

Woman

Gillian
Molesworth



Learn how to live in the moment

The fast pace of events, increased expectations at home and at work, and unrealistic images of perfect people all contribute to the stress of modern life.

A Totnes-based artist has developed a unique way to defuse it.

“It’s not about how to change our lives, but how to get more deeply into them,” says Katheryn Trenshaw, pictured right.

“It’s about being conscious of who we are, aware of our bodies and ending suffering by being in the middle of our experience. If you can forget

about ‘should be, could be, would be’ anything becomes possible.”

Katheryn runs three-day workshops to help people “live their life from the inside out rather than chasing their tails”. Participants are encouraged to live in the moment with movement, expressive “mark making” using mediums from clay to paints and pens, and reflective exercises.

The *Deepening Our Presence* course takes place from July 23-25 near Totnes. Visit www.ktrenshaw.com or call 01803 863552.

