

# Photography & Meditation

## About the retreat

On this retreat we will be exploring our relationship to the landscape and the world around us. There will be minimal technical teaching on this retreat with the emphasis being very much on photography coming out of meditative experience (whatever that turns out to be!).

We will focus on the importance of going beyond just looking, to really seeing with our whole heart, mind, and body. Using all our senses we will explore the world around us at Dhanakosa before we try to capture it photographically whether in big views or in more intimate details. Using inspiration from Buddhist tradition and meditation techniques, we will set a tone for the retreat where awareness can naturally feed into the creative process.

## Is there anything special I need to bring?

- Digital camera or phone and manual – if you have any other photography gear then by all means bring it along
- Normal outdoor gear – warm clothes, waterproofs, boots, wellingtons  
You may find it useful to bring a mat or something to sit on outside e.g. a camping chair

Things to check before you come on the retreat: -

- Your camera is functioning properly - take a few shots, make sure it works!
- Memory cards - bring a spare if you've got one. It's a good idea to clear the memory cards by deleting all those old holiday photos before coming.
- Batteries - again, bring spares or your battery charger

## What can you expect from the programme?

The retreat day starts with meditation before breakfast. Mid-morning there will be a presentation on photography exploring various themes and you'll then be given assignments based on them. Late afternoon there'll be meditation. Evening time there will be either discussion groups, ritual or talks. There will be silent periods during the retreat including one full day of silence.

## About the retreat team

**Amoghavira** has been teaching at Dhanakosa for 30 years. He is a keen photographer and loves camping out on remote Scottish hillsides, strong coffee and a good fantasy novel. He has recently been teaching himself how to recognise all the different bird calls around Dhanakosa. Check out his photography here: <https://www.amoghaviraphotography.co.uk>

**Caz** loves all genres of photography and is well known for her heartfelt and insightful presentations. She first came to DK in 2015 when she fell in love with the landscape and further developed her photography into a spiritual practice.