

CAPTURING THE SOUL OF MANI

Photography Workshop Retreat Program

3 July – 8 July 2025

led by

Associate Professor Panagiotis Gouliaris

from the Democritus University of Thrace.

DAY 01



11:00 – Welcome and introductions
11:30 – Check-in & room allocation at Lalouda
12:30 – Photographic tour in Gerolimenas. Familiarity with using the camera.
13:00 – Lunch by the sea
14:00 – 18:00 Free leisure time
18:00 – 21:00 Lecture by Prof. Panagiotis Gouliaris and discussion
Introduction to the great masters of Photography

DAY 02



08:30 – Breakfast and get ready
10:00 – 12:00 Photographic tour in Gerolimenas. Technical parameters:
Depth of field.
12:00 – 14:00 Lecture by Prof. Panagiotis Gouliaris. The concept of the frame
in photography.
14:00 – 18:00 Free leisure time
18:00 – 21:00 Guided photographic tour in the villages of Messa Mani

DAY 03



08:30 – Breakfast & get ready
10:00 – 12:00 Photographic tour in Gerolimenas. Technical parameters:
Shutter speed – ISO.
12:00 – 14:00 Lecture by Prof. Panagiotis Gouliaris. The use of Light.
14:00 – 18:00 Free leisure time
18:00 – 21:00 Guided photographic tour in Vathia and the surrounding area.

DAY 04



08:30 – Breakfast & get ready
10:00 – 12:00 Photographic tour in Gerolimenas surrounding area. Technical
parameters: familiarization with the use of different photographic lenses
12:00 – 14:00 Lecture by Prof. Panagiotis Gouliaris. Landscape Photography.
14:00 – 18:00 Free leisure time
18:00 – 21:00 Guided photographic tour in Cape Tainaro.



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DAY 05



08:30 - Breakfast & get ready
10:00 - 12:00 Photographic tour in Gerolimenas surrounding area.
Landscape Photography.
12:00 - 14:00 Lecture by Prof. Panagiotis Gouliaris. The concept of
Composition in Photography – Part I
14:00 - 18:00 Free leisure time
18:00 - 21:00 Guided photographic tour in Areopolis.

DAY 06



08:30 - Breakfast & get ready
10:00 - 12:00 Lecture by Prof. Panagiotis Gouliaris. The concept of
Composition in Photography – Part II
12:00 - 14:00 Portfolio Review – Criticism
14:00 - 18:00 Free leisure time
18:00 - 21:00 Guided photographic tour in Mezapos haven – Mani Castle

DAY 07



08:30 - Breakfast & get ready
10:00 - 12:00 Portfolio Review – Criticism
12:00 - 14:00 Preparing the participants' work in organized portfolios
14:00 - Lunch by the sea
17:00 - 19:00 Report of the workshop results.

Conclusion of 2025 workshop

DAY 08



08:30 - Breakfast & get ready
11:00 - Check out of accommodation for participants staying at Lalouda

Conclusion of 2025 retreat

