

# Photography and 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 photography teaching on this retreat with the emphasis being on photography coming out of meditative experience and our connection to nature.

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 create images 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 nature awareness and 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, talks and maybe a film. There will be silent periods during the retreat including 1 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. He has recently been teaching himself how to recognise all the different bird calls around Dhanakosa. Check out his stunning images on [www.amoghaviraphotography.co.uk](http://www.amoghaviraphotography.co.uk)