



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 7 workshops for a cohort of 5 students. All workshops are held on school grounds or a nature reserve/park.

01 | Beginner's mind

dSLR camera basics
Finding nature on school grounds

02 | Flowers make me happy

Explore flowers from different angles
Composition and light
Wellbeing

03 | Small is beautiful

Use toy fauna and shells
Colour wheel

04 | Technical + Mood of the season

Aperture and shutter speed
Tv and Av modes
Depth of field

05 | Nature reserve

Visit a nature reserve, park or garden
Native and non-native flora and fauna
Telephoto lens

06 | Get closer

Water drops, insects and patterns
Observation and mindful attention
Composition

07 | Celebrate

Captions
Voting game
Critique and share
Certificates



Students use high-quality digital SLR cameras on the workshops. They receive prints of their pictures, and their best work is published in nature photography books, Compassionate Nature digital magazine and national media. Workshops may be reordered to suit student interest or weather, and are rescheduled in case of rain. Program costs \$2000, and workshops can be scheduled across school terms.

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