cynthia Toups, teaching artist with the Arts Council, former Senior Poetry Editor for the literary journal Rose & Thorn.*

Each \$25 / Series of 6 \$130

Parabola (details pg. 2)  
Monday February 9

6-7:30 pm

In partnership with  
the Arts Council



Poetry Essentials  
Tuesdays Feb 10, 24; Mar 10, 24; Apr 7, 21  
6:30-8 pm

Poetry is a unique and mystical expression. But what makes it poetry? And why are people drawn to reading and writing it? Join us to explore these questions by taking an **in-depth look at poetry's most essential** elements, as well as how skilled knowledge of these elements allows the poet to share evocative images and moments of universal truth with the reader. Each session will help you gain a better understanding and **appreciation for poetry's use of language, music, and** structure in ways that will help to enrich your own enjoyment of reading and writing poetry.

*Facilitated by Cynthia Toups (see bio for Feb. 5 class).*

Each \$20 / Series of 6 \$100

Nia: One Billion Rising  
Saturday February 14 10-11:30 am

The One Billion Rising event has brought people together world-wide to stand up to end violence against women, to bring light into the darkness on February 14—V-Day! As a survivor of rape, incest and domestic violence, Kate learned to love her body through creative and expressive movement, and empowers others to do the same through the self-healing practice of Nia. Nia creates a safe, supportive canvas to move to beautiful music in your own unique way. Celebrate the power of love with community and rise with us at The Red Shoes!

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

\$15

Pranic Healing Clinic (details pg. 3)  
Wednesday February 18 6:30-8:30 pm

Yoga Nidra: Explore the Breath (details p. 4)  
Saturday February 21 10 am-12 pm  
By peacefully activating a deep connection with the breath, we enter into a divine peace beyond mental understanding.

Listen: The Written Words of Women  
Sunday February 22 2-4 pm  
Join us for a celebration of local female writers as they read from their recent work. Enjoy hearing selections from a variety of genres, including essays, poems and short stories, humorous and serious, uplifting and melancholy. We will showcase the works of Renée Bacher, Claire Boudreaux Bateman, Dorothy Early Davis, Laurie Lynn Drummond, Ava Leavell Haymon and other outstanding writers.

Suggested donation \$10

Volunteer: GBR Food Bank (details pg. 3)  
Tuesday February 24 10 am-12 pm

The Graduates: Life After Incarceration  
Saturday February 28 7-8:30 pm  
The Graduates, a program of ArtSpot Productions and Kumbuka African Dance and Drum Collective, is a performance ensemble of former members of the Drama Club at Louisiana Correctional Institute for Women. Sharing their own experiences with the criminal justice system, they shed light on the effects of incarceration to individual lives and encourage change to state policies. This is a fundraiser for Miracles Manor, a new non-profit creating safe and supportive housing for women returning after incarceration.

Suggested donation \$15



## March

### Weekly Programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
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Gather the Women	Tues	4:30-6 pm	pg 11
Compassion in Action	Wed	10:30a-12p	pg 11
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Dream Discovery	Thurs	10:30a-12p	pg 2
Spiritual Journey	Thurs	6-7 pm	pg 11

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Quaker Circle  
Sunday March 1 2-3:30 pm  
Experience the uniquely Quaker tradition of meeting for **worship in "expectant silence."** This silence is a time when Friends clear the activities of mind and body that usually fill our attention, creating an opportunity to experience the presence of spirit. Contemporary Quakers often refer to this inward and eternal One as **"that of God in everyone."** Join Baton Rouge Friends to share, wait and listen in this gathered stillness.

*Facilitated by Sheila Kelly, clerk of Baton Rouge Friends Meeting, who has been a convinced Quaker since 1995.*

Suggested donation \$5

In partnership with  
the Arts Council



Altered Books  
Tuesdays March 3-24 6:30-8 pm  
Cut, tear, glue, fold, paint, stamp and embellish the pages of new or recycled books to create a journal, a funky scrapbook or even a fine work of art! Receive step-by-step guidance on how to prep the book for alteration, how to prepare the pages, and how to embellish and finish the book. We will create a technique book and a personal book. Lots of tips and

techniques will get you started, and make your journey into altered books easy and fun! (Supplies provided.)

