

~Passionate Presence~

# Juicy in Your Own Skin



LA Workshop  
With International Artist and Teacher,  
Katheryn Trenshaw

August 26-27

*Belong. Return to source. Celebrate your Body. Rediscover your wild and juicy life from the inside out.*

*in the spa. Curl up. Write poetry. Ritual. Marinade in this moment. Breathe deeply.*

*Come home to yourself and enjoy being juicy in your own skin. Dance. Drink in your life. Create. Sit*

# Passionate Presence: Juicy In Your Own Skin

## August 26 - 27

Art goes beyond language to unlock our hidden potential and help us remember how to be at home in ourselves. Awareness of your body, sexuality, creativity, heart and spirit allows you the luxury of participating fully in your own existence. Through art, inquiry, sitting and movement, we will explore becoming a space through which your creativity and passion for life can freely flow.

*Ease In*  
**Thursday, 8/25, 6-10 pm** : Welcome Gathering & Potluck

*Deeply*  
**Friday, 8/26, 10-6pm** : Workshop, Day One

*Integrate*  
**Saturday, 8/27, 10-6pm** : Workshop, Day Two

This workshop will take place in a beautiful, peaceful residential setting in Encino. Attendees are welcome to bring a sleeping bag and stay for the entire weekend to relax fully- enjoy the pool, spa and sense of community. A simple lunch and snack will be provided on Saturday and Sunday.

Expand your energy and the freedom that comes with remembering your innate creativity. Find clarity about what is real and valuable to you and strengthen your ability to express yourself in your unique voice.

**Katheryn Trenshaw** is an internationally renowned artist and teacher who has facilitated personal growth and creative expression using masks, movement, writing and the visual arts for more than 25 years. Katheryn believes in making life an art and invites everyone to reach deeper to find that part of themselves for which they have been longing.

The cost for the 3-day workshop is \$240  
Register online before August 20th and save \$25.

**[www.innerflowerchild.com](http://www.innerflowerchild.com)**

Contact Susan Bernardo for more details: 818-399-5407

Artwork on Front: *Ectasy of Belonging*, © Katheryn Trenshaw