

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?