

Zen in the Lens: Photography and Meditation

About the retreat

On this retreat we will be exploring our relationship to the landscape and the world around us. We will restrict the number of photographs we take to 36 images for the week, which for those of you who used film will remember as the number of photographs on one roll of film. This is to make us really consider the images we take rather than just snapping away.

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 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 coming out of meditative experience (whatever that turns out to be!)

Is there anything special I need to bring?

- 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 camping chair

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. 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?

Retreat Programme

The retreat day starts at 6.30am with a rising bell, with a double meditation before breakfast.

Mid morning there will be a mixture of presentation on photography and meditation. Late afternoon there'll be meditation. Evening time will be either discussion groups, ritual or talks.

<p>We will have periods of silence throughout the retreat including 2 days of complete silence from Monday evening till Thursday morning 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.

Steve Knight loves all genres of photography and is well known for his humorous and insightful presentations.