

# BREATH OF THE GODS - A JOURNEY TO THE ORIGINS OF MODERN YOGA

by Jan Schmidt-Garré



## SYNOPSIS

Modern yoga, that is, the form practised daily by tens of millions of people around the world, goes back directly to the god Shiva according to Indian tradition. At the same time, however, modern yoga originated in the early twentieth century, a creation of Indian savant T. Krishnamacharya (1888-1989). That story is far less known and what this film is all about. Krishnamacharya's life and teachings are seen through the eyes of the director Jan Schmidt-Garré on his search for authentic yoga. His journey leads him from the legendary students and relatives of Krishnamacharya's to the source of modern yoga, at the palace of the Maharaja of Mysore. From Pattabhi Jois Jan learns the "Sun salutation", from Iyengar the "King of Asanas", the headstand, and finally Sribhashyam reveals him his father's secret "Life Saving Yoga Session". A feature-length documentary including rare historical footage as well as lavish reenactments.

## CAST AND CREW

**DIRECTOR** Jan Schmidt-Garré · **SOUND** Thomas Keller, Martin Müller, Patrick Veigel · **EDITOR** Gaby Kull-Neujahr · **DOP** Diethard Prengel

Germany 2012

100 min

### FORMAL CATEGORIES

Biographie/Portrait, POV, Religion

### ORIGINAL LANGUAGES

English

### PREMIERE

Germany (2012)

### PRODUCTION COMPANY

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