

F O T O F L O W

THE WORKSHOP

MINDFULNESS

IN OUR CURRENT AGE OF MASS DISTRACTION & ATTENTION DEFICIT HAS NEVER BEEN MORE IMPORTANT FOR MAINTAINING PRESENCE AND FOCUS.

FLOW

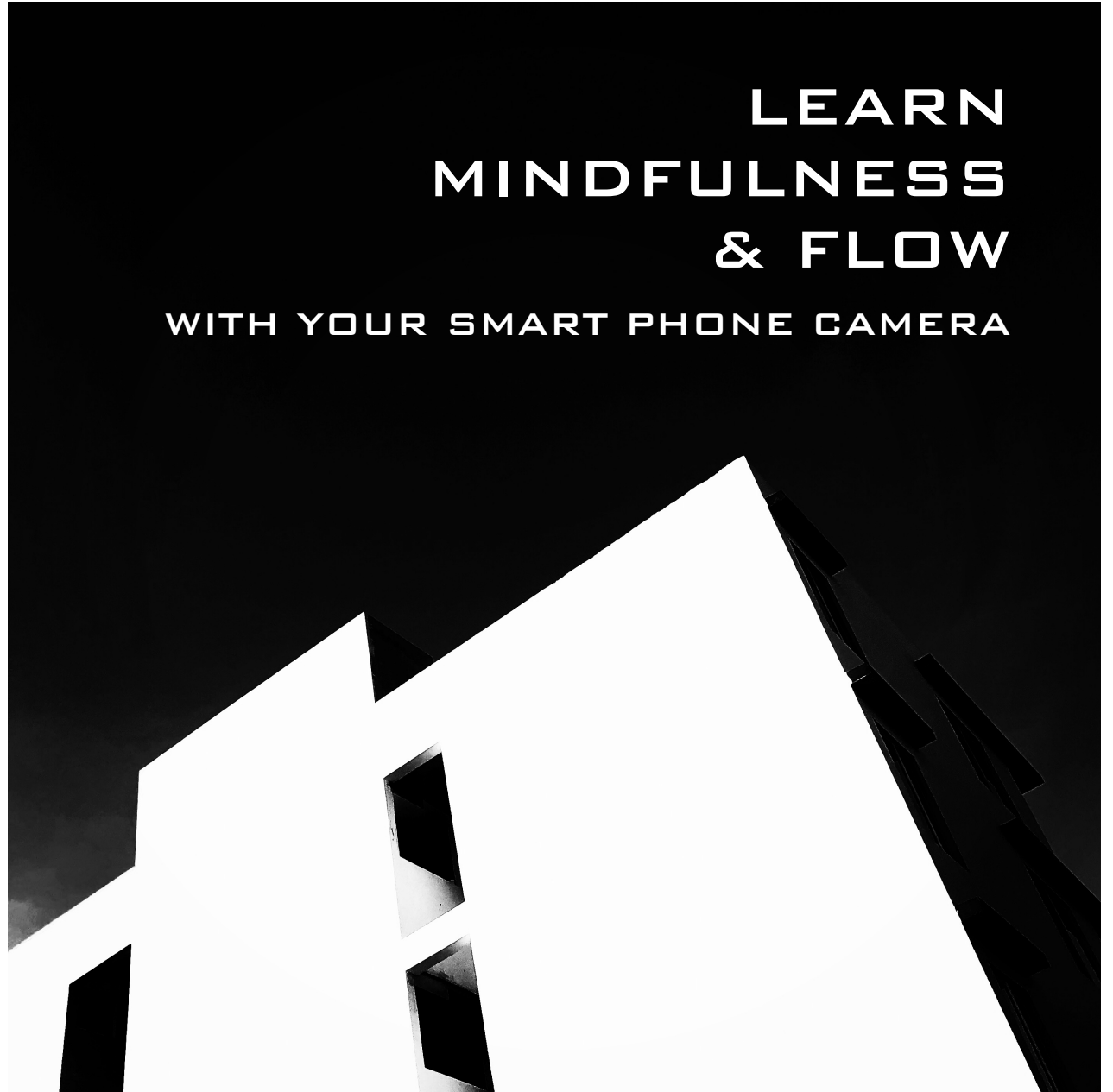
IS THE OPTIMUM CREATIVE STATE OF CONSCIOUSNESS. IT IS WHERE WE FEEL OUR BEST AND PERFORM AT OUR BEST. FLOW FOLLOWS FOCUS.

