



December Events

Click on the link to any event below to register online

Stirring the Soul

Sat, Dec 5 | 11:00 AM

*The spiritual practice of making soup
with Maureen Joyce*

Meditation for the Earth

Thurs, Dec 10 | 5:30 PM

*Honor the sacredness of the natural
world*

Music as Medicine Sound Immersion

Sun, Dec 6 | 3:00 PM

*Return to your natural state of
balance*

Feast of the Spirit Holiday Luncheon

Fri, Dec 11 | 11:00 AM

*Celebrate the season with warmth,
community, and a touch of magic!*

Belly Dance Basics: All About the Hips

Tues, Dec 8 | 5:30 PM

*Learn how movement can be both
empowering and joyful*

Fireside Astrology

Wed, Dec 16 | 5:30 PM

Explore Capricorn season

Joy to Stillness Meditation

Wed, Dec 9 | 5:15 PM

Nourish your mind, body & spirit

Full Moon Release Ceremony

Tues, Dec 22 | 6:00 PM

Let go of what no longer serves you

The Red Shoes

A Center for Personal & Spiritual Growth

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