*Facilitated by Tanya Ruffin, local artist.*

\$60

*Learning To Walk in the Dark* - Book Study  
Wednesdays March 4-25 6:30-8 pm  
**"Do you sometimes feel as if the lights have gone off in your life, leaving you to find your way in the dark? Has it ever occurred to you that this might be just what the soul doctor ordered?"** **Barbara Brown Taylor, author of *Learning to Walk in the Dark***, leads us away from our tendency to associate lightness with good and darkness with evil. In her newest book, Taylor asks us to put aside our fears and explore all that God has to teach us **"in the dark."** **She eases us into "lunar spirituality,"** and how to feel our way in the moonlight to find strength and hope to face all of life's challenging moments.

*Facilitated by Joan McCaskill, spiritual director, MA.*

\$40

Spectral Spaces - Poetry (details p. 5)  
Thursdays March 5, 19 10:30 am-12:30 pm

## Spiritual Awakening Seminar *The Wisdom of the Heart* with Joan Borysenko, PhD

Friday & Saturday March 6-7  
(details p. 1)

Parabola (details pg. 2)  
Monday March 9 6-7:30 pm

Poetry Essentials (details pg. 5)  
Tuesdays March 10, 24 6:30-8 pm

Breathwork for Physical & Spiritual Wellbeing  
Sunday March 15 2-4 pm  
*Rahul Sharma* (details [www.theredshoes.org/programs](http://www.theredshoes.org/programs))

Pathway to Fulfillment  
Mondays March 16, 23 6-8 pm  
Do you truly know what you want from your life? Are you conscious and grounded in what is important to you? Are you consistently taking action in alignment with these values? Create, choose and claim how you will **move forward through life's transitions and** uncertainties as you identify your personal and unique road map to enhance the quality and experience of your life. Join us and create an individual personal plan of action just for you!

*Facilitated by Denise Palmisano, certified integrative coach professional, who has trained with Debbie Ford and has two certifications through the Ford Institute.*

Each \$15 / Both \$25

Volunteer: GBR Food Bank (details pg. 3)  
Tuesday March 17 10 am-12 pm

Pranic Healing Clinic (details p. 3)  
Wednesday March 18 6:30-8:30 pm

*Lunations: New Moon Ritual* (details p. 3)  
Thursday March 19 6-7:30 pm

Open Mic Music and Poetry Coffeehouse  
Friday March 20 7-8:30 pm

*Celebrate the arts in Baton Rouge!*

Enjoy musical performances and original poetry in our **coffeehouse atmosphere**. If you're a musician, singer or poet, we welcome you to share your gifts; call early to reserve your 5 minute spot. Join our audience to experience the best of Baton Rouge. Celebrate good music, good poetry and stay for coffee and desserts.

\$5

Journaling and Telling the Story of You  
Saturday March 21 10 am-5 pm  
Sunday March 22 2-5 pm

Saturday - Journaling: Exploration and Discovery  
What is journaling? What is art journaling? The journaling process can be used to record events in your life or to facilitate an in-depth exploration of yourself, allowing your true self to emerge as you observe the unfolding. Sketch, glue or write to record moments that impress or affect you. Journaling can become a lifetime practice or a casual hobby—it is up to you.

Sunday - Telling Your Life Story  
Writing your autobiography is a powerful experience. Learn techniques to remember and convey details in a meaningful way. As you write about the past, fragments begin to emerge: funny, frustrating, thrilling, joy-filled and sad. With an open heart and personal courage, develop practices to record and write honestly about the real events of your life. Your family will thank you.

*Facilitated by Kim Nagle, holistic psychotherapist and counselor for 20 years, who helps people meet life's challenges through hypnosis and guided meditations.*  
Saturday \$45 / Sunday \$25 / Full seminar \$60

Discover the Crosby Arboretum: Field Trip  
Saturday March 28 8 am-3 pm  
Location: 370 Ridge Road, Picayune, MS  
We will visit the premier native plant conservatory in the Southeast. Guest speaker Rick Darke will explain the benefits of an ecologically diverse home garden. In Darke's most recent book, *The Living Landscape*, he and Doug Tallamy explain the importance of native plants in **one's own backyard**. After the talk, we'll wander the wooded trails and landscapes and eat lunch together.

