

SCULPT ★ AIR ★ YOGA

Taught by
Lady Van Tiger

Make Art & Also Move-It!



Ring Bearer Angel "Air" Sculpture

Spend 30 minutes energizing with "Air Chair Yoga," then get into a "State of Flow" creating an "Air Sculpture." Lady Van Tiger, who

recently taught a similar class "Paint Fan Dance" leads the class into this unique blending of exercise with art making.

The entire class takes one hour and 30 minutes. Each student will create their own wax sculpture using techniques and materials in a very original, individualistic way. Each "Air Sculpture" will be a simple tabletop sculpture about 5 to 7 inches tall.

The exoskeletal type of armature that is built by each student for the sculpture is formed from floral wire and fabric, then the hot wax is brushed onto this form and shaped as it cools. The end result is a sculpture that seems formed around air.

With low impact movements, the "Air Chair Yoga" segment of the class includes movements that utilize breathing that will naturally massage the Vagus Nerve, activating the Parasympathetic Nervous System which triggers stress release and creates a natural balance within the body.

Lady Van Tiger is a professional Artist and Therapeutic Arts Facilitator. With decades of experience creating and teaching art, Van Tiger has a personal mission to teach how Art benefits us all, strengthening our physical and mental health.