

Step out of the shadows and into an open mind



● **OPEN AIR:** Katheryn Trenshaw 'shadow dancing' on Haytor

SWITCH off your mobile, get into the countryside and breathe. Inspiring creative workshop facilitator Katheryn Trenshaw gives busy people a chance to escape the pressure of home and office for the calm and creativity of South Devon, with her programme of workshops at a beautiful venue on the banks of the River Dart.

Katheryn, an American-born professional artist and expressive arts therapist, has run creative and personal growth workshops in the USA and Europe over the past 15 years.

Later this month she'll be leading a Shadow Dancing workshop, inspired by the local landscape.

"Shadow dancing is about being curious about the shadow with an open heart," says Katheryn. "The workshops are for anyone interested in discovering more about themselves through creativity – there is no judgment made about the quality of the creative work or people's abilities.

"We will use the expressive arts to leave behind our busy selves for a while, to reconnect with our

deep presence, to marry heart and shadow, to integrate the 'unspeakable' and paradoxical part of ourselves. There is room for the vulnerable as well as the radiant parts of ourselves.

"My work is inspired by dramatic landscape like that of South Devon, where I have lived for 10 years, and by many people: movement based folks, cultural creatives and dynamic thinkers who are focused on working with story, creativity and remembering our wild and whole nature.

Katheryn says it's a chance to "recharge body and soul through movement, art, exploring the beautiful natural surroundings of south Devon writing and ritual."

It's being held, along with most of the other events in this year's programme, at a convivial new venue Dart Villas, run by Mouni Van Kampen and Sarah Whittington, located on the edge of Totnes overlooking the River Dart.

● *For workshop details visit www.ktrenshaw.com or call 01803 863552. The Shadow Dancing Retreat runs from June 30 until July 2 and is £280*