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Photography for Mindfulness: 15 Exercises in Perception

Date and Time

Wednesday 5/23/2018 10:00 to 11:00am

Event URL

<https://www.seniorcenterinc.org>

Event Region

Charlottesville Area

Event Type

Class

RSVP Info

434-974-7756

Event Cost

\$0.00

Event Description

Alexandria Searls' Fifteen Exercises in Perception teaches new ways of learning about nature and yourself through photography. Join us for a slide show presentation where Alexandria will talk about her book and introduce her methods of teaching and assignments you can try out yourself. The slide show will include nature photography in the Blue Ridge Mountains and closer to home in Charlottesville parks. Free and open to the community.