

Some working places are available at reduced rates in exchange for childcare or being part of the site team. If you are interested in this opportunity please contact us as soon as possible.

As the numbers are limited for this holiday, please book early by filling in the form overleaf. On receipt of your booking you will be sent full details for the camp and a map.

*"Every object, every being,  
is a jar full of delight. Be a connoisseur."*  
Rumi



*"And forget not that the earth delights to feel  
your bare feet and winds long to play with your  
hair."*

Kahil Gibran

## CELEBRATING THE BODY

P.O. Box 3 • TOTNES • DEVON TQ9 5WJ

Katheryn 0845 456 1851 or Daverick 0845 456 1852

[www.ktrenshaw.com](http://www.ktrenshaw.com) / [www.qigong-southwest.co.uk](http://www.qigong-southwest.co.uk)



A few lines from previous participants:

*"Profound and stimulating.....I got more  
out of being at this camp than any other  
camp or festival I have experienced."*

Ailsa

*"If I did one camp next year, it would be  
this one. A must, such intimacy, so many  
breakthroughs. Deep, deep healing."*

James

*"I liked the feeling that I could do as much  
or as little as I pleased. It gave me a sense  
of self-responsibility and freedom."*

Francesca

*"I came here because I long for real and  
true connection with myself and others.... I  
felt welcome, at home and nourished."*

Louise

*"Celebrating the Body was the highlight of  
my year! You have tremendous vision and  
focussed energy."*

Richard



And a few lines from one of our favourite poets:

*"You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert, repenting.  
You only have to let the soft animal of your body  
love what it loves"*

Mary Oliver

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# Celebrating the Body

SUMMER CAMP ON DARTMOOR

August 7-14th 2005



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**Katheryn Trenshaw  
Daverick Leggett  
& Friends**

Voice • 5 Rhythms • Qigong  
Massage • Shiatsu • Body Art  
Ritual • Creativity • Sweatlodge



## About the Camp

The spirit of this camp is freewheeling and creative. It is a co-creation dedicated to celebrating our bodies: to finding deep pleasure, and acceptance of, our physical form.

There will be daily opportunities to explore our bodies through the nourishing contact of massage and shiatsu; to open and connect to our surroundings through Qigong and free movement; to express ourselves through voice and 5 Rhythms inspired dance; and to weave together our experiences through collective ritual, celebration and creative expression.

We try to balance the numbers of men and women on the camp. A whole day is given to the celebration of the dance between men and women and the ritual of sweatlodge. We would like to stress that all sexual orientations, ages and colours are welcome and celebrated.

Daily life on the camp looks something like this:

- Pre-breakfast: Start the day with Qigong
- Breakfast
- Pow-wow: Daily opportunity to connect, sing together and plan the day ahead
- Morning session: Movement, Singing or Bodywork
- Lunch
- Freetime to laze, swim, walk and goof around
- Late afternoon session gathering in small groups
- An hour's singing before supper
- Supper
- Evening celebrations: dance, cafe party, 5 Rhythms Wave, poetry etc

And, of course, you are free to follow your bliss, chill out in the sun, journal, meditate with the trees, run barefoot across the meadow....

## The Place

The camp is held on a beautiful level meadow bordered by Holy Brook on one side and Hembury Woods to the other. The stream provides bathing and it is a short walk to magnificent swimholes in the river Dart. The protected woods are home to deer, buzzards and owls as well as an ancient hillfort.

Our wood is sourced from local sustainably managed woodland and feeds the one central fire which provides heat for cooking and the central focus of the camp.

A variety of structures including yurts, geodesic domes and a marquee provide spaces to meet, create, make music, dance, exchange bodywork and shelter from sun and rain; and our specially constructed earth latrines have been voted the best camp loos ever!



## Small groups

Participants are all allocated their own small groups within which they contribute to the tasks of daily life on the camp: chopping wood, preparing delicious meals, giving shoulder rubs...These groups also provide more intimate connection and support within the larger camp.

## Children

We offer two supervised playtimes for children of three years and above to cover the main morning and afternoon sessions. The children have their own dome, craft materials and free range of the beautiful surroundings. We welcome children wholeheartedly into this camp and they usually have a great time.

## Market

One afternoon we will have a market which is an opportunity to scoop up our yummy art, cards, books, jewelry and more. It is also a space for campers to sell their wares, advertise their work and, of course, buy some goodies to go home with. So be sure and bring some spending money to treat yourself.

## Food

Our food is mostly organic supplied by local growers, bakers and suppliers. All meals are vegetarian although there is no rule against meat. The nearest shops are three miles away.



## Costs

The camp costs £195 (£180 before July 1st) plus £45 for food. Children come at reduced rates: 12-17 year olds £80 plus £30 food; 5-11 year olds £60 plus £25 food; 3-4 year olds £30 plus £20 food; under threes are free.



NAME(S) including children

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ADDRESS \_\_\_\_\_

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POSTCODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

MOBILE \_\_\_\_\_

- Please send me \_\_\_\_ leaflets to distribute
- I need/can offer a lift
- I will be coming by train

*The small print - You need to be responsible for your health and wellbeing during the camp bringing with you any necessary personal medications. We will not be held accountable for any injury or adverse health effect nor can we accept responsibility for loss of or damage to property.*

*I have read and understood these terms. I enclose a total non-refundable deposit of £\_\_\_\_ (adults £80, children £20) payable to K. Trenshaw*

Signature

Date

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For office use only: EARLY BOOKING DISCOUNT