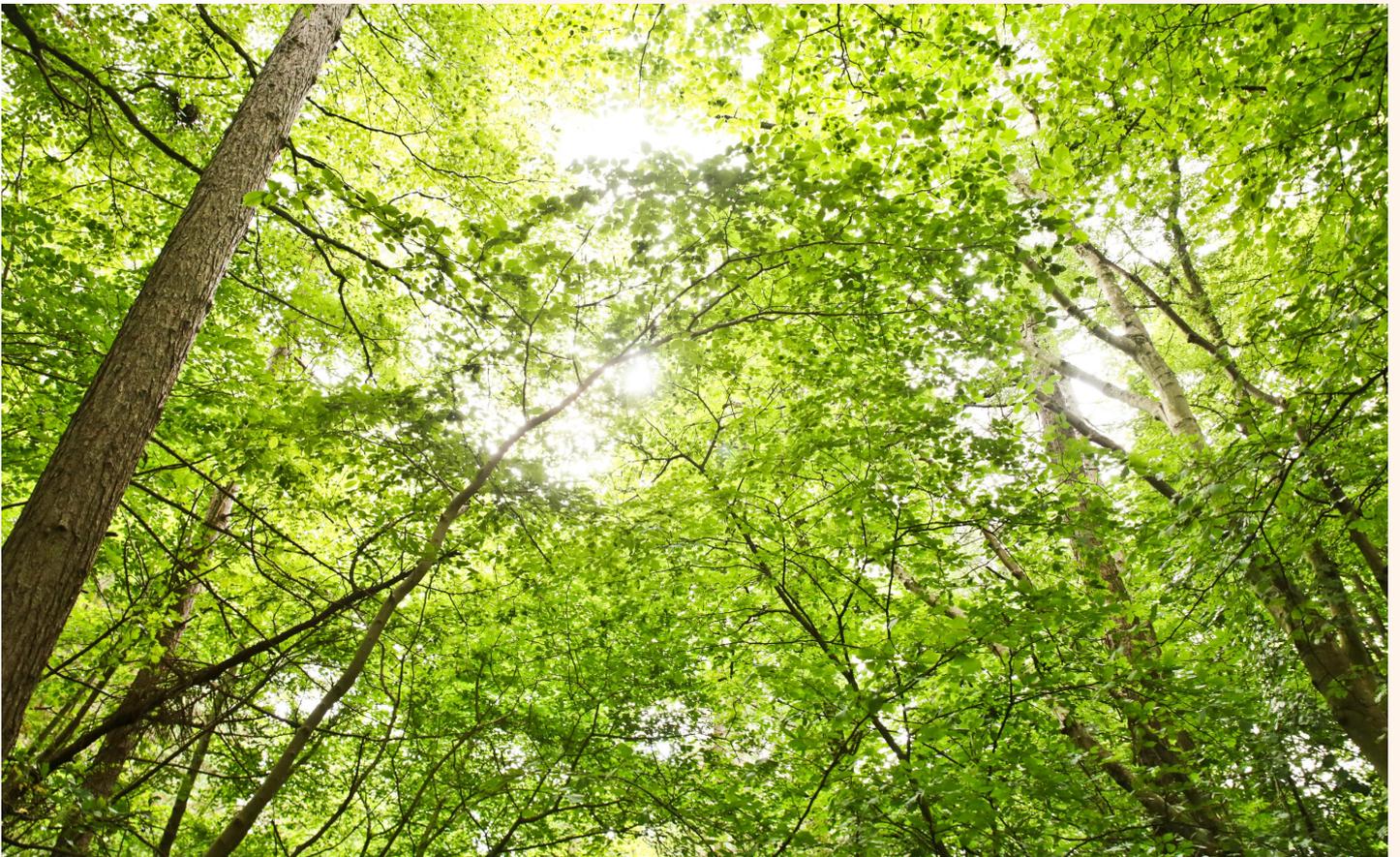


TOGETHER, ALONE MASTERCLASS

MOVEMENT



BY KATHRYN RATTRAY

ALL ABOUT KATHRYN

Kathryn Rattray is a freelance photographer and visual artist based in Dundee. Kathryn is self-taught in all aspects of her photography and artist's practice.

Over the past decade Kathryn has worked extensively across her hometown of Dundee where she has established herself as a photographer working in the arts. During this time Kathryn has created a diverse and extensive portfolio as well as being commissioned to undertake a large body of commercial and private client work.

Her photographs have been represented online, in art magazines, books and other media. The arts are her passion and she excels when engaged in this field. Her style is bold and contemporary with an exceptional use of colour and her admiration of the changing nature of light is central to how she creates her work.

Kathryn lives in Dundee with her two children - she spends her free time filling their lives with adventures.



