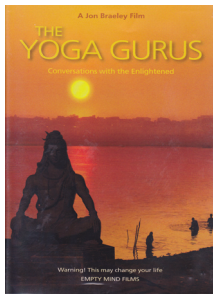


DVD profile



If you had the chance to meet some of the world's most enlightened yoga masters, what would you ask them? What

would you wish to know? In *Yoga Gurus* you will have some of your questions and answers realised. For instance: what is yoga?

Filmed on location in India at Rishikesh in the lap of the Himalayas, and in Mysore in the far south, *Yoga Gurus* includes spectacular scenery of the holy river the Ganges, and interviews with some of the world's top gurus in yoga about the purpose of physical asanas vs. the spiritual aspects.

Developing perfect posture and balance is just the first step for these yoga gurus. The physical yoga practice of the body, *yogasana*, is just the beginning of the journey into the depths of the inner soul. The movie also takes you to the ancient source of yoga, where Himalayan yogis, saints and holy men spend a lifetime of meditation and austere yoga practice to find enlightenment or self-realisation.

Understanding who you are without any external gratification is the ultimate goal of a yogi and will lead to a lifetime of happiness.

Yoga Gurus features words of wisdom from teachers of Ashtanga and Hatha Yoga, Kundalini Yoga, Jivamukti and the yoga of devotion, Bhakti Yoga and India's most revered spiritual saint and yoga guru, Pujya Swamiji. The following Yoga masters are featured:

- Sharath - Ashtanga
- Yogacharya Venkatesha - Hatha

- Gurmukh - Kundalini
- Gabriela Bozac - Jivamukti
- Shyamdas - Bhakti
- Bhavani Kalan - Vinyasa
- Hikaru Hashimoto - Shinto Yoga

One of the many benefits of watching this movie, is that you are privy to information that you would ordinarily only receive from your yoga teacher, or through books, and you are getting this from some of the best in the world.

Yoga Gurus is superbly scripted and filmed by Jon Braeley whose personal interest in the subject has



obviously guided him to not only seek out the best yoga practitioners, but also to ask questions which bring out aspects of yoga not available elsewhere. As a viewer you also feel guided to become a better person - in both mind and body.

This documentary is aimed at both beginner and advanced practitioners of Yoga, as well as anyone who is interested in furthering their knowledge of eastern philosophy and culture.

About the Yoga Gurus

- Dr David Frawley is a leading author and a recognised expert in Vedic and Yoga teaching. He has received major awards and accolades in India for his work.
- Shyamdas is a musician, scholar and Bhakti Yoga master of the devotional practice. With many books and music CD's to his credit, he is sought after by leading Yoga institutions all over the world.
- Gabriela Bozac runs a large Jivamukti Yoga centre in Germany. She is a leading expert in the hatha style of Yoga and travels worldwide to teach at seminars.
- Bhavini Kalan is a Vinyasa Yoga teacher and has trained with all the top masters in Mysore, including Pattabhi Jois and Srivatsa Ramaswami.
- Hikaru Hashimoto founded the Shinto Yoga style in Japan and is a top Hatha Yoga master. His Association currently runs more than 700 classes throughout Japan.
- HH Swamiji Saraswati is one of India's most revered saints and spiritual leaders. He is president of Parmarth Niketan, a major Yoga Ashram in Rishikesh and teaches "Body, Mind and Spirit and Soul" Yoga.
- Sharath is the grandson of Pattabhi Jois, one of Yoga's most important teachers. He runs the Ashtanga school in Mysore and travels the world teaching.
- Yogacharya Venkatesha is another leading Yoga teacher in Mysore, India. A Hatha Yoga master, his school is very popular with foreign students.
- Gurmukh is America's top Kundalini master and runs the largest Yoga school in the world with 5,000 students. Her style and brand of teaching is unique, and her insight and wisdom is worthy of a movie in itself.