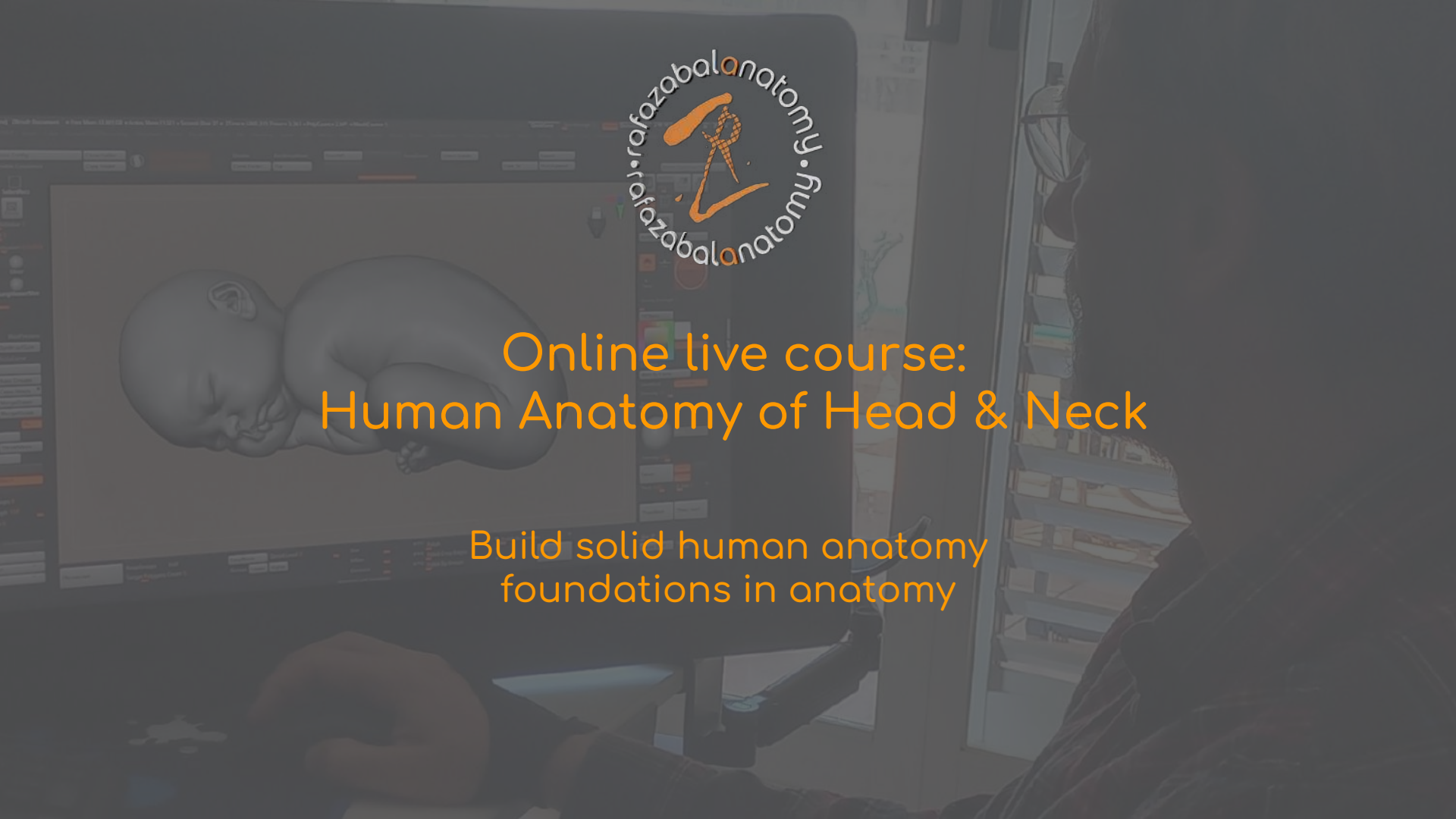
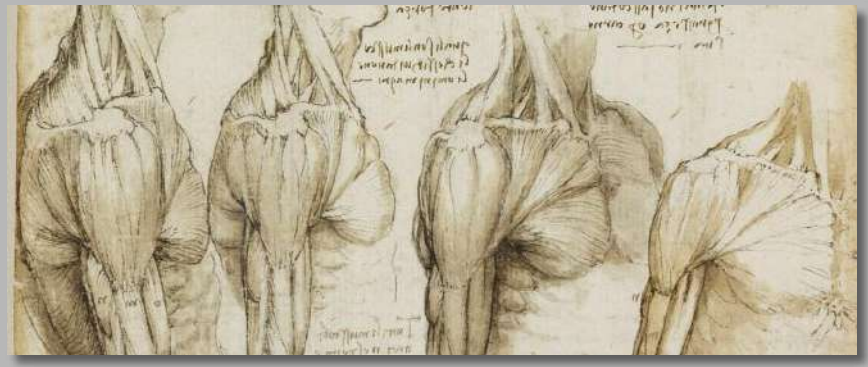


