



WELLBEING WORKSHOP

Mindful nature photography workshop to improve mental wellbeing and deepen the love for Nature.

Workshop duration is 1-2 hrs and can be organised at a location suitable for the participants, which can be a nature reserve, park, school grounds, or a bush walk. 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.

This is a nature photography workshop for those looking to improve mental wellbeing and deepen their connection with the natural environment.

The workshop can be scheduled for a group of 5 ages 9-99. Participants use high-quality digital SLR cameras that are provided by IMAgEN8. Our educators teach them the technical and artistic aspects of photography.

Participants get a short lesson on how to use a digital SLR, and then they get to explore nature with their own camera slung around their neck. We walk mindfully through the bush, park, or school grounds and find beautiful, interesting or odd things to capture in a photograph.

Nature is essential for our mental and physical wellbeing - this wisdom has been part of world cultures for thousands of years and there is now a large body of scientific evidence behind this.

After the workshop, our photography educators download and edit the images, and share them with you. Participants get great joy from seeing their images, and their best work may get published in IMAgEN8's Compassionate Nature magazine and books.

WORKSHOP

Beginner's mind

dSLR camera basics
Observation and mindful attention
Finding good subjects
Composition

“Those who dwell among the beauties and mysteries of the earth are never alone or weary of life.”
Rachel Carson



Duration: 1-2 hours

Location: Chosen to suit the participants

Size: Maximum of 5

Ages: 9-99

Cost: \$500 per workshop

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