

SYNOPSIS



Yoga

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But yoga is much more than that: Yoga is the journey to the inner self, the fusion with the universe, the becoming one with the Divine. So it is written in the holy scriptures of Vedanta. Yoga leads to true love, to experiencing the pure existence, to consummate knowledge und boundless beatitude. Dr. Jamuna Mishra - brahmin, priest, philosopher, teacher of yoga and Ayurveda-physician - shows what yoga really means and how the people of India for thousands of years have integrated yoga into their lives. Coming from Khajuraho in Northern India, Mishra leads us through «his» spiritual India and explains the philosophy of yoga.

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