



NATURE PHOTOGRAPHY AND GUIDED HIKING CLASSES

Summer 2022

Join the All Ability Wellness Community

Mondays and Saturdays

10:00 AM - 11:30 AM

EVENT: Nature Photography and Hiking Summer 2022
DATE: Saturdays and Mondays
TIME: 10:00 AM – 11:30 AM
COST: \$100 (Group Rate)
WHERE: County Parks, State Parks and Nature Preserves

Attendees must register prior. [Click Here to Register](#)

Summary

This class will offer guided hiking in parks and nature preserves throughout Long Island. Students will receive instruction in basic photography skills utilizing interchangeable cell phone camera lenses. Participants will learn basic hiking skills and techniques including navigating a trail map, rhythm and flow, keeping a pace, stretching, and tips for nutrition and hydration. Mindfulness practices will be incorporated throughout the class to teach participants how to be present in the moment and have a deeper sense of connection with their natural surroundings.

Due to safety precautions for COVID 19, camera sharing will not be possible at this time. Students may use their cell phones and/or their own personal cameras. A variety of cell phone camera lens attachments will be provided, including a telephoto zoom lens to magnify long distant subjects, 198° Fisheye lens to create unique circular effects, 15x Macro lens to shoot flowers, insects, and small objects, and 120° Wide Angle lens to capture landscape scenery.

- Each student will be provided with a variety of professional camera lenses to use during the class.
- Photographs taken during the class will be available to view and post on a private Nature Photography and Guided Hiking Facebook group.
- All students will be provided direct instruction to increase their photography skills.
- Each weekly class will meet at a different park. Participants will be asked to commit to at least three sessions to build on skills.
- Small group rate \$100 per 90-min. session (Plus park fees if applicable)
- Open to people of all abilities - no prior photographic knowledge or experience is needed.

About

Laura Holland (Pace), M.S., LMT is a Health Educator, Wellness Specialist, and Licensed Massage Therapist who has worked in the wellness field for over 25 years. Laura is the owner of All Ability Wellness in East Setauket, NY where she provides individual and small group health education community classes utilizing a variety of modalities and techniques including mind-body awareness, mindfulness training, and sensory integration techniques.

Contact

All Ability Wellness

Laura Holland (Pace), M.S., LMT

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<https://www.facebook.com/groups/allabilitywellness.hiking>

Class Schedule

Parks are subject to change.

SATURDAYS

June

Saturday 6/25 **Connetquot River State Park - Oakdale**

July

Saturday 7/2: **Sunken Meadow State Park - Kings Park**

Saturday 7/9: **West Hills County Park - Huntington**

Saturday 7/16: **Flax Pond, Old Field**

Saturday 7/23: **Wertheim National Wildlife Refuge - Shirley**

Saturday 7/30: **Trail View State Park - Woodbury**

August

Saturday 8/6: **Avalon Nature Preserve - Stony Brook**

Saturday: 8/13: **Bayard Cutting Arboretum - Oakdale**

Saturday: 8/20: **Kings Park Bluff - Kings Park**

Saturday: 8/27: **Heckscher State Park - East Islip**

MONDAYS

June

Monday 6/27 **Sunken Meadow State Park - Kings Park**

July

Monday 7/11: **Sweetbriar Nature Preserve - Smithtown**

Monday 7/18: **Flax Pond, Old Field**

Monday 7/25: **Cedar Beach Nature Preserve - Mt Sinai**

August

Monday 8/1: **West Hills County Park - Huntington**

Monday 8/8: **Kings Park Bluff - Kings Park**

Monday: 8/15: **Blydenburgh County Park (Smithtown)**

Monday: 8/22: **David Weld Sanctuary in St. James**

Monday: 8/29: **Robert Moses Lighthouse - Babylon**