

Music, Spirituality, and Your Brain

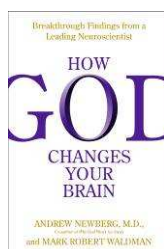
Experiencing Ancient Jewish, Islamic, Christian, and Asian Meditations through Melody, Contemplation, Poetry, and Cuisine

with **Yuval Ron**

Oscar Award-Winning and Grammy-Nominated Musician,
Composer, Lecturer, and Peace Activist

and **Mark Robert Waldman**

Associate Fellow, Center for Spirituality and the Mind, University of Pennsylvania
Adjunct Faculty, Executive MBA Program, Loyola Marymount University, Los Angeles



Sunday, January 24, 2010 4pm - 8pm



Sponsored by Temple Ner Ami



4098 Calle Tesoro, Suite D. Camarillo, CA 93012

\$20 Preregistration by January 18th (\$25 at door)

please note that Yuval Ron's and Mark Waldman's workshops usually sell out, so please register early

RVSP: 805-388-3824 with credit card, or use coupon on other side of this flyer

Bring food for potluck dinner and wear loose comfortable clothing

Join us for a truly unique experiential day, choreographed to take you deeply into the mystical sounds and spiritual practices of the Middle Ages – a time when intense forms of prayer and meditation were created to take people into their innermost values where they could directly commune with the divine. Today, those ancient practices are being reintroduced into contemporary Judaism, Christianity, Sufi and Muslim traditions, and into our secular education and healthcare systems. Neuroscientific research has documented that a combination of music and spiritual practice alters the structure and function of the brain in ways that improve physical and emotional health. In this workshop, Yuval and Mark will guide participants through a series of ancient meditations, chants, and songs—practices that will allow us to experience the deep commonality and love for life reflected in the religious traditions of the world. What a wonderful way to promote interfaith compassion and peace, as we learn practical techniques for reducing stress and deepening our spiritual beliefs. Participants will also partake in a “sacred” dinner using Mindful-Eating meditations that will dramatically change your relationship with food. *See the other side of this flyer for detailed information and registration form.*

and theater. Among his many honors, he was invited to perform for the Dalai Lama and the Sufi leader Pir Zia Iniyat Khan. In 2006, he won an Oscar for West Bank Story, and received the Los Angeles Treasures Award in 2004. He is the recipient of prestigious grants from the National Endowment for the Arts, American Composers Forum, California Council for the Humanities, and the Rockefeller Foundation. His musical ensemble has been featured on CNN, National Geographic, and in the international press and media. Visit his website at www.YuvalRonMusic.com.

MARK WALDMAN and Andrew Newberg, MD, are considered the world's leading experts on spirituality and the brain by *Time*, *Newsweek*, and the *Washington Post*. His new book, *How God Changes Your Brain*, was featured in Time, Oprah, USA Today. Mark has a counseling practice in Camarillo and is the author of 10 books on relationships, neuroscience, and creativity. Visit his website at www.MarkRobertWaldman.com. To see Mark's PBS television interview with Tavis Smiley, go to <http://www.pbs.org/kcet/tavissmiley/archive/200904/20090410.html>.

This unforgettable afternoon and evening program will guide you into your deepest values, which, throughout history, have governed the religious traditions of the world. Yuval will be playing the Oud, a unique musical instrument of the Middle East and Northern Africa that predates the lute guiding participants through a series of sound meditations and melodies used by the mystics of the Abrahamic traditions. Mark will guide participants through contemporary meditations and medieval prayers, spiritual practices that his and Dr. Newberg's research have shown to improve memory, cognition, and compassion while simultaneously suppressing the neural mechanisms that generate anxiety, depression, irritability, and stress. Mark will show slides and videos of what actually happens in the brain when you practice these contemplative exercises for just a few minutes each day. Here's a sample of the meditations and experiences presented in this workshop:

- Guided relaxation meditations
- Exploring the power of sound and music to unify and heal
- Learning how music and meditation enhances neural performance
- Experiencing Echad: The earliest recorded Jewish meditation
- Bell and silence meditation
- Meditation on the sounds of the Oud
- Sound Meditation with noises and distraction
- Walking Meditation and Mindful Eating
- Experiencing medieval religious music
- Ecstatic poetry from Rumi, St. John of the Cross, and Eleazar ben Kallir
- Experiencing Sufi meditation and chanting
- Values Meditation for Interfaith Peace

MAIL-IN PREREGISTRATION: \$20 CHECK, IF PAID BY JANUARY 18th
\$25 at the door, if there is still space

Number of Tickets Requested: _____ @ \$20 each = \$ _____

Names: _____

Contact Phone # _____



Make checks out to Temple Ner Ami and mail to
4098 Calle Tesoro, Suite D, Camarillo, CA 93012, or call 805-388-3824 for credit card payments