



# Making Contact: Relaxing This, Discovering THAT

A Workshop in Contemplative Photography  
with April Siegfried, Miksang Institute Instructor

## 3-Day Workshop plus Intro Evening April 26–29, 2018 in Mills River, North Carolina

Experience new dimensions of unfiltered, vivid, delicately intimate, and joyful perception.

In this workshop we will do intensive practices to develop and stabilize the openness and receptivity needed to see and photograph in a new way. We learn to recognize when we have a fresh perception, understand it, and express it with our camera. Dissolving our filtration system, going beyond boredom or restlessness, we see things as they are and discover a floating world of wonder in which to play.

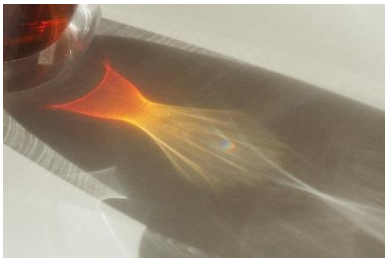


**Cost: \$390** (Includes *Opening the Good Eye Book Companion* to download when the workshop has been confirmed.)

Class size is limited to 8 participants, which allows us to work effectively with everyone on a personal basis. For more information and registration visit: [www.miksang.com/classes](http://www.miksang.com/classes). To find relatively inexpensive accommodations in the area, consider [AirBnB](#) or [TripAdvisor](#).

### Schedule:

The workshop begins on Thursday evening with an introductory talk from 5:30–7:30 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:

*"What is exciting about Contemplative Photography is learning that there are many possibilities that already exist for capturing a moment with a camera that are fresh and unique."* (Gary from Michigan)

*"I came to discover that the challenges I experienced are simply ones I put there. Now I'm more able to notice and let go. As I do that, a whole new world opens up."* (Jeremy from Colorado)

*"I appreciated the thoughtful and measured pace with which you ran the workshop. That encouraged me to relax into a new way of thinking about photography."* (Jane from Michigan)

*"Beyond taking photos, Miksang 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)