Online live course:
Human Anatomy of Head & Neck

Build solid human anatomy
foundations in anatomy



Pioneering anatomists

Artists like Leonardo da Vinci and Michelangelo understood that to master form, they had to study structure.

Through their drawings and notes, they laid the foundations of anatomical art—creating studies that captured not just the surface, but the inner workings of the body: bones, muscles, proportions, and harmony.

These works remain timeless because they reveal a way of seeing—a bridge between science and creativity that still inspires artists today.

This course follows that same spirit, bringing anatomical knowledge to the hands of modern creators through a visual and artistic approach that respects tradition while embracing new tools and technologies.

The significance of anatomical understanding

Whether you're creating stylized characters or pursuing anatomical realism, understanding the human body from the inside out brings depth, accuracy, and credibility to your work.

When an artist truly understands the structure beneath the skin, they can invent, exaggerate, or stylize with confidence—because their choices are informed, not improvised.

The body is not just form, its function. Knowing how bones, muscles, and fat interact improves the way we sculpt movement, weight, and personality.

rafazabalanatomy

Who teaches the course?

The course is taught by Rafa Zabala, an artist and educator with an uncommon journey that bridges the worlds of sculpture, digital creation, and academic anatomy.

Rafa began his artistic path over three decades ago through traditional sculpture, working on large-scale artistic and religious commissions. His passion for form and structure eventually led him into the digital world, where he became a character and creature artist for some of the most prestigious studios in the film and video game industries.

His credits include major productions such as *The Hobbit*, *Planet of the Apes*, *Avatar: Frontiers of Pandora*, and collaborations with filmmakers like George Lucas and Steven Spielberg, as well as global icons like Paul McCartney and Lady Gaga.

Over time, his fascination with the human body evolved into a deeper exploration of anatomy, guiding him back to the foundations of form. Rafa now collaborates with the Faculty of Medicine in Valencia, assisting in cadaver-based anatomy courses and developing anatomical learning tools for medical education.

Combining his hands-on experience in dissection with decades of sculptural expertise, Rafa offers a unique perspective—equally visual, structural, and artistic. His teaching is direct, inspiring, and built to empower digital artists with a clear, intuitive understanding of the human body.

"Anatomy is not just science—it's the language of form. And once you speak it, you sculpt with purpose." —RZA

Instructor
Rafa Zabala

- Founder of Rafa Zabala Anatomy
- Tradicional sculptor
- Character and creature modeller
- Art Director
- Anatomy instructor

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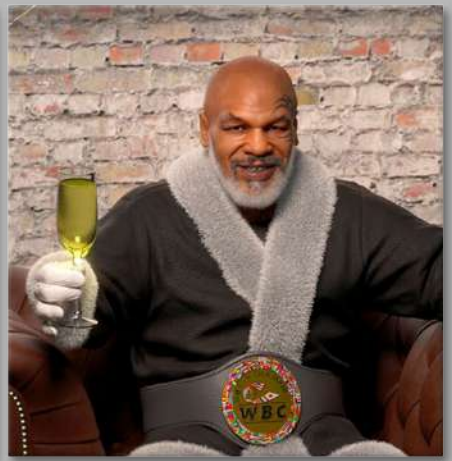
Anatomy as the driving force of my career



Since an early age, I've been passionate about anatomy. Its study and observation have always guided my artistic path.

What began as curiosity became a lifelong journey—from traditional sculpture to digital characters and creatures in film and games.

Today, my work reflects a deep anatomical foundation, not only in human forms but also in animals and imaginary beings. Recent years teaching at the University of Valencia and working with real human anatomy have brought new depth to my creative vision.

