



Mentoring for artists

Specialist in human anatomy





# Your Artistic Anatomy Journey, Guided.



Guidance and support tailored to your artistic and anatomical journey.

What is this mentorship about?

This program offers one-on-one guidance to help you solve doubts, receive corrections, and deepen your anatomical knowledge. Whether you're building characters or creatures, the goal is to help you integrate anatomy into your artistic process in a clear, precise, and functional way.

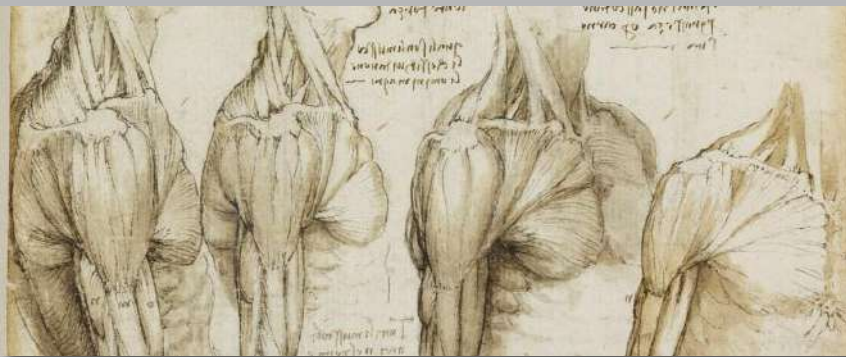
What does it include?

- Review of your sculptures or digital models
- In-depth corrections and feedback
- Personalized Q&A sessions
- Anatomical application to character and creature design
- Artistic and technical advice on structure, proportions, detail, and expression

## Format and duration

Flexible to your needs: from one-off sessions to ongoing support. All sessions are held online and scheduled based on availability.





## 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, it's function. Knowing how bones, muscles, and fat interact improves the way we sculpt movement, weight, and personality.



# 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





## 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.





# Bridging the gap between entertainment and anatomy

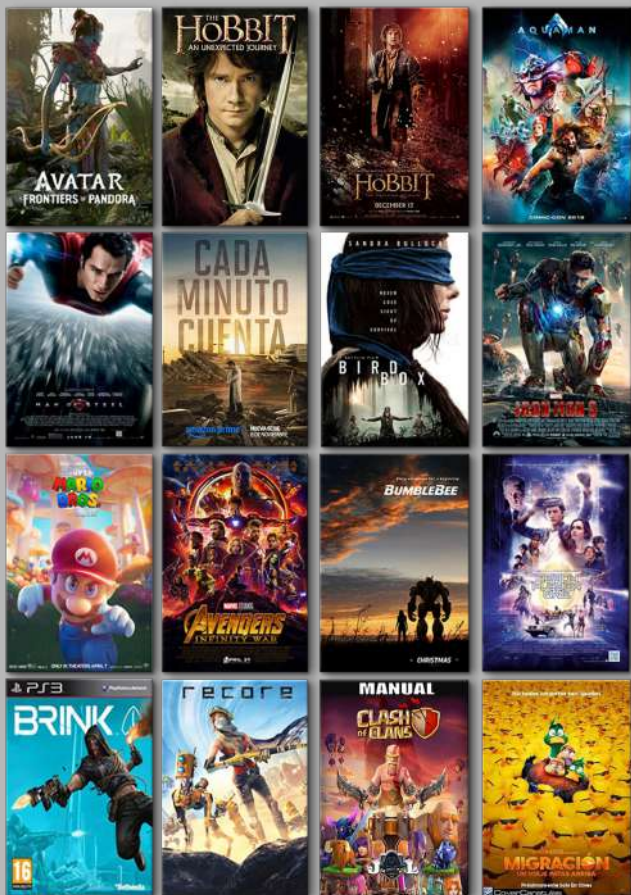
I've found a deep sense of purpose in my path as both an artist and educator.

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

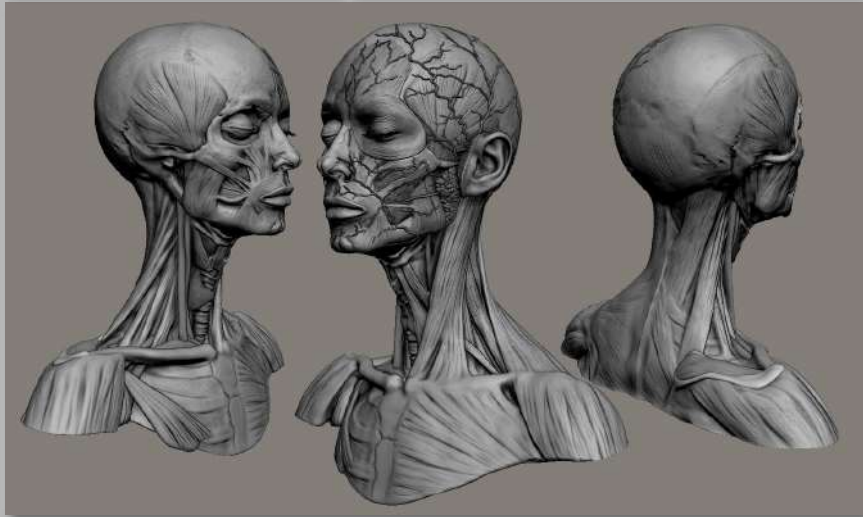
At the heart of it all is my passion for anatomy—the driving force that led me to explore new creative horizons and eventually feel at home among doctors and surgeons, who now embrace me as one of their own.

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.







## 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.



# Each mentoring session is completely tailored to you.

What will we work on?

Each mentoring session is completely tailored to you.

Some of the topics I typically cover with students include:

- Detailed review of sculptures or characters
- Anatomical and structural corrections
- Anatomy applied to modeling, illustration or concept
- Three-dimensional construction of the human body (shape, plane, proportion)
- Preparation of professional portfolio
- Development of study methodology and practice habits
- Career advice, professional development, or personal style

These sessions are aimed at:

- Digital artists, sculptors, 3D modelers and illustrators
- Students or professionals who want to improve their anatomical knowledge
- People looking for real and direct guidance on a personal or professional project
- Artists who are blocked or feel they need to regain clarity and direction
- Those who want to move forward faster with someone who has already traveled that path

Sometimes we don't need a full course.  
Just someone to guide us, understand our  
language, view our work with discernment, and  
help us move forward with intention.

