https://www.youtube.com/watch?v=c9FK57HT3XU

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?

LIVEWORKSHEETS