

A Photography Workshop at Elemental, Vinyasa Earth

By GUNTAJ DEEP SINGH

What Happened

As part of the Elemental art residency, I led a photography workshop that deliberately moved away from the technical language of the medium. No discussions of aperture, composition, or light ratios. Instead, the focus was singular: the relationship between the person holding the camera and the person in front of it.

Other artists were asked to photograph one another, but the instruction was simple: before you shoot, be present with your subject. Notice them. Let them notice you back. Only then, when something unspoken had passed between the two, take the photograph.

What emerged was less a photography exercise and more a study in human awareness. People slowed down. The usual impulse to frame and capture quickly gave way to something quieter; a kind of mutual acknowledgement that had to be earned before the shutter was pressed. The camera became almost secondary to what was happening between people.

There was an unspoken dialogue running through the entire exercise. Each pair of participants - photographer and subject, was essentially practicing the same thing we do when we cross paths with anyone in life: choosing how much to see, and how much to let ourselves be seen.

The Outcome

The photographs that came out of the workshop were secondary to the realisation that came with them - that photography, at its most honest, is not about what you see. It is about the moment you decide someone is worth seeing. And that moment, it turns out, looks a lot like life itself.





