

Turning Photography into Art Costa Rica Retreat

For photography enthusiasts eager to explore the beauty of the environment and culture in a unique and memorable way while connecting with themselves and others through art!

This retreat offers a deep, immersive experience that marries personal growth with photography and art, demonstrating how photography and special editing skills can be used to:

- capture, share, and remember one's experiences
- Tune into one's intuition and improve confidence in self-expression
- Create one-of-a-kind surreal-style art pieces

The daily activities encourage participants to engage creatively and mindfully, allowing for self-discovery, connection to environment and culture, and connection with others as well.

Potential photography assignments:

Daily Flow:

- **Morning Circle:** Workshop + intention
- **Day Exploration:** Participate in whatever activities you choose and shoot photos
- **Afternoon/Evening Session:** Photoshop art techniques + sharing

Day 1: The Essence of Place

Theme: Let your senses lead you to what matters

Photography Prompt: Tune in to the essence of this new environment. What sounds, textures, colors, or fleeting moments *feel like* the soul of this place? Capture senses and mood/vibes.

Photoshop Lesson:

- Introduction to expressive editing: surreal color grading & lighting to enhance emotion
 - Shifting image mood with color, light, and blending modes
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Day 2: The Essence of Attention

Theme: Intuition, instinct, and the camera's gaze

Photography Prompt: Let the camera follow what calls you—don't plan, just respond. What details draw your eye? What do they reflect back to you?

Photoshop Lesson:

- Cropping and blending tools for subtle symbolism
 - Using blur, gradients, and vignettes to guide focus
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Day 3: The Essence of Story

Theme: Weaving it all together

Photography Prompt: Choose or capture 3-5 images that capture your internal journey so far—through color, form, subject, or mood. Create a visual story through a triptych+.

Photoshop Lesson:

- Triptychs
 - Text and Special FX
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Day 4: The Essence of Self

Theme: Fragments and reflections

Photography Prompt: Capture intimate close-ups of yourself—hands, feet, eyes, clothing, shadows, posture as well as photos of things/places that describe who you are.

Photoshop Lesson:

- Double exposure technique: combining self and scenery (selections, masking, blending)
 - Reflections
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Day 5: The Essence of Transformation

Theme: Release and reimagine

Photography Prompt: Shoot images that represent what you're ready to let go of and what you are calling in.

Photoshop Lesson:

- Creating a composite image: selection, blending, masking
- Finishing double exposures and other projects