



All Ability Wellness  
Spring 2024  
Nature Photography and Guided Hiking Classes  
Tuesdays and Saturdays  
10:00AM – 11:30 AM

**Contact**

All Ability Wellness

Laura Holland M.S.

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**Attendees must register prior to the first class at [www.allabilitywellness.com](http://www.allabilitywellness.com)**

**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.

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. class (Plus park fees if applicable)
- Open to people of all abilities - no prior photographic knowledge or experience is needed.

**About**

Laura Holland, M.S 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 Stony Brook, NY where she provides individual and small group health education community classes utilizing a variety of teaching modalities and techniques including mind-body awareness, mindfulness training, and improving overall general health and wellness.

Park locations subject to change. Please see All Ability Wellness website for updates.

## April

### Tuesdays

**April 23<sup>rd</sup>** Caleb Smith State Park (Smithtown)

**April 30<sup>th</sup>** Belmont Lake State Park West Babylon

### Saturdays

**April 20<sup>th</sup>** Frank Melville Park – Setauket (Park at the Post Office)

**April 27<sup>th</sup>** Bayard Cutting Arboretum (Great River)

## May

### Tuesdays

**May 7<sup>th</sup>** Avalon in Stony Brook

**May 14<sup>th</sup>** Bayard Cutting Arboretum (Great River)

**May 21<sup>st</sup>** West Meadow Wetlands Reserve (E. Setauket)

**May 28<sup>th</sup>** Robert Moses Lighthouse (Babylon)

### Saturdays

**May 4<sup>th</sup>** Caleb Smith State Park (Smithtown)

**May 11<sup>th</sup>** Belmont Lake State Park (West Babylon)

**May 18<sup>th</sup>** Wildwood State Park (Wading River)

**May 25<sup>th</sup> (Memorial Day Weekend)** Blydenburgh County Park (Back entrance – use address 100 New Mill Rd. Smithtown)

## June

### Tuesdays

**June 4<sup>th</sup>** Caleb Smith State Park (Smithtown)

**June 11<sup>th</sup>** Belmont Lake State Park (West Babylon)

**June 18<sup>th</sup>** Avalon (Stony Brook)

**June 25<sup>th</sup>** Bayard Cutting Arboretum (Great River)

### Saturdays

**June 1<sup>st</sup>** West Meadow Wetlands Reserve (E. Setauket)

**June 8<sup>th</sup>** Wildwood State Park (Wading River)

**June 15<sup>th</sup>** Robert Moses Lighthouse (Babylon)

**June 22<sup>nd</sup> (9:30-11)** Caleb Smith State Park (Smithtown)

**June 29<sup>th</sup>** Caumsett State Historic Park Preserve (Lloyd Harbor)