

### Exercise 1. Complete the text with the missing words

breathing ignorance **goal, wisdom essence** mindfulness

searching for important **essence**

### WHAT IS THE \_\_\_\_\_ OF YOGA?

- You know what the \_\_\_\_\_ of yoga is?
- Is it asanas? No!
- Is it \_\_\_\_\_ exercises?
- No!
- Is it meditation?
- No!
- Is it \_\_\_\_\_?
- No it's not that either!
- Is it \_\_\_\_\_ the absolute?
- Close, but no.
- Well what is it?
- Do you really want to know?
- Yes
- It's about giving. It's about giving to those who live without. It's about giving back to the world we live in. It's about giving \_\_\_\_\_ where there's \_\_\_\_\_. But most \_\_\_\_\_ of all Yoga is about giving your heart to the Supreme (Personality of God). And that is the \_\_\_\_\_ of yoga. And that yoga of giving is called bhakti.

### Exercise 2. Questions for discussions after watching:

- 1) What is the essence of yoga?
- 2) What is the essence of life?
- 3) What is the essence of Bhagavad Gita?
- 4) What is the essence of Bhakti-yoga?
- 5) What is the name for yoga with breathing exercises?
- 6) Do you like meditation? Why do you like it?
- 7) What do devotees search for?
- 8) Who was Maharaj Bharata searching for?
- 9) Who was Dhruva Maharaj searching for in the forest?
- 10) What is the wisdom of "War and Peace" by Leo Tolstoy?
- 11) What is important for bhakti yoga?
- 12) What is important for your guru?
- 13) What is the goal of your life?