Admission \$5

Yoga Nidra: Balance (details p. 4)  
Sunday March 29 2-4 pm  
Create internal balance and connect to the peaceful, non-judgmental presence of the witness within.



# April



## Ongoing programs:

Sunday Sacred Circle	Sun	5-6 pm	pg 11
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Compassion in Action Circle (details p. 11)

*Hand to Mouth: Book Study*

Wednesdays April 1-29 10:30 am-12 pm  
We in America have certain ideas of what it means to be poor, but can we really know what living in poverty is truly like? Hear the authentic voice of Linda Tirado as she shares her perspective on being one of the working poor in America. Join the discussion as we reconsider our preconceived notions and expand our compassion.

Spectral Spaces (details p. 5)

Thursdays April 2, 16 10:30 am-12:30 pm

Self-Realization: *Autobiography of a Yogi*

Monday April 6 6:30-8:30 pm  
*Autobiography of a Yogi* is not an ordinary book. It is a spiritual treasure. To read its message of hope to all truth seekers is to begin a great adventure. Yogananda brought to the West the ancient teachings of self-realization, and he is regarded as one of the great spiritual teachers melding East and West. Join us to mine the treasures hidden within the pages. Pre-reading the book will create a deeper discussion.

*Facilitated by Kim Nagle (see bio for March 21 class).*

\$10

Poetry Essentials (details p. 5)

Tuesdays April 7, 21 6:30-8 pm

Volunteer - Spring Fling Party at Bishop Ott  
**Sweet Dreams Women and Children's Shelter**

Thursday April 9 6:45-8:30 pm

Location: 1623 Convention Street

Volunteer to participate and help plan a spring fling 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

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

# Yoga

The Universe Lies Within: Garland Landrith  
Saturday April 11 10 am-4 pm  
Rewire your brain for health, happiness and prosperity and remove blocks to your growth by contacting the quantum field. Change the structure of your brain pathways and imprint new memories to the matrix of your brain. Expand your consciousness by using Quantum Tapping, Heartmath and Ho'oponopono (ancient Hawaiian healing) as a means to heal and restructure **your body's energy system.**

*Facilitated by Dr. Garland Landrith, a quantum field psychologist and energy healer.*

\$49

Crochet Compassion with Plastic Bags  
Sunday April 12 2-4 pm  
Join Gerry Stark to learn how to turn plastic bags into *plarn* (plastic yarn). After we cut and tie the bags into balls of *plarn*, a simple crochet stitch (a Q hook) turns it into a weather-resistant sleeping mat for people who are living on the streets. You can make a difference and spread compassion. No crocheting experience required.

No Fee

Perfect As You Are: Loving & Accepting Your Body  
Sunday April 12 1:30-4:30 pm  
*Facilitated by Courtney Brandabur.*  
*(details online [www.theredshoes.org/programs](http://www.theredshoes.org/programs))*

Parabola (details pg. 2)  
Monday April 13 6-7:30 pm

Pranic Healing Clinic (details pg. 3)  
Wednesday April 15 6:30-8:30 pm

*Lunations: New Moon Ritual (details p. 3)*  
Friday April 17 6-7:30 pm

Discovering Your Inner Peace (see back cover)  
Retreat for Survivors of Sexual Assault  
Saturday April 18 10 am-4 pm

Baton Rouge Earth Day - Downtown, North Blvd  
Sunday April 19 Noon-4 pm  
**It's time to clean out your closet and save your shoes!**  
Reduce your carbon footprint: donate unwanted shoes for recycling & reuse. The Red Shoes will build a labyrinth at Earth Day using your shoes as a construction material. Honor Mother Earth—recycle, reuse & rebuild. Bring your gently used shoes to us beginning March 23. Shoes will be donated to St. Vincent De Paul & Cenikor.

