



Opening the Good Eye

An Introduction to Contemplative Photography
with April Siegfried, Miksang Institute Instructor

3-Day Workshop plus Intro Evening October 6–9, 2016 in Asheville, North Carolina

Experience the delight of direct seeing and perception-based photography—fresh, alive, and in the moment.

In 'Opening the Good Eye' we synchronize our eye and mind so that our habitual patterns of seeing and labeling dissolve in moments of stunning, vivid perceptions. Through visual exercises and assignments we connect directly with what we see, stay fully present with the perception as we experience its qualities, and then express our perceptions with our cameras.

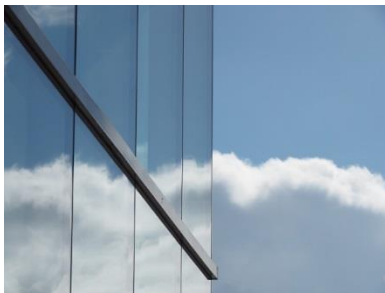
Tuition: \$350
\$325 for Early Registration until August 1st

Class size is limited to 10 participants. For more information and registration visit: www.miksang.com/classes



Schedule:

We will meet for classes and field trips in the Central Asheville area. The workshop begins on Thursday evening with an introductory talk and slide show from 6:00–8:00 p.m. Each day (9 a.m.–5 p.m.) will include visual exercises and assignment shooting in the morning, with time for lunch and further shooting before an afternoon session of image editing, review, and discussion.



Course Requirements:

This course is suitable for both beginners and advanced photographers. The only requirements are:

- A good working knowledge of your camera.
- A laptop computer.
- The ability to transfer images to your computer.
- The ability to transfer select images to a USB stick.

Comments from participants:

"The class was terrific, exceeded my hopes and expectations. A new door has opened..." (Jacqi from North Carolina)

"Opening the Good Eye was a great experience. Now, I'm more able to notice and let go. As I do that, a whole new world opens up. It's clear from my photographs, too. I'm becoming more open to what's in front of me. I'm more patient, my gaze is softer; I'm more available to be affected." (Jeremy from Colorado)

"Beyond taking photos, the Miksang philosophy has pointed me in a direction of seeing without labels or naming what I see and in so doing has given me a freshness and purity in experiencing my everyday world. To express that with my camera is a joyful bonus that I can't seem to get enough of." (Judy from New York)

"Thank you for holding such a powerful container of learning and discovery over those four days; it was truly life-changing." (C.K. from North Carolina)