



# 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 prints of their pictures, and their best work is published in nature photography books, Compassionate Nature magazine and social media. Students' select work is also exhibited in our annual exhibitions. We have been running these programs since 2019.



## 01 | Beginner's mind

dSLR camera basics  
Subjects - Finding nature on school grounds  
Theme is Autumn colours or Spring flowers based on season

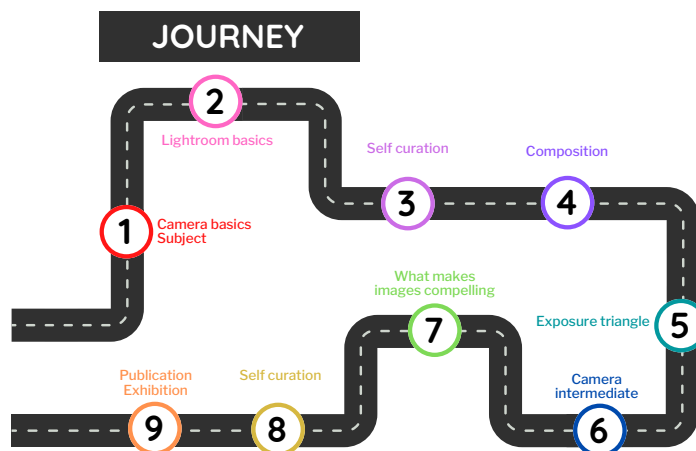
## 02 | Small is beautiful

Find water drops, insects, and patterns in nature  
Use toy birds and animals and shells  
Learn about composition and light

## 03 | Reflection and writing

Review and enjoy the images they have created  
Peer feedback and sharing  
Self curation  
What makes images compelling  
Caption writing

This 3-workshop program is a starting point for the creative photography journey of those that find an interest and talent and want to continue to develop their connection with nature through photography. We conclude the program with certificates for the students and exhibition quality prints of their best images.



Program costs \$2100, and can be scheduled across school terms.  
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