



# Opening the Good Eye

An Introduction to Contemplative Photography  
with April Siegfried, Miksang Institute Instructor

## 3-Day Workshop plus Intro Evening April 21–24, 2016 in Asheville, North Carolina

We are delighted to be able to offer this workshop once again in the rich and vibrant city of Asheville.

In 'Opening the Good Eye' we learn to synchronize our eye and mind so that our habitual patterns of seeing and labeling dissolve in moments of stunning, vivid perception. Through visual exercises and assignments we develop confidence in our ability to connect directly with what we see, stay fully present with the perception as we understand its qualities, and then express our experience precisely with our cameras.

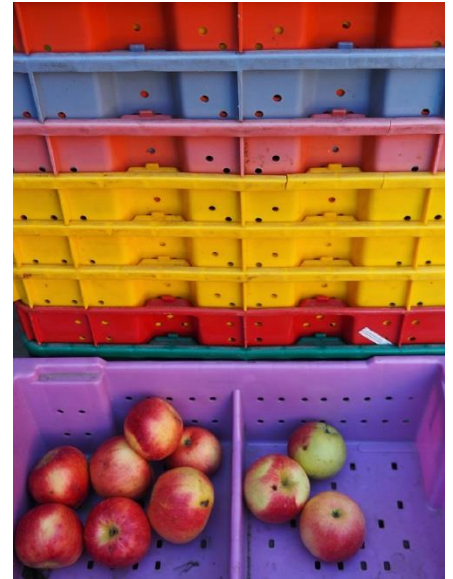
### Tuition: \$350

Class size is limited to 10. For more information and registration visit:

[www.miksang.com/classes/](http://www.miksang.com/classes/)

### Schedule:

We will meet for classes and field trips in the Central Asheville area. The workshop begins on Thursday evening from 6:00–8:00 p.m. with a lecture and slide show. 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 recent participants:

*"As an introduction to Miksang Photography, Opening the Good Eye was a terrific experience for me. My investment of time to travel to take this workshop and the expense of getting there was absolutely worth every penny!" (Kevin from Massachusetts)*

*"Opening the Good Eye was a great experience. Now, I'm more able to notice and let go. As I do that, a whole new world opens up. It's clear from my photographs, too. I'm becoming more open to what's in front of me. I'm more patient, my gaze is softer; I'm more available to be affected." (Jeremy from Colorado)*

*"Beyond taking photos, the Miksang philosophy 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)*

*"Thank you for holding such a powerful container of learning and discovery over those four days; it was truly life-changing." (C.K. from North Carolina)*