



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 process the pictures. We make 4x6 prints of the best pictures, which are returned to you so you can give them to the participants to take home. Participants get great joy from seeing prints of their best pictures. Their best work is also published in IMAgEN8's nature photography books, & Compassionate Nature magazine and shared for publication in national media like Excio, Toitoti.

WORKSHOP

Beginner's mind

dSLR camera basics
Observation and mindful attention
Composition and light
Aperture and shutter speed

“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 including prints and digital pictures. Fees pay for one free workshop for students from less privileged communities.

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