Video: Contemplative Practices for a Technological Society

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Client: Dr. Doug Lindner
History

**Conference:** Contemplative Practices for a Technological Society
http://www.cpe.vt.edu/cpts/

**Question:** How can we reconnect with our own humanity in the midst of a rapidly evolving technological society?
Goals

● Interview prominent instructors and practitioners of various contemplative practices
● Create a short documentary advocating contemplative practices
● Capture and store video content
Roles

Shared responsibilities:

- Scheduling interviews
- Obtaining and checking equipment
- Interview setup and teardown
- Capturing videos of the conference
- Editing videos
Project Phases

Phase 1: Pre-conference interviews
Phase 2a: Filming of the conference
Phase 2b: Gathering interviews from conference attendees
Phase 3: Editing of interviews
Phase 4: Publishing of content
Results

● 18 video interviews
● Over 700 photos
● B-roll footage
● Edited interview videos
Results
Results
Reflection

- Contemplative practices
- How to conduct a proper interview
- Lighting a set
- Using various recording equipments
- Editing videos and sound
Questions?