



School of Natural Resources
and the Environment

Seminar Series: Fall 2023

NATURE DOSING

SPEAKER: Ariana Sturr, UA School of Art

DATE: Wednesday, September 6th

TIME: 3:00-4:00 pm

LOCATION: ENR2 S210 & Zoom

ABSTRACT:

Ariana Sturr's work combines sculpture, video, poems, and installation to encourage others to question and reform their intimate relationships with nature. By employing our innate human instincts of play and curiosity Sturr uses the elements of touch, smell, sound, and space to help others reconnect with the sensations of the natural world.

Her recent exhibition, *Nature Dosing*, is an indoor installation and curated outdoor experience designed to tease, delight, and confuse our bodies with "doses" of nature. Viewer-participants experience packaged, modernized Nature within furniture structures in the indoor installation and are immersed in Nature at specific outdoor sites. These methods of "nature dosing" serve as models to demonstrate how to therapeutically experience the natural world, specifically within built environments.

Nature Dosing ultimately complicates existing ideas about how to experience Nature by introducing products to mediate user experience of the natural environment, thus disrupting the supposed divide between what is natural and built.



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