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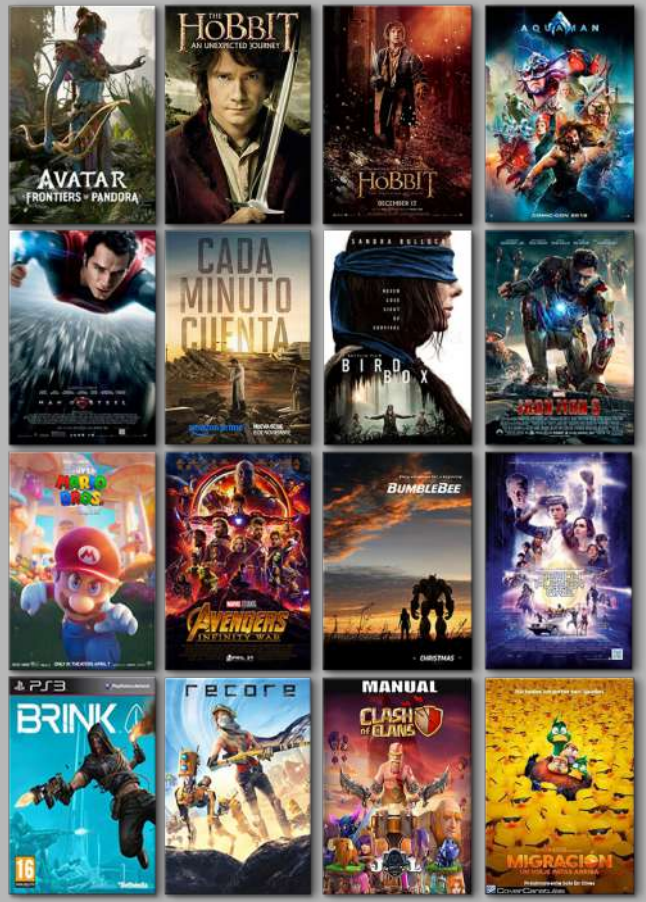
Bridging the Gap Between Entertainment and Anatomy



SOCIEDAD

De trabajar en «El Hobbit» a desarrollar simuladores aplicados a la medicina

► El escultor digital valenciano Rafa Zabala crea prototipos, que se pueden utilizar como práctica para los estudiantes o para reproducir posteriores intervenciones ► El artista recrea todas las capas del tejido humano con distintos materiales

Los trabajos cuentan con un certificado médico para reflejarlo «de la manera más fiel posible»

I've found a deep sense of purpose in my path as both an artist and educator.

This journey has taken me across countries and cultures, connecting me with amazing people along the way.

At the heart of it all is my passion for anatomy—the driving force that led me to explore new creative horizons and eventually feel at home among doctors and surgeons, who now embrace me as one of their own.

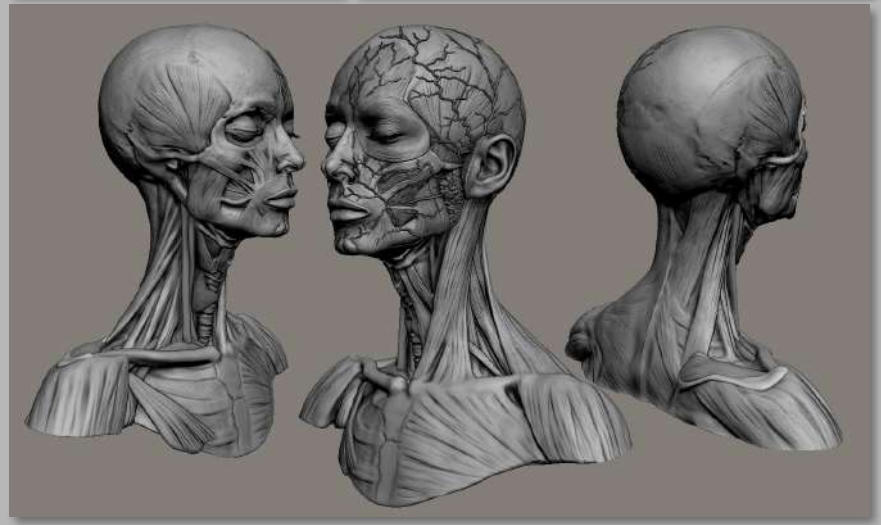
They have become my mentors in a more demanding anatomical stage, offering knowledge that has profoundly shaped my perspective.

