

FREE

MINDFUL PHOTOGRAPHY CLASS FOR VETERANS

FIVE (5) WEEKLY 2 HOUR CLASSES

Open to first 10 vets to register

No camera? Use your cell phone! No photography experience needed!

Mindful photography is based on mindfulness, which Jon Kabat-Zinn defines as “paying attention in a particular way: on purpose, in the present moment, and non judgmentally.” In recent years mindfulness training has been employed as part of a holistic approach to military training at all levels. The training led to reduced stress, improved attentional fitness, emotional regulation and mental resilience.

Mindful photography is a tool to be more consciously aware of and connected to the present moment. It’s low-tech, simple, and playful. All you need is your cell phone and willingness to slow down and really see the world around you.

VETS HAVE SAID ...

“It makes you slow down and look at the world in a different way. You are more thoughtful and creative. It calms a racing brain.”

“I was used to having a mission. Photography allowed me to have a mission focus.”

Army veteran
Shawn Augustson



LEARN TO:

- Practice “Child’s mind”
- Notice colors, shapes, lines, reflections in your everyday environment
- Intentionally engage with your surroundings
- Apply rules of composition to best capture the photo the way it was seen and felt

ENJOY:

- Fun exercises in class and at home
- Sharing and discussing your mindful photos
- **FIVE (5) WEEKLY 2 HOUR CLASSES**
- **AUGUST 5 - SEPTEMBER 2, 2026**
- Location: American Legion Lodge #45
160 McClure Street, Canton, GA

FACILITATORS:

Alan Bernhardt

- Clinical Psychologist with 23 years experience with the VA
- Lifetime avid photographer

Mark Maloney

- Vietnam War combat photographer
- Commanded helicopter company
- Career in orthopedic industry

For INFORMATION or to SIGN UP contact:

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“Looking through the lens, this second in time, you are here in the moment.”

Army veteran
Corrin Lee Mac

“The camera is an instrument that teaches people how to see without a camera.”

Photographer and Photojournalist
Dorothea Lange