Volunteer: GBR Food Bank (details p. 3)  
Tuesday April 21 10 am-12 pm

Yoga Nidra: Using Innate Intelligence (details p. 4)  
Saturday April 25 10 am-12 pm  
Explore healing through deep meditative awareness of the innate intelligence in our bodies.

Morning Yoga - A Perfect Beginning  
Monday-Friday 8-9 am  
Get your day off to a great start! Wake up the body and invigorate your mind and spirit with morning yoga. Starting your day with gentle stretching increases circulation, improves posture and enhances your energy level. This integrated class offers a slow, meditative approach to yoga with a focus on breathing, core strength and proper body alignment. Bringing both breath and movement into balanced energy, you will become grounded and focused for the day. Enjoy reduced stress, increased flexibility and a sense of balance in life. All levels of experience welcome.

*Facilitated by Tina Ufford & Dee Dee Poullard.*

\$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 for experienced students who enjoy a slow-paced, less strenuous practice. Our gentle yoga class will help you care for your body, mind and spirit.

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

\$8 per class / 7 classes \$48

## 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 2015 Spring Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>JANUARY</b>				1	2	3
				<b>Closed for the holidays</b>	<b>Closed for the holidays</b>	<b>Closed for the holidays</b>
4	5	6	7	8	9	10
<b>Closed for the holidays</b>	Yoga 8a / 5:30p CS Yoga 10:30a <b>A Course in Miracles 7p</b>	Yoga 8a Gather the Women 4:30p	Yoga 8a <b>Compassion in Action 10:30a</b> Meditation 5p	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a <b>Collective Prayer 7p</b>	
11	12	13	14	15	16	17
Yoga Chakra Workshop 2p Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a <b>Parabola 6p</b> ACIM 7p	Yoga 8a Gather the Women 4:30p	Yoga 8a Compassion 10:30a Meditation 5p <b>Brent Baum 6:30p</b>	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a <b>Asian Medicine 7p</b>	<b>Answering the Call 10a-3p</b>
18	19	20	21	22	23	24
Inner Child 2-5p Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a <b>Create Best Year 6p</b> <b>Lunations 6p</b> ACIM 7p	Yoga 8a <b>Food Bank 10a</b> Gather the Women 4:30p	Yoga 8a Compassion 10:30a Meditation 5p <b>Pranic Clinic 6:30p</b>	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a <b>Library Tour 10a</b> <b>Engaging Poetry 7p</b>	
25	26	27	28	29	30	31
Yoga Nidra 2p Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a <b>Create Best Year 6p</b> ACIM 7p	Yoga 8a Gather the Women 4:30p	Yoga 8a Compassion 10:30a Meditation 5p <b>WLC 6:30p</b>	Yoga 8a / 5:30p Dreams 10:30a <b>Master Co 7p</b>	Yoga 8a <b>Rhythms of Change Retreat 7-9p</b>	<b>Rhythms of Change Retreat 10a-5p</b>
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>FEBRUARY</b>						
1	2	3	4	5	6	7
Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a A Course in Miracles 7p	Yoga 8a Gather the Women 4:30p <b>Dream It / Do It 6p</b>	Yoga 8a Compassion 10:30a Meditation 5p <b>Cooking Plants 6:30p</b>	Yoga 8a / 5:30p Dreams 10:30a <b>Spectral Spaces 10:30a</b> Spirit Journey 6p	Yoga 8a	
8	9	10	11	12	13	14
Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a <b>Parabola 6p</b> ACIM 7p	Yoga 8a Gather the Women 4:30p <b>Poetry Essentials 6:30p</b>	Yoga 8a Compassion 10:30a Meditation 5p	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a	<b>Nia: One Billion Rising 10a</b>
15	16	17	18	19	20	21