I believe every artist can benefit from a solid foundation in anatomy, and I'm here to share that knowledge with those who wish to truly understand the human body.

rafazabal@natomy







Exploring new applications

These are examples of medical simulators I've created in collaboration with the private company *Iface Simulator*. You can find more about their work on their official website.

Currently, I'm developing new and challenging projects for both the medical and industrial sectors—combining anatomical precision with innovative materials and sculptural techniques.

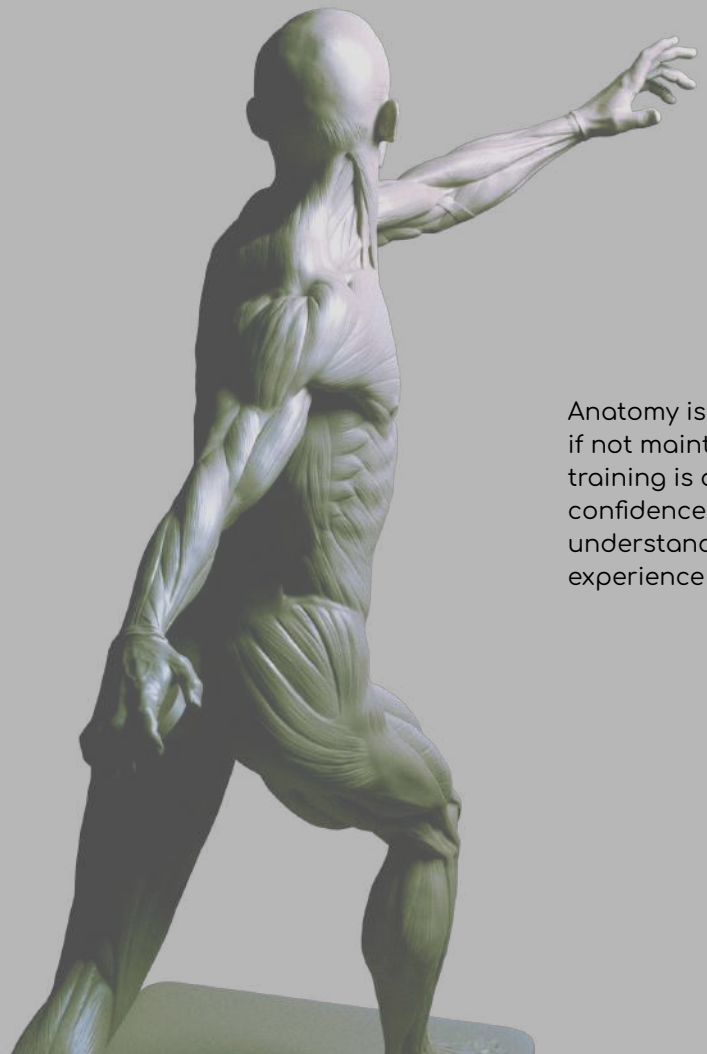
rafazabal@natomy

Who is this course for?

This course is designed for artists interested in gaining a deeper understanding of the form, proportion, and structure of the human body. It is ideal for digital artists such as 3D modelers, character designers, and concept artists, as well as traditional artists working with clay or plasticine whether at large scale or in miniatures.

No prior knowledge or specific preparation is required, as we start from the fundamentals to build a comprehensive understanding of the musculoskeletal system. We will study each region step by step, from the skeletal structure to its surface expression, analyzing muscle insertions and functionality.

This course offers an academic experience designed to help artists reconnect with anatomy and build solid foundations for creating believable characters, whether realistic or fantastical.



