

SIGHTFUL

Sanctuary Workshop 1

SIGHTFUL	<p>Theme: The search for quiet</p> <p>Key words: frame, point of view, criteria</p> <p>Habits of Mind: Pay attention to detail, Take your time</p>
Inspiration	<p>Reading (Richard Wagamese)</p> <p>I am my silence. I am not the busyness of my thoughts or the daily rhythm of my actions. I am not the stuff that constitutes my world. I am not my talk. I am not my actions. I am my silence. I am the consciousness that perceives all these things... I take a little time each day to sit in silence so that I can move outward in balance to the great clamour of living.</p>
1. Mindfulness	Using a few pillows, set up a place to sit quietly. With your back straight and body relaxed, breathe with your eyes closed. Quiet your mind and count to up to 20 breaths before you open your eyes. Notice how your breathing changes while you have your eyes closed.
2. Photography Challenge 1 (Home studio)	Take time to notice something in the room that you haven't paid much attention to before... don't move it... let it be. While you are looking, move a bit closer, slide the camera between you and the object. Once the object is positioned in the frame of your camera, take a photo. Move around the object and try to capture it from multiple points of view .
3. Photography Challenge 2 (Outdoors)	Go outside...while practicing quiet, take several photos of the new object using multiple points of view . Continue looking for new subjects if you have time.
4. Submit photo	Select one photo you would like to share with the class and upload to your art file.
5. Gratitude writing	<i>What I love most about being quiet is...</i>

Materials... Mobile phone or iPad camera, clean jar to collect your gratitude reflections in, paper, pencil, your thoughtful ideas!



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