



**All Ability Wellness
Summer 2024
Nature Photography and Guided Hiking Classes
Tuesdays and Saturdays
10:00AM- 11:30 AM**

Contact

All Ability Wellness

Laura Holland MS

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Attendees must register prior to the first class at 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, MS 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.

July

Saturdays

July 20th Avalon (Stony Brook)

July 27th Nissequogue River State Park (Kings Park)

Tuesdays

July 23rd Kings Park Bluff (Kings Park)

July 30th Avalon – Stony Brook

August

Saturdays

August 3rd Bayard Cutting Arboretum (Great River)

August 10th Kings Park Bluff (Kings Park)

August 17th Planting Fields Arboretum (Oyster Bay)

August 24th Blydenburgh – Smithtown (back entrance 100 New Mill Rd.)

August 31st Connetquot River State Park (Oakdale)

Tuesdays

August 6th Blydenburgh – Smithtown (back entrance 100 New Mill Rd.)

August 13th Bayard Cutting Arboretum (Great River)

August 20th Sunken Meadow State Park (Kings Park)

August 27th Avalon – Stony Brook