

SHORT COURSE DETAILS

3D7011 MINDFUL PHOTOGRAPHY – MAKING ROOM FOR CREATIVITY

Tutor: TRACY HALLETT

Dates: 3 DAYS MONDAY 29 MAY – THURSDAY 1 JUNE

ABOUT YOUR COURSE:

Mindfulness is the art of paying attention. It sounds simple, and yet it is a skill many of us have yet to perfect. Most of the time our head is full of thoughts about the past, hopes for the future, or endless judgements and evaluations, leaving little room for creativity. When we become mindful we create a gap in the thinking process, allowing flashes of perception to rise to the surface. Through a series of short meditations, and practical exercises, we will learn to recognise and extend these gaps, resulting in a deeper appreciation of the present moment, and unique, meaningful pictures.

Some of the words we use to describe photography are quite forceful: we 'take' or 'capture' a picture, 'fire' the shutter or 'shoot' a frame. We treat image-making as a conquest. But when we approach it in a slow, considered way, we learn that the subject is an important co-creator in the process. If we tune in to the sound of a stream burbling nearby we can use this sensory information to influence our photography. Similarly, if we spend a few moments considering how a tree depends on its surroundings for nutrients, moisture and minerals, we can use these observations to produce more meaningful pictures.

This course is aimed at students who wish to take a slow, meditative approach to photography, and learn to appreciate the act of taking a picture as much as the end result. The by-product of such an approach is often greater perception, improved focus, and a sense of fulfilment. With the mind calm and clear, unique, purposeful pictures are created.

LEVEL: SUITABLE FOR ALL

A subject focused course that is delivered to suit any level of experience from beginner to advanced practitioner. A structured start is followed by guided independent practice.

To succeed on this course:

Mindfulness requires no religious, or scientific, beliefs, and is suitable for all. You'll need to be able to sit for short periods (10 minutes or so) outside, so should bring appropriate clothing. Seating will be provided (by the tutor). Students need a basic understanding of how their cameras work, but controls can be left on Full Auto if preferred. We may be carrying out basic adjustments in Photoshop/Lightroom, but no previous knowledge is required.

ABOUT YOUR TUTOR:

Tracy Hallett is a former editor of *Outdoor Photography* magazine, and currently works as Technique Editor at *Amateur Photographer* magazine. She has written various photography books, including one on close-up and macro photography (her specialist subject). She has been practising mindfulness for a number of years, and combining it with her photography for the last three.

TIMETABLE:

Arrival day: Monday 29 May

From 4.00pm	Arrival for residential students
6.45pm	Non-residential students please arrive by 6.45pm for welcome chat and dinner
7.00pm	Dinner
8.00pm–9.00pm	First teaching session – attendance is an essential part of the course. Short introduction to mindfulness, plus 10-minute meditation on light, followed by practical exercise.

Other days: Tuesday 30 and Wednesday 31 May

9.15am	Morning classes start
10.30am	Coffee
11.00am	Morning classes continue
12.45pm	Lunch
2.00pm	Afternoon classes
3.30pm	Tea
4.00pm	Afternoon classes continue
5.00pm	Classes finish
From 6.30pm	Dinner
8.00pm	Evening working: workshops are available up to 10pm for those wishing to work on providing this has been discussed with the tutor. These sessions are untutored

Departure day: Thursday 1 June

(Residential students to vacate rooms by 10am)

9.15am	Morning classes start
10.30am	Coffee
11.00am	Morning classes continue
12.45pm	Lunch
2.00pm	Afternoon classes
3.00pm	Classes finish
3.30pm	Tea then departure

REQUIRED PREPARATION:

You are required to bring a digital camera and lens (any focal length), charged battery (and preferably a spare), plenty of clear memory cards, suitable clothing for outdoor sessions (preferably warm, waterproof trousers).

You need to be familiar with using a computer as while instruction will be given on getting to grips with imaging software, the course will not teach basic computer skills.

MATERIALS FOR YOUR COURSE:

We have a generously stocked craft shop, which opens daily from 8.30am–2pm.

For any materials you need to purchase from the shop, we suggest you do so during the first morning of your course, after having discussed with your tutor.

Available from the Shop:

USB memory sticks

Please bring any of the above, if you have them, and in addition:

Fully working digital camera or camera phone and lenses (where appropriate) with fully charged batteries (and charger if possible)

Camera/phone-to-computer cables, camera instruction manual (if available)

Tripod (if available)

Any accessories you commonly use for photography

Pen and paper

Waterproof trousers (if possible), clothing suitable for sitting outdoors for short periods, walking boots or waterproof shoes

USB stick, plenty of empty memory cards

HEALTH AND SAFETY:

The tutor instructs students in health and safety issues relevant to this course. There are no health and safety restrictions on access to this studio/teaching space in the absence of the tutor. All Personal Protection Equipment, apart from footwear, is provided by the College.