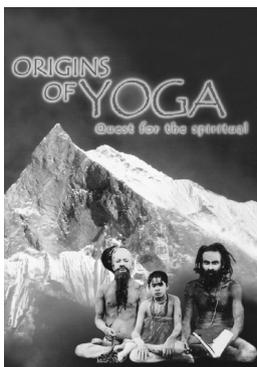


## MEDIA REVIEWS



### ORIGINS OF YOGA: QUEST OF THE SPIRITUAL

You've seen this image before; a traditional Indian yogi with long matted hair, grizzled beard and a naked body covered in mud or soot.

If you practice yoga he is your ancestor. If you want to trace your ancestry, and your practice back to its roots and its meaning, you'll have to follow this man thru the crowded streets and ancient mountain paths of India. And in this wonderful documentary by fellow traveler, Los Angeles filmmaker Paula Fouce – you can do just that.

There are 16 million yogis wandering the cities and hillsides of India.

Who are these people? How do they live? Where do they sleep? Why do they smear their bodies with soot? What do their forehead and facial markings mean? Why do they carry a two-sided drum? How do they find their Guru

and what is their relationship to their Guru? What is their connection to the practice we undertake for an hour and a half three times a week on hardwood floors in our leotard tops? And why do they look so strange?

In this new release, these questions and a Ganges raft of others, are answered by the Yogis themselves. We follow them as they trek snowy mountain paths, bathe in the rivers, sing, dance, meditate or simply hang out together over an ever-present fire. More than bearers of some bizarre personal demonstration of renunciation we come to know the Yogis of India as pioneers in the traditions we practice today – ponderers of meaning and explorers of the impermanence of all things. They are forever in service to God and unattached to every-

is yours, I clean my teeth. I bathe in the river. I pray to God." Information like this and a whole lot more we learn in an easy voice-over narration that disappears quickly into the heart felt words of the Hindi speaking practitioners themselves. The results leave one with the feeling that you are watching expertly shot and beautifully wedded images of an old family movie rather than academic exercise on videotape.

You'll meet yogis who exist only on water, others who exist solely on air, they are all people who have found a guru and chosen their path - members of ancient and rapidly disappearing orders.

"Origins of Yoga" is 50 minutes long, recorded in digital surround sound, and created

***"More than bearers of some bizarre personal demonstration of renunciation we come to know the Yogis of India as pioneers in the traditions we practice today – ponderers of meaning and explorers of the impermanence of all things"***

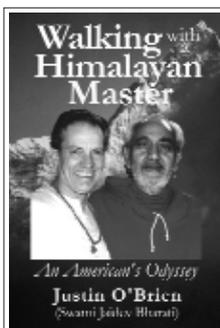
thing but, apparently, their own bizarre appearance and some distinctly unsocial behavior. Yoga Scholar Georg Feursstein appears from time to time throughout the film to offer a little history and perspective, otherwise the film is a purely a Yogis tale.

"If God is in your heart, then the whole world

by a team of Los Angeles film makers. It was produced by Director Paula Fouce and Tim Kettle. Available on DVD through [www.paradisefilmworks.com](http://www.paradisefilmworks.com) and other outlets.

—Bob Belinoff

LA YOGA

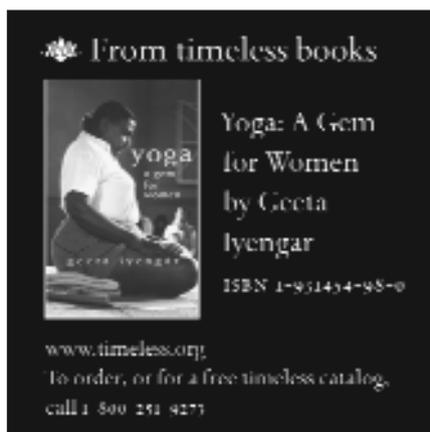


**"A splendid spiritual memoir!"**

PUBLISHERS WEEKLY

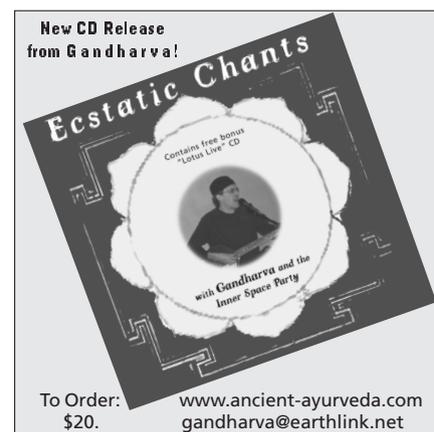
**Pure yoga philosophy. Riveting!**

*Walking with a Himalayan Master*  
Yes International Publishers  
[www.yespublishers.com](http://www.yespublishers.com) 800-431-1579



[www.timeless.org](http://www.timeless.org)

To order, or for a free timeless catalog, call 1 800 251 4277



New CD Release  
from Gandharva!

To Order:  
\$20.

[www.ancient-ayurveda.com](http://www.ancient-ayurveda.com)  
[gandharva@earthlink.net](mailto:gandharva@earthlink.net)