“IT IS AN ILLUSION THAT PHOTOS ARE MADE WITH THE CAMERA, THEY ARE MADE WITH THE EYE, HEART AND HEAD.”

HENRI CARTIER BRESSON, THE GODFATHER OF STREET PHOTOGRAPHY



We all need to warm our bodies up before getting moving. Getting ready to take photos is no different, although it's warming up a slightly different muscle – your brain. Photography requires brain power, time to think, to watch and to learn. You've heard the phrase "getting into the zone"? Well that's what we want to do with our masterclass today by warming up not only our brains, but that other very important muscle: our hearts. Practice makes perfect after all and perseverance is the key to daily improvements and building your confidence around taking photos.

AIM OF THE MASTERCLASS

The 7/7 approach is such a simple and effective method to learn how to see the world through the lens and at your own pace. This method encourages you to get outside and explore your surroundings with your camera, warming up your brain, body and heart.

Take 7 photos outside, rain or shine every day for 7 days. (of course, you may take many more than 7, sometimes you may

even shoot up to 50. What I mean is pick your BEST 7 pics each day for 7 days.). You don't need any fancy equipment, your camera phone is brilliant too, after all it's not the equipment that matters it's the photographer – it's about us all feeling up for it and ready to try things out. I've been using the same camera and lens for around 7 years now.

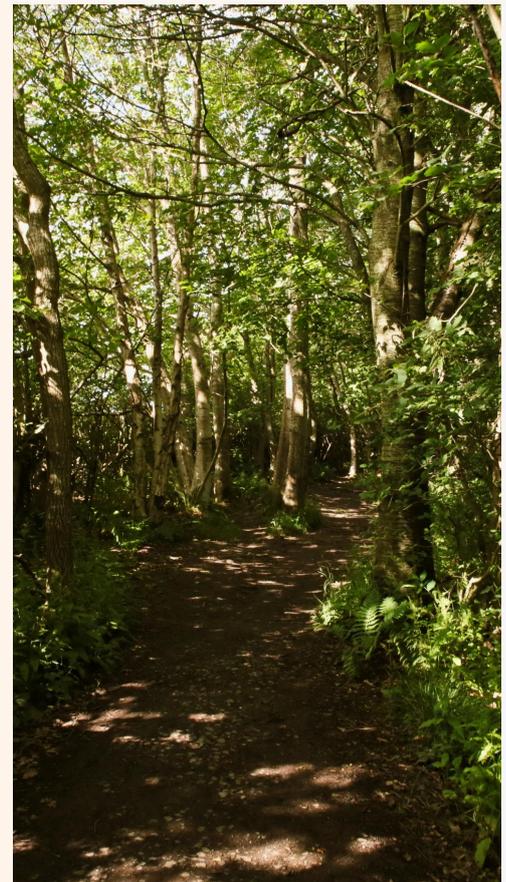
CHOOSING A THEME

Before you leave the house, try to centre yourself, plan a route and think about what you want to take photos of. Take some water too as it's thirsty work! It can help to think of a theme to take photos on. I decided I wanted to take 7 pics of the colour green as an example. Having a theme in mind is so effective as it gives you a starting point and a direction. It helps you to seek out what it is you want to take photographs and gives you the right focus.

Ideas for 7/7:

- Buildings
- Colours
- Famous landmarks
- Flowers
- Signs
- Trees
- Shop fronts

The list is endless as the world is your blank canvas...





SELF- ENCOURAGEMENT SELF-CARE

Set yourself a challenge and then set your goals for the 7/7 method. You can write this in your journal (more of that to come in the CLiCK Comfort Masterclass). A small challenge and goal setting can give us something new to focus on and offer a sense of achievement. Encourage yourself to get up and out and remind yourself of why you are doing this.

For example, you can tell yourself, 'It's a little bit of 'me time' or you might want to improve your confidence and skills around taking pictures. Photography can also be therapeutic - calming and relaxing a busy mind, a form of self-care in and of itself. Getting moving also floods the body with the 'happy hormones' whilst fresh air and sunlight boost Vitamin D levels.

HINTS 'N' TIPS



1. Any time that suits you is good to go out with the camera. I personally love the quiet early mornings when the light is new and the Golden Hour of the early evening when the light itself is “golden”...

2. En route to your desired location start to think like a photographer. Imagine yourself on a shoot, imagine yourself as a photographer.

3. Make mistakes, don't worry if it doesn't look right the first time. Keep shooting and moving all the time. Sometimes photographers will get exactly the shot they need first time. Think about watching the paparazzi or nature photographers on TV, with the constant clicking as they push the button and or the flash going off again and again as the paparazzi try to get their shot.

MAKE MISTAKES. DON'T WORRY IF IT DOESN'T LOOK RIGHT FIRST TIME.

