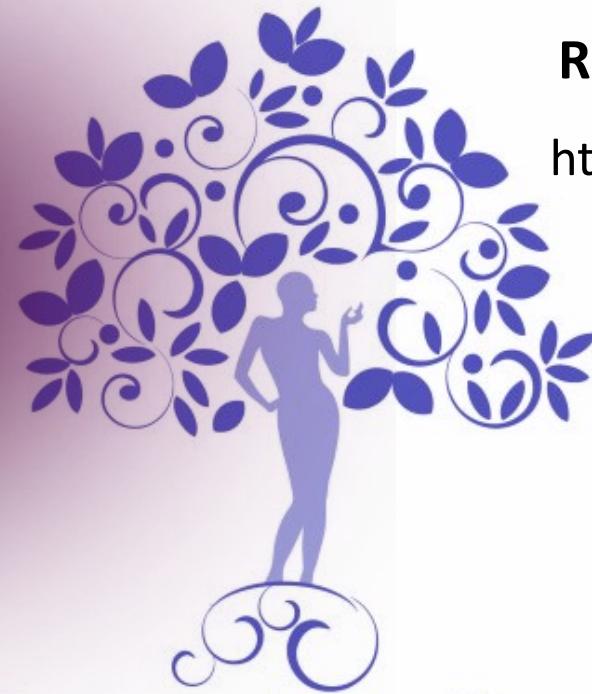


Science and Spirituality VII Presents
A Free Lecture Presentation by Al Razavi

Saturday, November 1st at 2 PM

Community Center for Spiritual Living
Fairmount Boulevard and Ridge Road

Riverside, California
<http://riversidecsl.org/>



Mind Body & Soul



Mind, Body, and Soul

Research in neuroscience shows how our physiology and biology directly affect the quality of our emotions, thinking, and behavior. We will explore practices which effect ***positive inner change*** to profoundly improve the quality of our daily lives. Specifically, we will explore three practical techniques to enhance the character of our emotions and the clarity of our thinking.

Al Razavi was born in Iran in 1951. As an acting student in Tehran he directed Ibsen's play "An Enemy of the People" and he began receiving threats from the Shah's secret police force, SAVAK. Fearing for his life, he emigrated to the United States, where he continued his studies, eventually earning Masters Degrees in Performing Arts, Creative Writing, and Science.

At UCLA as an instructor in Entertainment Studies, Al realized how spontaneity, imagination, and serenity come effortlessly to one completely immersed in self-expression and creativity. From this insight, he developed a series of programs to improve mind-body-intuition balance. Participants are coached in: the F. M. Alexander Technique for best use of body and a psychophysical tune-up; Vipassana meditation for promoting active alertness and mindfulness, and; the principles of improvisational theater technique, for enhancing shared creativity, spontaneity, and happiness.

Al's presentation have helped thousands of actors, educators, and business people achieve greater success in both their personal and professional lives. Al is the founder of DramaSports, is the artistic director of the Community Hope Theater, and is a two-time recipient of the Partnership for Excellence Award from California Community Colleges. He is a member of SAG-AFTRA, a Practitioner of the Applied Improvisation Network, and currently resides in Menifee.