

Photography, painting and meditation: the art of being and seeing

About the retreat

On this retreat we will be exploring the relationship between meditation and photography and painting going deeper into each discipline to see how they can support and compliment one another.

We will focus on the importance of going beyond just looking, to really seeing with our whole heart, mind and body. We will absorb and come into relationship with the beautiful landscape of the glen before we try to capture it photographically and through painting whether in big views or in more intimate details. Using inspiration from Buddhist tradition and age old meditation techniques, we will set a tone for the retreat where stillness and awareness can naturally feed into the creative process

There will be minimal technical teaching on this retreat with the emphasis being very much on photography and painting coming out of meditative experience (whatever that turns out to be!)

Is there anything special I need to bring?

- Sketchbook, for small studies outside, written notes or ideas
- Watercolour brushes - we have a variety of brushes available for use but you are welcome to use your own
- Larger sheets of watercolour paper or watercolour pad(s) - watercolour & cartridge paper is supplied for some of the painting activities
- Watercolour paint or sets - some spare watercolour sets and tubes of colour are available
- Simple drawing kit – pencils, rubbers, drawing pen etc
- Digital camera and manual – if you have any other photography gear then by all means bring it along
- Normal outdoor gear – warm clothes, waterproofs, wellingtons (for field trips)
- You may find it useful to bring a mat or something to sit on outside e.g. a gardener's kneeling mat is ideal and lightweight

Camera checklist

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
- Batteries - again, bring spares or your battery charger

What can you expect from the programme?

Meditation

We do not assume that you will know how to meditate and will teach you two simple meditation practices from the Buddhist tradition, one of which helps us to become calmer and more concentrated and the second of which helps us to develop positive emotions such as confidence, friendliness, and the ability to empathise with others.

Retreat Programme

There will be a programme of meditation consisting of four sessions of meditation each day for 30 minutes. There will be photography or painting workshops most days. In the evenings there is a programme of talks, slide shows and meditation and chanting.

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| <p>We will have periods of silence throughout the retreat to facilitate the process of integrating our meditation practice into the creative session.</p> |
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About the retreat team

Amoghavira is a landscape photographer who has developed his skills over the past sixteen years at Dhanakosa. He has been a practising Buddhist for over thirty years and brings depth, humour and lightness to his teaching of meditation and Buddhism.

Vidyadipa is a landscape artist whose stunning paintings have a visionary vibrancy and simplicity to them. She is a thoughtful and inspiring teacher.