

**Pasquale Esposito** is a professional actor and a Zen monk (Soto). As an actor he works professionally in theatre and in the film industry in Italy. He studied acting with S. Strasberg, F. De Sapia, G. Seacat, S. Batson and D. De Fazio with whom he has also collaborated and for whom he has taught at the Studio De Fazio in Italy, Germany and Los Angeles. After different years of practice Pasquale was officially ordained in 2001 at the Fudenji Zen Temple in Italy by the Abbot's Temple Fausto Taiten Guareschi. He is president of the Zen Cultural Association "Flowers in the Sky" [www.flowersinthesky.com](http://www.flowersinthesky.com) through which he proposes Zen events.

With his new proposal "Art and Awareness" he offers his research and workshops about expression and communication from a Zen education's point of view ([artandawareness.net](http://artandawareness.net)). He offers workshops in Italy, Germany and London. He has been certified by the I.I.F.A.B ([www.iifab.org](http://www.iifab.org)) to guide and lead Bioenergetic Exercise groups and classes. He studied and explored Contact Improvisation and he has been trained in Shiatsu massage. He practiced Chi Gong with various world-recognized Chinese Masters. Also he has studied Kundalini Yoga and the martial art of Aikido for many years. A very important part of his education comes from the "Gurdjeff's teaching" which he follows in Rome, Los Angeles and London. Pasquale is the author of the Zen book called "Reflex" which is free to read online at [http://www.flowersinthesky.com/comref\\_en.htm](http://www.flowersinthesky.com/comref_en.htm). He wrote, produced and directed various short films and he just recently finished the 30 minutes documentary "In The Right Light". Pasquale is currently preparing a new project as an actor called "Black Out". It will be an international theatre production between Germany, the UK and Italy directed by Davide Cincis. For his passion to keep himself awake he practices boxing at an amateur level.