WARM UP

4. Use the first 15 minutes to warm up. Photography is certainly not about being in one position all the time. You have to get used to getting into unusual positions.

BEND STRETCH LUNGE PIVOT CROUCH

Photography: Rachel Malison



SUBMERSE YOURSELF IN
THE CREATIVE WORLD OF
PHOTOGRAPHY.

LIGHT

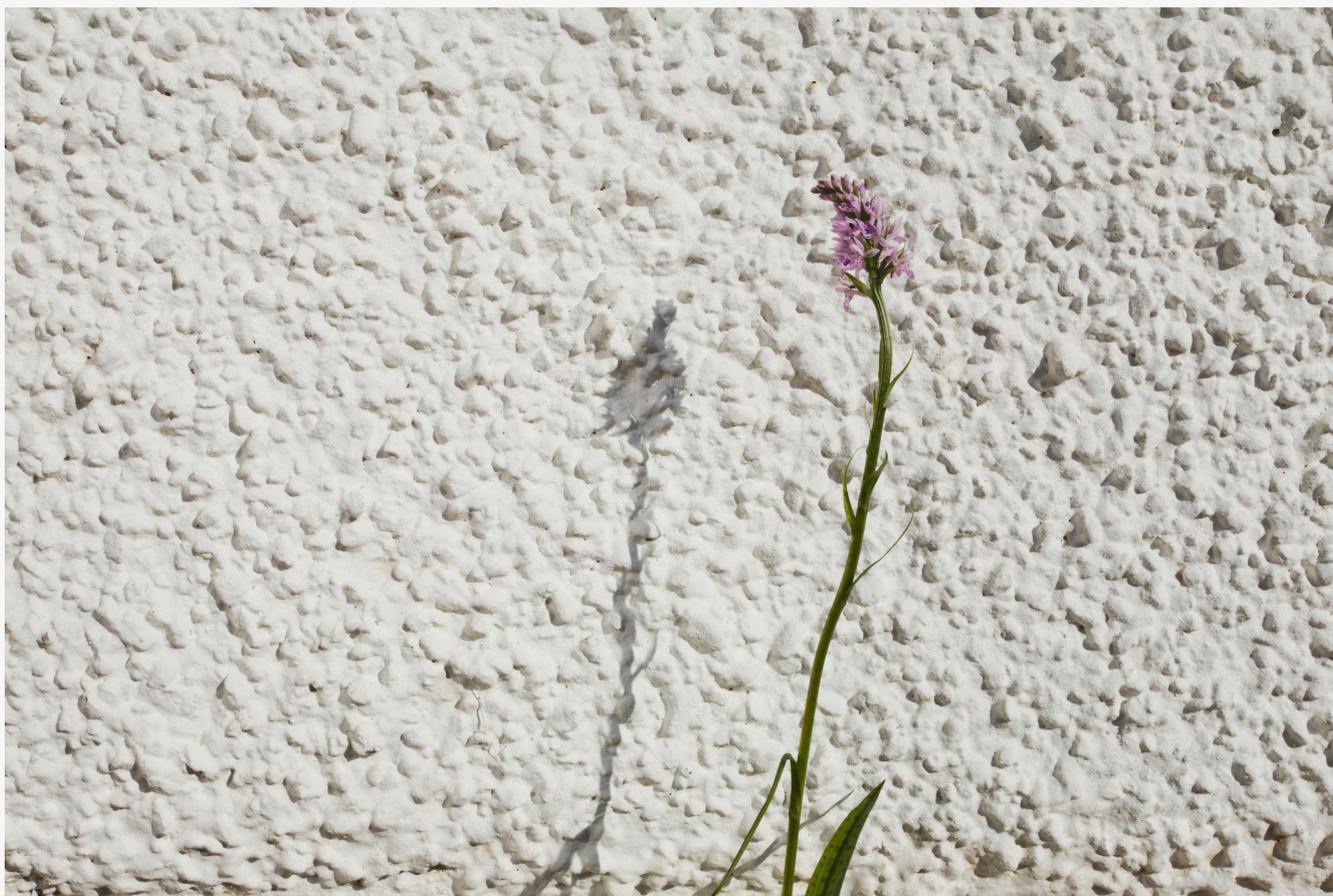
5. Work with light, find shadows and contrast. You can see how the light is hitting the leaves in this shot, creating lots of interesting shadow.



6. Practice taking 1-10 pics of the same thing, adjusting your depth and distance from the object. This lets you see the object in different ways and angles, don't be afraid to try new perspectives of the same thing to see what you like.

7. Look for shape, form and texture. I wanted to capture the different textures of the leaves here, how they look in contrast to one another gives a lovely effect.





BREAK THE RULES - GO FOR IT!