Anatomy is essential knowledge, but it can fade if not maintained. That's why this intensive training is designed to restore clarity, confidence, and purpose to your anatomical understanding—with passion, rigor, and experience

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Why This is the Course You've Been Looking For

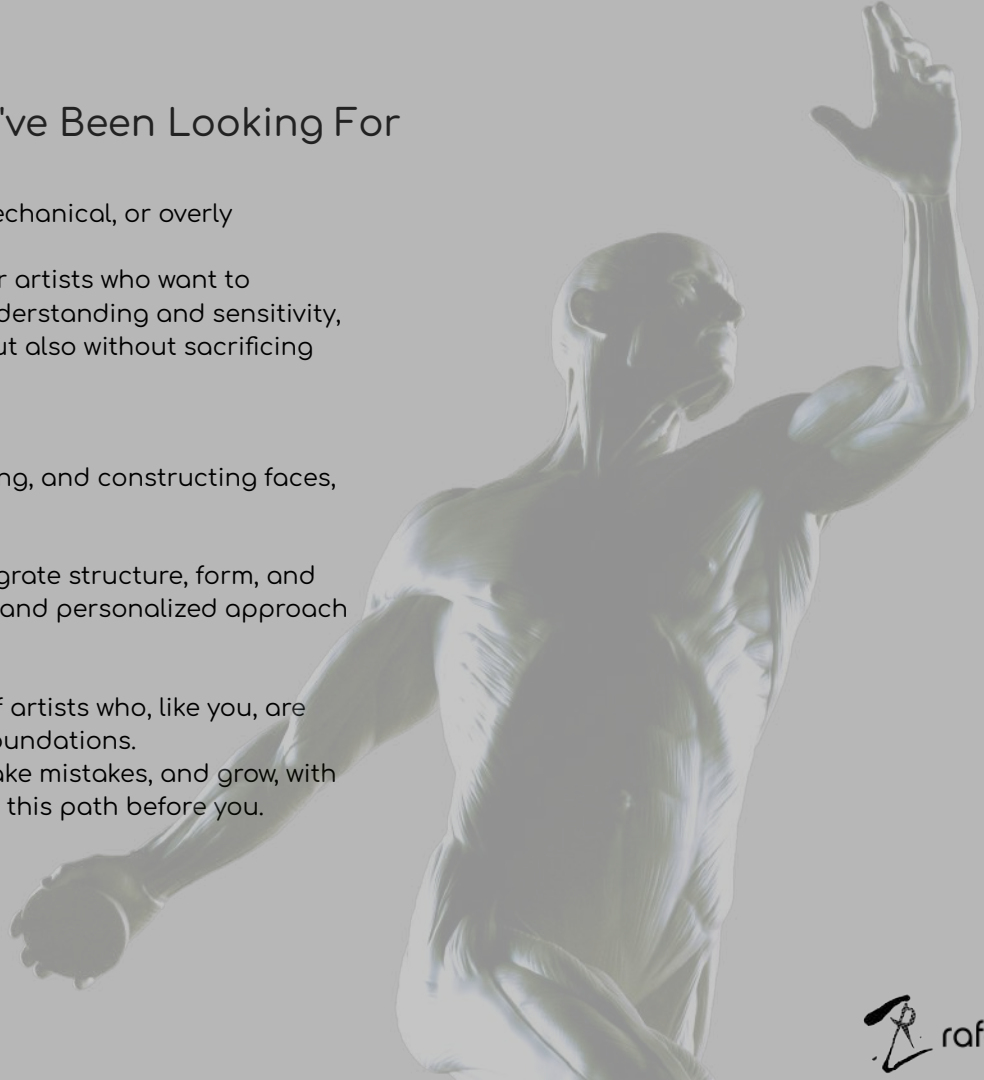
Learning anatomy shouldn't be a cold, mechanical, or overly theoretical process.
This course is an experience designed for artists who want to connect with the human form through understanding and sensitivity, without getting lost in technical jargon, but also without sacrificing accuracy and depth.

You'll gain more than just knowledge:
You'll gain a new way of seeing, interpreting, and constructing faces, whether you work in clay or pixels.

Each session is designed to help you integrate structure, form, and proportion with clarity, thanks to a direct and personalized approach tailored to your creative process.

You'll also become part of a community of artists who, like you, are driven to create with purpose and solid foundations.
A space where you can ask questions, make mistakes, and grow, with the guidance of someone who has walked this path before you.

