



## ABOUT WORK-LAB

HELLO ACTOR is an award-winning learning method that integrates Pro-Acting, the Power of Dialogue, Poetry in Motion, and Personality Transformation—a comprehensive toolkit designed for aspiring actors and industry professionals. This original method is developed and crafted by 'Actor's Life Book' mentor, Raaja Jaffrey.

## 5 PILLARS OF TRAINING

- Brain
- body
- Soul
- Sound
- Voice



## THE APPROACH

The Actor's Life Book Training Method establishes a clear distinction between the Self and the Actor. This scientifically designed training module follows a structured approach, first cultivating passive learners before guiding them through a process of re-cultivation, exploration, expansion, and integration of the fundamental pillars of the Self: Mind, Body, Soul, Sound, and Voice. Rooted in self-transformation, this method systematically prepares learners by awakening the five senses and gradually introducing the nine fundamental Rasas. Through this process, it fosters the development of a "Second Brain" and a "Body Space" within the learner's Self, equipping them with the depth, awareness, and responsiveness essential for a profound acting craft.

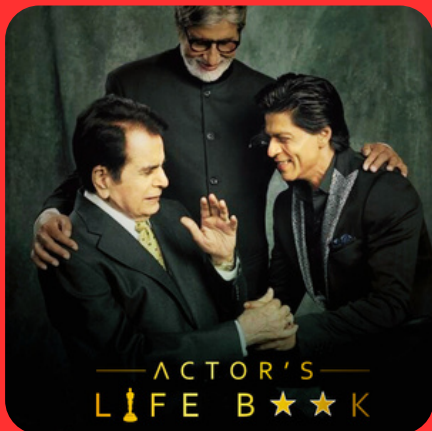
## THE METHOD

- Brain Laundry
- Reprogramming Mind
- Nervous System Control
- Energy Channelization



## ALB COURSE LEARNINGS

- Mastering the Actor's Breath
- Unique Method to Transform the Self
- Igniting the 5 Senses and 9 Rasas
- ALB Clowning and Ice-Breaking
- Activating the Neuro-Spinal Orbit
- Developing a Second Brain and Body Space
- ALB Humanimal Instinct
- ALB Bain, Marsiya, and Rudali
- ALB scene study, character study
- ALB Power of Dialogue
- ALB Poetry in Action & Motion
- ALB Storytelling and Qissa-Go
- ALB Blinker Technique (Camera Work)
- ALB Customized Modules & Ease of Mastering Expressions
- Customized Monologues, Scene Work, and Master Audition



# TRANSFORM SA



And Much More..



## COURSE OBJECTIVE

- To provide world-class training at an accessible and affordable price.
- To cultivate, train, and develop holistic Gen-X performers equipped to excel in the global media and entertainment industry.
- To nurture passive learners into profound trainers, raising the standards of the industry.
- To prepare a sensible, conscientious, and responsible generation, contributing to a better and more harmonious world.

### ALB COURSES AVAILABLE NOW



**ALB INTRODUCTORY**

7 DAYS | 3 HOURS SESSION



**ALB FOUNDATION**

15 DAYS | 3 HOURS SESSION



**ALB ADVANCE**

30 DAYS | 4 HOURS SESSION



**ALB PRO**

2 MONTH | 5 HOURS SESSION



**ALB MASTER**

3+1 MONTH | 5 HOURS SESSION



**SUNDAY SESSION**

EVERY SUNDAY | 3 HOURS SESSION

Course details and fee structure are available on demand.  
Advance booking is required at least one week in advance for  
SUNDAY SESSION



## WORK-LAB

"Dreams Personified"

### LOCATION

HELLO SCTOR WORK-LAB  
Aram Nagar Versova, Mumbai

Open Air, Beside Mukti Foundation  
Model Town Andheri West Mumbai

### CONTACT

**91-8928712607**

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www.hellocinema.in

**SPECIAL OFFER**

Discount Available For Selected Candidates

## BOOK NOW

## THE MENTOR

Abou Raaja Jaffrey



**NARRATIVE ALCHEMIST. BRAND FOLKLORIST. DRAMA THERAPIST**

Raaja Jaffrey is a pioneering Drama Therapist, Actor, and Educator with 19 years of creative leadership. A master of Urdu-Hindi dialogue, diction, voice culture, and Qissa-Goi (storytelling), he has mentored thousands—shaping emerging talent and film stars at India's top acting institutes in Mumbai and Delhi. An ex actor of National School of Drama Rep Co, He is the creator of the award-winning Actor's Life Book, he has revolutionized film acting pedagogy in India. A powerhouse of edutainment, Raaja blends storytelling, brand strategy, and life coaching. His acclaimed literary works, iconic TV campaigns, and groundbreaking mentorship continue to shape India's creative and performing arts landscape.

"An actor is the powerhouse of channelized energies. I call him the athlete of intelligent emotions."

