



INNERSCAPES

Photography and Subjective Reality Exploring Your Self Through Photography (November 24th -25th 2006)

Gain greater awareness of the ways in which you perceive
and orient yourself in the world.
Learn techniques to help you express yourself with your camera.

Facilitated by
Lee Kraemer

Psychotherapists, Writer, Photographer.

&

Richard Martin

Photographer, Writer, Teacher

www.RichardMartinPhoto.com



"An unexamined life is not worth living." -- Socrates

"The Photograph has an inherent way of recording the visual world that gives it its own unique depiction of what we see. Everyone's concept or idea of reality is, to some extent, different. What we experience in life- our backgrounds, genders, personalities, psychologies, interests and knowledge – collectively forms our individual concept of reality. What is correct and true for one person may be completely foreign to another. Every time we view something, our mind routinely attempts to understand it- using our concept of reality as a framework. When making photographs we are subconsciously capturing within it the image of our personal reality." Richard Martin (excerpt from 'Reconstructing Reality' Photo Life magazine, March 2005)

“One of the fascinating things about doing the ‘Innerscapes’, workshops, is that participants experience photography as a powerful tool which helps to reveal hidden aspect of the self. We can think of the photographs and the taking of them, as an expression of something intensely personal. Using the camera as a tool for not only self-expression but also self-understanding is both rewarding and fun. Becoming aware of your unique point-of-view has the potential to unlock doors to the unconscious mind, which can be both liberating and potentially transformative. In the workshop we ask you to take the time to linger and to be mindful of the inner process which accompanies the taking of each photograph.” -- Lee Kraemer

This workshop is for anyone who wants to use photography as medium for self-expression and self-understanding.

Creative expression of any kind mirrors your perception of the world. During the workshop we will ask you to photograph what “speaks” to you and encourage you to write about your experience. Through this process, we hope you will gain greater awareness of the ways in which you perceive and orient yourself in the world.



Schedule:

Friday evening. 6-9pm Lee and Richard will show some of their slides and talk about their approaches to photography. Exercises and discussion of techniques for self expression. No camera

Saturday - Early morning shoot, to 5.30pm.
Photographic exercises, lunch, time to spend with your images. Viewing of images.

Fee: \$195.00 (\$185.00 for returning participants.) Registration ends Monday November 13, 2006

Location:

176 St George St. (2nd Floor) opposite the St George subway station.
Downtown Toronto. Indoor and Outdoor

Lee Hayden-Kraemer is a psychotherapist in private practice in Toronto. She has a special interest in how creativity can enhance quality of life. Lee developed 'Innerscapes Photography' workshops to provide an opportunity for participants to actively experience their creativity in an uncritical playful way.

Richard Martin pursues photography as a medium of visual expression. Known for sharing his enthusiasm, creative vision, and passion for the medium, Richard has been leading workshops for twelve years and has frequently published in Photolife Magazine....www.RichardMartinPhoto.com

"It is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self". D.W. Winnicott

To reserve a place in the workshop complete the attached application and mail or email to us:

Email: innerscapes@gmail.com
Phone: Lee: 416-733-8735
Richard: richardmartinphoto@cogeco.ca
Phone: Richard: 613-542-7615