This course won't just improve your work.
It will change the way you understand it



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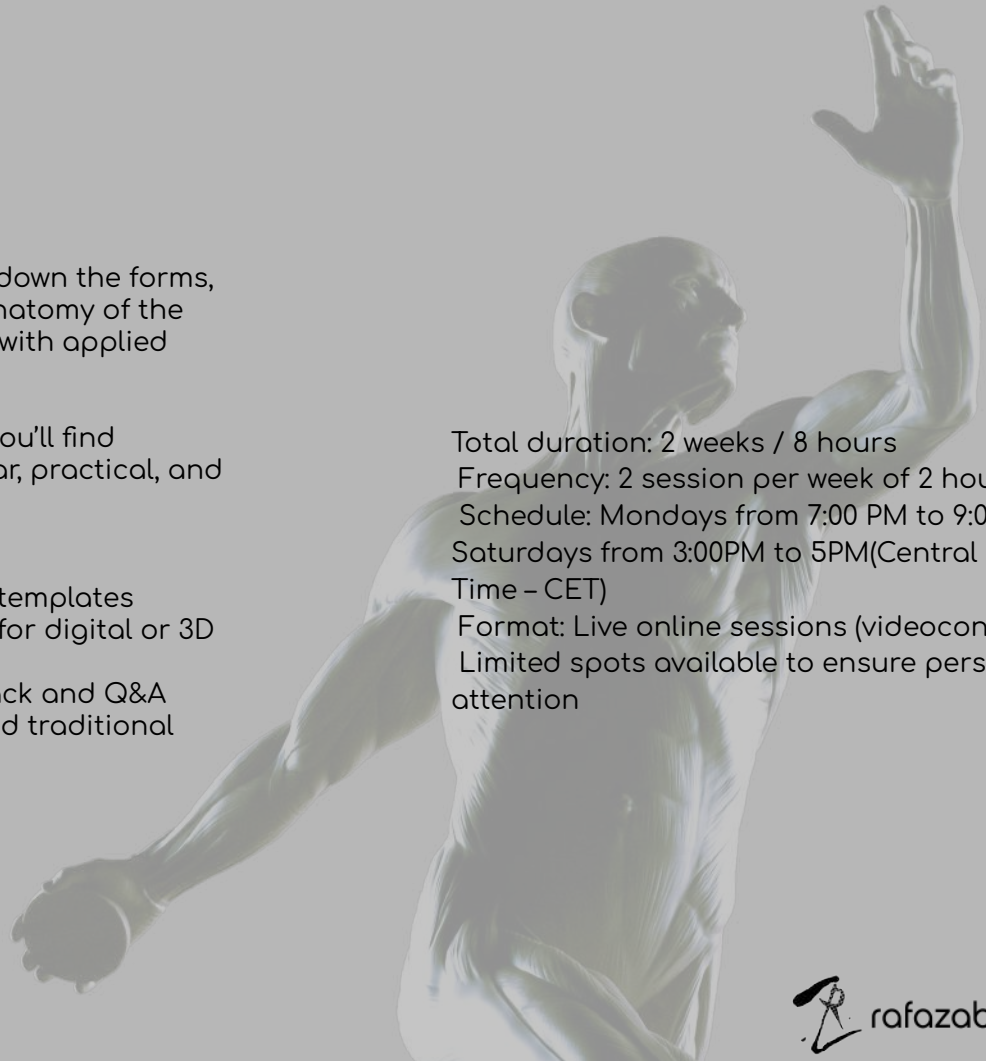
Program Overview

Over the course of 4 live sessions, we'll break down the forms, proportions, and structures that define the anatomy of the head and neck, blending artistic observation with applied anatomical knowledge.

Whether you're a digital or traditional artist, you'll find resources tailored to your workflow, with a clear, practical, and accessible approach.

Includes:

- Downloadable support materials and templates
- A base skeleton model in .OBJ format for digital or 3D print use
- Live support with personalized feedback and Q&A
- Resources adapted for both digital and traditional artists



Total duration: 2 weeks / 8 hours
Frequency: 2 session per week of 2 hours,
Schedule: Mondays from 7:00 PM to 9:00 PM and Saturdays from 3:00PM to 5PM(Central European Time – CET)
Format: Live online sessions (videoconference)
Limited spots available to ensure personalized attention

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Programme

Session 1

- Introduction and presentations
- Osteology of the skull and cervical spine
- Musculature of the face

Session 2

- Student corrections
- Review of Cranial and Cervical Osteology
- Neck muscles

Session 3

- Student corrections
- Review of face and neck muscles
- Age, complexion and ethnicity factors

Session 4

- Student corrections
- Review of all the muscles
- Main veins visible
- facial expressions

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