



**Katheryn Trenshaw** is an international artist and therapist. With over 20 years experience in the US, UK and Europe, Katheryn offers creative-expression based sessions for individuals, groups and businesses. Katheryn offers a practical creative practice focused on fostering sociocultural evolution. Katheryn has a rare gift for encouraging transformation and risk-taking within a safe setting. More info, art and articles can be found at [www.ktrenshaw.com](http://www.ktrenshaw.com).



#### What people are saying:

"Katheryn's work is powerful, effective, illuminating and has freed the way I approach my work and my life."  
-Donna, music executive, USA

"Katheryn Trenshaw uses her experience of a rich and full life and her skill as an artist to help others take big steps along the path of their own journey through a bigger, more fulfilling life. Using masks and other artistic techniques, Katheryn will help you to discover a part of your story that was hidden, a part of your story to be celebrated and a part of your story yet to be written. Attending one of Katheryn's workshops is like having a deep salt scrub of your soul, followed by a soothing lotion, leaving you feeling clear and nourished."

-Lorna, Corporate Executive, Shanghai

"A space in which to feel the preciousness and strength of being alive, creative and vital."  
-Jill, Shiatsu teacher, UK



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# Passionate Presence Retreat: Diving in Deep

July 1 - 5, 2011 Residential in glorious Devon

with Katheryn Trenshaw

[www.ktrenshaw.com](http://www.ktrenshaw.com)





# Passionate Presence: Diving in Deep

July 1 - 5, 2011 Residential Weeklong Retreat

with Katheryn Trenshaw

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**Are you ready for real freedom?**

**Dare you step into your deep connected power and be here now?**

**Are you ready to open your heart and love?**

Come and see what is possible without changing a thing. This is not about self-improvement. It is about finding out from the inside out what is real. It is about finding freedom in and as you are.

This practise-less practice is about being at home – deeply belonging in yourself. Awareness of your body, sexuality, creativity, heart and spirit allows you the luxury and deep pleasure of participating fully in your own non-dual existence. You will explore becoming a space through which your presence and passion for life can flow.

This is an experiential week that allows you to dive deep into THIS moment. The week includes creative expression exercises with art and movement, dynamic inquiry, and a presentation of Katheryn's art to inspire and illustrate the practice more vibrantly. You will explore easy exercises in this *Passionate Presence* approach to living & loving more fully in yourself.

**Some benefits may include-**

- expand your ease with the deep masculine and deep feminine
- increase your energy, body awareness
- reduce fear and increase interest in living
- explore your innate creative power
- refine your clarity about what is real and valuable to you
- deepen your understanding of effortlessly being alive

We long to feel whole, open and juicy in our own skin. The universe conspires to support our wholeness and passionate presence. Come explore and experience this for a rejuvenating week in good company.

**Who** – Passionate Presence is designed for anyone who is interested in coming home to themselves free. There is nothing to change nothing to improve and yet there is often so much contortion around what is a free and natural expression of who we are inside. Passionate Presence supports relaxing these survival patterns and finding out more about what it is to be a spiritual, creative, human being. This is not a cure all or quick fix. It IS simple. It may not be easy. It may even be painful at times, and ultimately, it allows for sustainable freedom in and as you are. This is an invitation to wake up as a whole connected being with many paradoxical facets and gently effectively and safely come home. Freedom.

This longer format retreat is open to people with whom Katheryn has already worked either on other workshops or 1-to-1 sessions or with some exceptions by interview.

**The Venue** - This is a very special place purpose built for courses such as this complete with 2 lovely workshop rooms and ample accommodation for a variety of needs. It is situated just outside of Totnes in the rolling hills of Devon with a stream and great walks. There is even a sauna and hot tubs to relax, rejuvenate and integrate all you are sharing and learning.

**Dates and Costs** - Retreat near Totnes, Devon July 1st 6pm – 5th 2pm. Fully residential retreat at gorgeous venue with delicious gourmet vegetarian meals, fabulous sauna, hot tub, & a delicious Devon landscape to explore. £450\* - 650 tuition, room, board, sauna, supplies. £250 deposit holds your place. Some single rooms available with a supplement. \*£100 early booking discount before April 1st, 2011

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For more info [post@ktrenshaw.com](mailto:post@ktrenshaw.com), 01803 863552

Please book early to ensure your place. Group size limited to 12 participants. Booking form online at [www.ktrenshaw.com](http://www.ktrenshaw.com) events.

**Bookings** – Booking form available online. Please send this signed form along with £250 deposit payable to Katheryn Trenshaw and sent to: 6 Broomborough Drive, Totnes, Devon TQ9 5LT. Confirmation, payment schedule, directions and more information including what to bring sent upon booking.

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