

Live & Learn Spring Workshop

Meditation in Photography

Date

June 6-8, 2010

Location

April Point Resort & Spa (3 hours north of Victoria)

Price

\$199 per person, including two nights accommodation, based on double occupancy

Description

A camera is an amazing tool to help focus our minds on the here-and-now, especially for those of us who have trouble sitting still for ordinary meditation. The attention we pay to things when we see them through a camera lens is the beginning of a moving meditation intertwining you, the light and the subject as co-creators of a photographic discovery. The aim is to lose oneself in the doing, taking quite delight in every aspect of making a picture.

We will perform a series of gentle, exploratory exercises to free ourselves of the frustrating habit of putting the end result first (the finished photo). Making pictures is an art of the moment-to-moment discovery; not simply the manufacturing of pictures.

Beautiful, meaningful images result quite naturally when the photographer leaves behind the mind and sees only with eye and heart.

About your instructor – Claudia Lorenz (greensquare@mac.com)

Claudia is a traveler, and award winning artist working in painting, photography and mixed media for the past 14 years, exhibiting both locally and in the USA. She has a formal education in photography and history in art. Claudia's arts practice consists of connecting the hand, heart and the eye through intuitive gestures and unpremeditated "seeing" of the world, allowing discoveries to unfold in unexpected, wonderful dimensions. Claudia is an Adult Art Educator of the University of Victoria Dept. of Continuing Education and the District of Saanich Community Recreation facilities.

About April Point Resort & Spa

April Point Resort & Spa is an island getaway away from the crowds, featuring the elegant yet laid back atmosphere of the west coast. Enjoy wildlife tours, kayaking, fishing, spa treatments, island tours and sumptuous meals, all enhanced by the stunning natural beauty of Discovery Passage. Guests also enjoy the amenities of Painter's Lodge in Campbell River, connected by a complimentary scenic water shuttle.

For reservations or more information, please call 1-800-663-7090
or visit obmg.com/learn

Live & Learn Spring Workshops

Meditation in Photography

(Please meet in Salon A&B)

Sunday, June 6

3:00 pm Resort check in

The workshop will be divided into the following sections, with plenty of time for breaks, delicious means and after-dinner viewing of the day's images.

- Getting the camera out of the way of the picture: how to be comfortable with your imaging devise.
- Who's photographs are they really?
- Getting your pants muddy.
- Subject, object...what's the difference?
- "M" stops: frame of mind and frame of image
- Deleting the critic: inviting confidence, calm and courage for your explorations.
- Practicing a gentle eye.
- Saying yes to every subject that crosses your path.
- Respecting all the moments and all the images they may bring.

Tuesday, June 8

12:00 pm Resort check out.

What kind of camera will you need:

Any digital camera will do. Compact and DSLR work equally well for this workshop, although the ability to set aperture and shutter speed manually is an asset. *The most important thing is that you are reasonably familiar with your camera's functions: please bring your owner's manual and your camera's proprietary USB cable.* If you have a laptop computer with image processing software, you may wish to bring it as well. Tripods are suggested for those using DSLRs with tele lenses.

What to wear:

Please bring clothing and footwear appropriate for our coastal terrain and variable June climate.