November Events

Click on the link to any event below to register online

Music as Medicine Sound Immersion

Sun, Nov 1 | 3:00 PM

Come experience the wisdom beneath the noise

The Sacred Threshold

Mon, Nov 2 | 5:30 PM

A potluck conversation on death, spirituality & the afterlife

Ecstatic Dance

Wed, Nov 4 | 5:30 PM

Free flow movement meditation

The Shadow & the Page

Sun, Nov 8 | 2:00 PM

Join poet and author Anne Bucey for an intimate exploration of poetry as a doorway into the shadow self

A Walk with Memories

Sun, Nov 15 | 2:00 PM

A sacred labyrinth walk to honor memories

Zen Gardening for Relaxation & Focus

Mon, Nov 16 | 5:30 PM

Discover the contemplative practice of creating a miniature Zen garden

Dreamwork for the People

Sat, Nov 21 | 1:00 PM

Reclaim dreaming as a birthright

Fireside Astrology

Tues, Nov 17 | 5:30 PM

Explore Sagittarius season

The Red Shoes
A Center for Personal & Spiritual Growth

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