Sacred Circle 5p	<b>Closed for Mardi Gras</b>	<b>Closed for Mardi Gras</b>	Yoga 8a Compassion 10:30a Meditation 5p <b>Pranic Clinic 6:30p</b>	Yoga 8a / 5:30p Dreams 10:30a <b>Spectral Spaces 10:30a</b> Spirit Journey 6p	Yoga 8a	<b>Yoga Nidra 10a</b>
22	23	24	25	26	27	28
Women's Words 2-4p Sacred Circle 5p	Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	Yoga 8a Gather the Women 4:30p <b>Food Bank 10a</b> <b>Poetry Essentials 6:30p</b>	Yoga 8a Compassion 10:30a Meditation 5p <b>WLC 6:30p</b>	Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	Yoga 8a	<b>The Graduates: Life After Incarceration 7p</b>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MARCH</b>						
1 <b>Quaker Circle 2p</b> Sacred Circle 5p	2 Yoga 8a / 5:30p CS Yoga 10:30a <b>A Course in Miracles 7p</b>	3 Yoga 8a Gather the Women 4:30p <b>Altered Books 6:30p</b>	4 Yoga 8a Compassion in Action 10:30a Meditation 5p <b>In the Dark 6:30p</b>	5 Yoga 8a / 5:30p Dreams 10:30a <b>Spectral Spaces 10:30a</b> Spirit Journey 6p	6 Yoga 8a <b>Joan Borysenko Retreat 7-9p</b>	7 <b>Joan Borysenko Retreat 10a-5p</b>
8 Sacred Circle 5p	9 Yoga 8a / 5:30p CS Yoga 10:30a <b>Parabola 6p</b> ACIM 7p	10 Yoga 8a Gather Women 4:30p <b>Poetry Essentials 6:30p</b> Altered Books 6:30p	11 Yoga 8a Compassion 10:30a Meditation 5p In the Dark 6:30p	12 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	13 Yoga 8a	14
15 <b>Breath-work Yoga Workshop 2p</b> Sacred Circle 5p	16 Yoga 8a / 5:30p CS Yoga 10:30a <b>Pathway to Fulfillment 6p</b> ACIM 7p	17 Yoga 8a <b>Food Bank 10a</b> Gather the Women 4:30p Altered Books 6:30p	18 Yoga 8a Compassion 10:30a Meditation 5p <b>Pranic Clinic 6:30p</b> In the Dark 6:30p	19 Yoga 8a / 5:30p Dreams 10:30a <b>Spectral Spaces 10:30</b> Spirit Journey 6p <b>Lunations 6p</b>	20 Yoga 8a <b>Open Mic 7p</b>	21 <b>Journaling: Exploration 10a-5p</b>
22 <b>Journaling: Life Story 2-5p</b> Sacred Circle 5p	23 Yoga 8a / 5:30p CS Yoga 10:30a <b>Pathway to Fulfillment 6p</b> ACIM 7p	24 Yoga 8a GTW 4:30p <b>Poetry Essentials 6:30p</b> Altered Books 6:30p	25 Yoga 8a Compassion 10:30a Meditation 5p In the Dark 6:30p <b>WLC 6:30p</b>	26 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	27 Yoga 8a	28 <b>Field Trip: Crosby Arboretum 8a-3p</b>
29 <b>Yoga Nidra 2-4p</b> Sacred Circle 5p	30 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	31 Yoga 8a Gather the Women 4:30p				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>APRIL</b>						
5 Sacred Circle 5p	6 Yoga 8a / 5:30p CS Yoga 10:30a <b>Self-Realization 6:30p</b> Course/Miracles 7p	7 Yoga 8a Gather Women 4:30p <b>Poetry Essentials 6:30p</b>	8 Yoga 8a Compassion 10:30a Meditation 5p	9 Yoga 8a / 5:30p Dreams 10:30a <b>Shelter Party 6:45p</b>	10 Yoga 8a	11 <b>Garland Landrith 10a-4p</b>
12 <b>Crochet Compassion 2-4p</b> <b>Perfect As U Are 1:30-4:30p</b> Sacred Circle 5p	13 Yoga 8a / 5:30p CS Yoga 10:30a <b>Parabola 6p</b> ACIM 7p	14 Yoga 8a Gather the Women 4:30p	15 Yoga 8a Compassion 10:30a Meditation 5p <b>Pranic Clinic 6:30p</b>	16 Yoga 8a / 5:30p Dreams 10:30a <b>Spectral Spaces 10:30</b> Spirit Journey 6p	17 Yoga 8a <b>Lunations 6p</b>	18 <b>STAR Survivor Retreat 10a-4p</b>
19 <b>Earth Day Downtown 12-4p</b> Sacred Circle 5p	20 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	21 Yoga 8a <b>Food Bank 10a</b> Gather Women 4:30p <b>Poetry Essentials 6:30p</b>	22 Yoga 8a Compassion 10:30a Meditation 5p <b>WLC 6:30p</b>	23 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p	24 Yoga 8a	25 <b>Yoga Nidra 10a-12p</b>
26 Sacred Circle 5p	27 Yoga 8a / 5:30p CS Yoga 10:30a ACIM 7p	28 Yoga 8a Gather the Women 4:30p	29 Yoga 8a Compassion 10:30a Meditation 5p	30 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p		



