Arts for Wellness Workshops: Photography as Meditative Practice

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“Tuning in” to a particular sense, or a particular element of that sense, can be a profoundly meditative experience that alters our ordinary perception.

In this workshop, we will focus on how to deeply SEE, with a special focus on bringing your awareness to light. We will also practice creating meaning and story through composition. This is NOT a technical class, so any kind of camera, whether a cell phone, point-and-shoot, or a high-end DSLR, is fine to use.

Part 1: Learning to See

Foreground, middle ground, background

“Positive” and “negative” space

Spatial Relationships

Color and color theory

Light

Part 2: Creating Story and Meaning

Composition

Focus

Color

<http://www.colormatters.com/color-and-design/basic-color-theory>

<http://www.tigercolor.com/color-lab/color-theory/color-theory-intro.htm>

Visual Hierarchy

<http://hackdesign.org/lessons/19>

Lighting

Outdoor lighting:

<http://www.cambridgeincolour.com/tutorials/natural-light-photography.htm>

Basic 3-point lighting for indoor shoots:

<http://www.youtube.com/watch?v=YzvHEBm6VZs&feature=fvwrel>

<http://www.youtube.com/watch?v=AcMX1RcNRYA>

<http://www.youtube.com/watch?v=gkUqBJoxZ-I&feature=fvwrel>

Semiotics

<http://www.youtube.com/watch?v=rEgxTKUP_WI>

Context and meaning

See Kuloshov effect:

**The Original Kuleshov Experiment** (17”)  <http://www.youtube.com/watch?v=zUZCPPGeJ1c&feature=related>

**Hitchcock Demonstrates Montage, 1964** (1’19”)

<http://www.youtube.com/watch?v=ruoPT9JeYHA>

Part 3: Ready, set, shoot! Outdoors, weather permitting.

Part 4: Downloading photos and (if time and interest) Very Basic Photoshop

Part 5: Sharing and feedback

ADDITIONAL RESOURCES

See “Assignment Inspiration” page of my 2012 Videography Class: <http://pelefire.com/videography2012/links.html>

[Camera Shots Guide](http://pelefire.com/videography2012/docs/camerashot-guide.doc) & [Lighting Guide](http://pelefire.com/videography2012/docs/lighting-guide.doc) (under helpful documents): <http://pelefire.com/videography2012/assignments.html>

To learn more about lighting, take a class from this man at Bay Area Video Coalition: <http://benferrer.com/index.html>