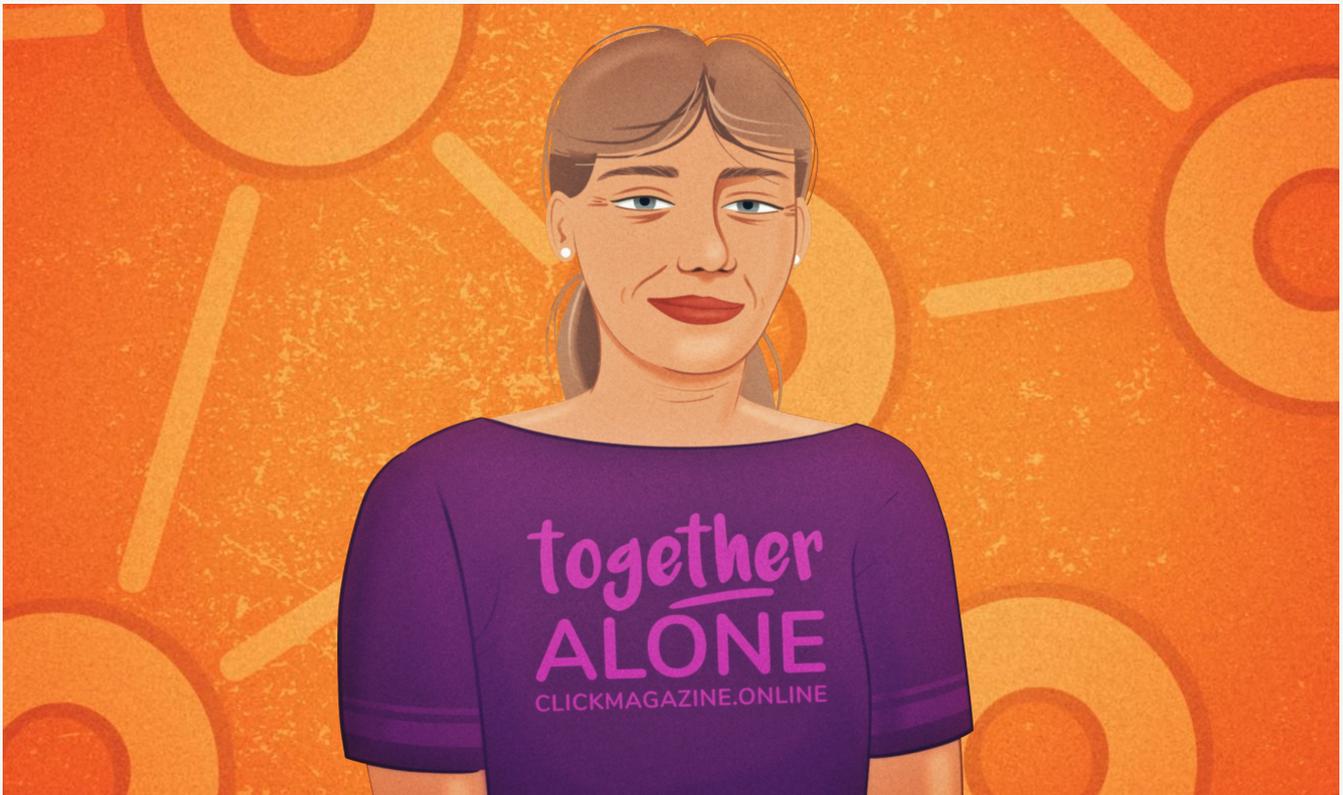
8. Think of composition, how you want to frame your photo. This photo of lavender uses the rule of thirds – it positions the lavender 2 thirds of the way into the picture because our brains prefer seeing things on the left or the right rather than right in the middle. You can use the grid function on your camera to position things left or right.

9. Break the rules- go for it!

10. Stop, take your time and slow it all down.

11. Most importantly, have fun! It's all about embracing the 7/7 Movement Method.

ABOUT TOGETHER, ALONE



For many women in the sex industry, the coronavirus pandemic is exacerbating feelings of stigma, loneliness, and social isolation. Together, Alone is our wellbeing based arts project which aims to foster a sense of community and solidarity by building a “self-care toolkit”. We invite women to creatively share what self-care means to them. What works? What doesn’t work? And where self-care doesn’t go far enough, what needs to be done to better support the mental wellbeing of women?

This will be a place where we will share tips, as well as focus on the links between self-care and creativity with masterclasses from artists to build skills and ideas. You can find all the masterclasses at www.clickmagazine.online and we can also send you out a workshop pack with copies of the masterclasses, along with all the materials you might need to do them.

We would love to hear from you about what works / doesn’t work for you, any tips that you have and what you think about the masterclasses. We can’t wait to build Together, Alone with you!