# 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 Dr. Francis Vanderwall, Professor Emeritus, Our Lady of the Lake College and Jesuit Retreat Director, and 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 throughout the year to build a circle of support for this profound and life-changing inner work that focuses on healing relationships and making them holy. The *Course* consists of 365 lessons, an exercise for each day of the year. Begin the process of changing your mind and perception with the aim of removing blocks to the awareness of love's presence.

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

Gather the Women - Connections and Reflections  
Tuesdays Weekly 4:30-6 pm  
*A circle of women is a multifaceted mirror in which each sees herself reflected.... The circle is capable of changing ourselves and the world.*  
-Jean Shinoda Bolen

Our Gather the Women circle creates an opportunity for women to connect in authentic conversation to share their stories, to inspire and be inspired. Meeting in circle, we find our voices, claim our power, and realize our self-worth, leading to personal transformation. Our circle is part of a global network of women who are **activating the power of women's wisdom.**  
Donations appreciated

Compassion in Action Circle  
Wednesdays Weekly 10:30 am-12 pm  
Documentaries and books spark the spirit of compassion within this circle. Discussions based on book studies focus on raising awareness regarding local and global problems: gender inequality, poverty, violence and other important issues.

*Facilitated by Linda Stout, retired nurse, educator and spiritual seeker; Gerry Stark, volunteer extraordinaire; & Susan Lambert, retired educator and volunteer.*  
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.

*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 door to the ideas of diverse spiritual teachers and a variety of faith traditions. We will be listening to amazing spiritual thinkers including Pema Chödrön, Clarissa Pinkola Estes, Caroline Myss, David Whyte and others. Share in discussions taking you to a spirituality that will enrich your life on a deeper personal level. Return each week for spiritual connection and community.

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

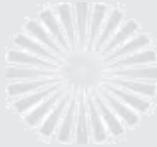
**Full and partial scholarships are always available. Please do not let the cost of a program deter you from attending.**

 For up to date information, follow us on Facebook: [www.facebook.com/TheRedShoesBR](http://www.facebook.com/TheRedShoesBR)  
 Visit our website [www.theredshoes.org](http://www.theredshoes.org) and at the bottom of our calendar page, click the Google link. With one click all posted events will be added to your personal calendar!

Join the Circle of Giving  
*Your participation helps to transform women's lives, our community and the world.*

- Our low fees keep our programs inclusive, but do not cover operating expenses and facilitator fees.
- Your donations make it possible for us to continue reaching more and more women in the community.
- You can help provide scholarships, promote understanding and assist the underserved.
- Thank you for your support of The Red Shoes through your participation, your volunteer time, and through your generous gifts.

Mail your tax-deductible donation today:  
2303 Government St. Baton Rouge, LA 70806  
or online: [www.theredshoes.org](http://www.theredshoes.org)



The Red Shoes

Discovering Your Inner Peace -  
Retreat for Survivors of Sexual Assault  
Saturday April 18 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 Pennington Foundation. 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

### 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!**

March 6 and 7  
Scholar in Residence  
Joan Borysenko  
Returns to Baton Rouge

2303 Government Street  
Baton Rouge, LA 70806

The Red Shoes  
A CENTER FOR PERSONAL & SPIRITUAL GROWTH



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