PHOTOGRAPHY

WHEN TAUGHT THE FOTOFLOW WAY IS A VISUAL DIGITAL ART TO HACK INTO MINDFULNESS & THE CREATIVE FLOW STATE.

LEARN MINDFULNESS & FLOW

WITH YOUR SMART PHONE CAMERA



**'SAPERE
VEDERE'
KNOW HOW TO SEE
LEONARDO DA VINCI**



TAKING PHOTOS OR MAKING IMAGES ?

**LEARN HOW THE LANGUAGE YOU USE WITH
YOUR CAMERA CHANGES YOUR PERCEPTION**

DISCOVER

That your smart phone camera is a tool for learning mindfulness, for expanding your awareness and for refocussing your attention.

TRANSFORM

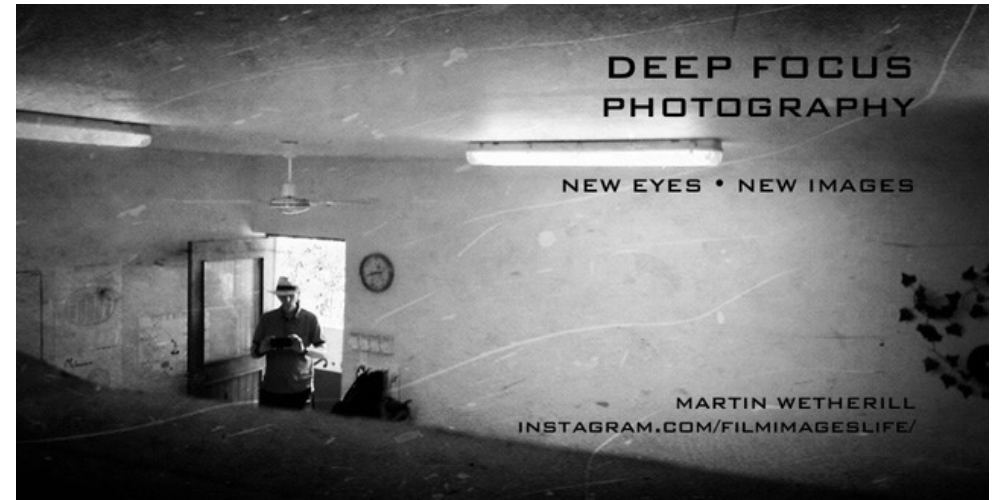
Your reality by changing your visual perception. Update your 'IOS' your internal operating state to expand your situational awareness.

PERFORM

Challenging tasks in a state of creative flow. Learn that flow follows focus.

CREATE

Better photographs for an image driven communications culture. New Eyes - New Images.



'TECHNOLOGY CHANGES BEHAVIOR'
BO NIELSSON IT CHANGE AGENT DENMARK

A camera can change your blood chemistry, alter your brain wave speed, boost your immune system, regulate your breathing and hack into the matrix of your mind faster than taking the 'Red' pill. It can show you things on earth you have never seen before. A camera can change how you live. It can make you mindful of relationships you never thought existed. It can make you fearless and compassionate. It can teach you to see with deep clear focus ... then make better pictures.

- But that's a camera in FOTOFLOW.



Martin Wetherill is an exhibited photographer, visual arts teacher and mindfulness coach in the Vipassana tradition. He has taught FOTOFLOW photography in Rome, Mexico, Sydney & Brisbane. His audience has ranged from school students to corporate leaders. He has researched meditation states and creativity for 25 years, and has presented personal development seminars & retreats in Europe, USA & Australia since 1989.



FOTOFLOW is presented by Martin Wetherill

A 4 hour workshop. Public or corporate groups of between 10 to 12 are preferable for personalized instruction.

A 50 minute inspiring keynote is available.

Smart phone cameras required.

For further information email Martin
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[DEEPFOCUS](#)

[instagram.com/filmimageslife](https://www.instagram.com/filmimageslife)

