



MINDFUL NATURE PHOTOGRAPHY

Photography workshop program that connects students with nature, develops mental wellbeing, builds photography and creative skills, and fosters love for nature reserves, parks and open spaces in their neighbourhood.

We believe that by forming deep connections to our natural environment, we are happier, more compassionate, conserve what we love, and live sustainably.

In nature, there is deep wellness.

WORKSHOPS

The school program consists of 3 workshops for a cohort of 5 students, which we repeat with a second cohort of 5 students. All workshops are held on school grounds or a nature reserve/park.

Students use high-quality Canon and Nikon digital SLR cameras on the workshops. They receive digital copies of their pictures, and 5 small prints to take home. We conclude the program with certificates for the students and exhibition quality prints of their best images. Students' select work is published in nature photography books, [Compassionate Nature magazine](#) and also exhibited in our annual exhibitions.

01 | Beginner's mind

In this workshop, we cover dSLR camera basics. We walk around to find our subject on school grounds like flowers, leaves, insects, birds, trees.

02 | Small is beautiful

Students learn about composition and light while exploring dSLR photography further. We look for things like water drops, patterns in nature, detail in a flower, colour. We may also use toy birds, animals and shells.

03 | Reflection and writing

Students receive 5 small prints to take home. They review and enjoy the images they have created. Through peer review and self-curation, they choose their favourite images and write about them in form of a caption, poem, or haiku.



IMAgEN8 has been running these programs since 2019. This 3-workshop school program is a starting point for students to explore nature photography. Interested students can continue their nature photography journey through our [borrow-a-camera programs](#).

Program costs \$2100, and can be scheduled across school terms.
IMAgEN8 is a registered charity.
Contact: tushar@imagen8.co.nz

www.imagen8.co.nz