Awakening the Eye of the Heart, as Spring Awakens
A Contemplative Photography Program
Mindfulness Graduate Class - Spring 2012

Photography can be a creative contemplative path for the journey of life. The renowned photographer, Henri Cartier Bresson described the photographic process this way: “In whatever one does, there must be a relationship between the eye and the heart. With the one eye that is closed, one looks within. With the other eye that is open, one looks without.”

Using photography as a contemplative practice focuses on paying attention to the world around us – what we allow ourselves to notice determines how we experience and navigate the world. As the meditation teacher Sharon Salzberg puts it, “Attention determines our degree of intimacy with our ordinary experiences and contours our entire sense of connection to life.”

The goal of this five-week course is to develop and use insight, mindfulness and wisdom in the photographic process. Each session will begin with a visual meditation and reflection followed by exercises that will help expand your perception and appreciation of the world around you. Participants will have the opportunity to share and discuss pictures taken for assignments, not as a technical critique, but rather to demonstrate that creativity is limitless and accessible to everyone.

This class is for those who have already been introduced to Mindfulness. No previous photography experience is necessary. You may bring any type of camera, though a digital camera is useful for sharing photos during the sessions.

Requirements: • Openness • Sense of adventure • Sense of humor • Willingness to be surprised

When: Saturdays, 10 – 11:30 am, March 10, 17, 24, 31 and April 7, 2012
Place: UW Health - Research Park, 621 Science Dr, Madison WI 53711
Fee: $175

Instructor: Sandy Wojtal-Weber is a professional fine arts photographer and licensed clinical social worker. Sandy has completed the Mindfulness Based Stress Reduction program with the UW Health Mindfulness Program, assisted in MBSR classes, and has participated in mindfulness retreats. She has been a friend of the Mindfulness Program for several years, providing support for many endeavors. She teaches middle school through college level photography. Sandy is founder of On the Borderline Project, a self-esteem building photography program for adolescent girls, earning her the North Star Award for outstanding contributions to the Northside Community of Madison, Wisconsin. Exhibitions of Sandy’s work have been held in galleries and public venues throughout the Midwest.

To Register: Please submit a note that includes your name, address, telephone number, e-mail address, and emergency contact name and telephone number. Include a brief description of your current Mindfulness practice. Enclose a check for $175, payable to UWHC/MBSR and send to: Mindfulness Program, UW Health - Research Park, 621 Science Dr, Madison WI 53711. Cash/VISA/MC/check payments, and registrations are accepted at the front desk of UW Health - Research Park.