



# ANGIE FOLLENSBEE-HALL

ARTIST AND TEACHER

Angie Follensbee-Hall is an artist and a teacher. She creates mixed media and handmade paper tapestries inspired by nature, stories, and the deep mystery of the world. Angie is a teacher. She has taught classes, workshops, and teacher training in art, yoga, and mindfulness for over 20 years. Angie was born in Sicily, Italy, and has immersed herself in the study of myth and her-story as she reclaims her identity to women's wisdom traditions



JURIED MEMBER OF

League of N.H. Craftsmen  signature of excellence



ARTICLES FEATURED IN

peaceful dumpling



## EDUCATION

**MA** 2020  
Education and Creative Practice  
Goddard College

**BFA** 1998  
Studio Arts and Painting  
Summa Cum Laude  
Plymouth State University

## OTHER SKILLS

- Experienced Registered Yoga Teacher at the 500 hour level
- Reiki Master Teacher
- Certified Traditional Herbalist
- Ayurvedic Lifestyle Practitioner
- Attunement Energy Healer
- 5 star Yoga School, RYS
- 5,000 hours of classes, workshops, and yoga training programs taught
- Art sold and exhibited throughout New England and the world

## ABOUT MY ART

My unique technique involves a multi-step process of making handmade paper, collaging mixed media botanicals and found objects, painting, and poetry. I layer stories of place and myth into handmade paper tapestries and manuscripts. What emerges through plant fibers, found materials, and vivid colors are artifacts of belonging and sacred offerings. My mission is to awaken a sense of connection, belonging, and engagement in others by exploring the art of living in partnership with creativity and the natural world.

Creativity and art are as vital to our health as good food, fresh air, and clean water. We have been removed from this important component of self in a culture that emphasizes profits over creativity, and does not center Earth, justice, and deep introspection. My mission is to change this paradigm.

## STORYLINES

- Handmade paper as a unique art process
- Creativity as a path to soul purpose
- Mindfulness practices for self awareness
- Storytelling: ancestral connections
- Sicilian Culture: recipes and traditions
- Mothering & family in uncertain times

