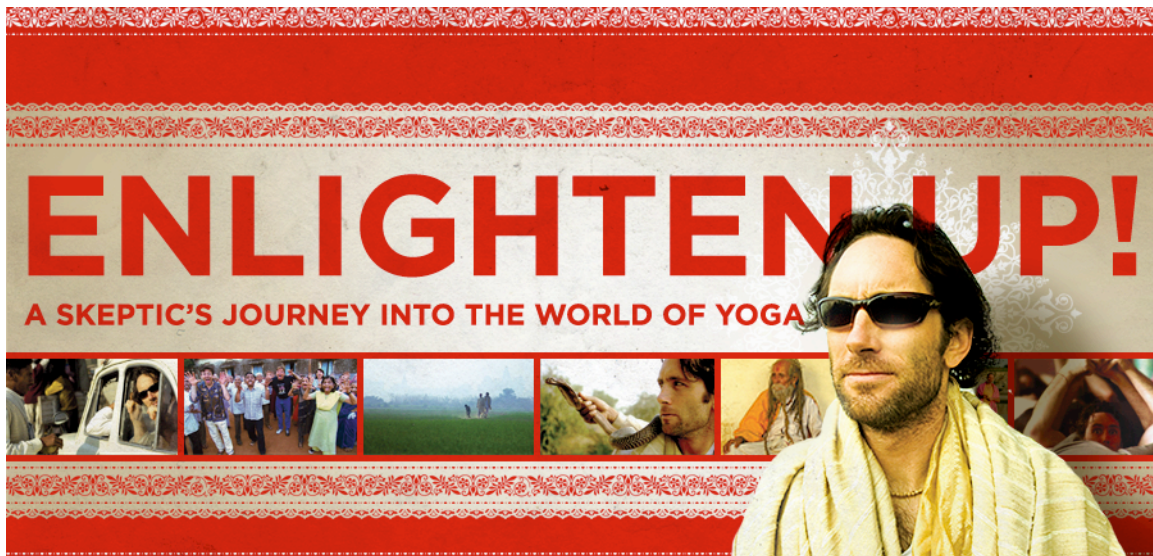


# **BALCONY RELEASING**

Presents

**A Tuka Productions and Nama Productions Film**



**Directed by Kate Churchill  
(USA, 2008, 82 minutes)**

**[www.enlightenupthefilm.com](http://www.enlightenupthefilm.com)**

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# ENLIGHTEN UP!

## A Skeptic's Journey into the World of Yoga

### SHORT SYNOPSIS

Filmmaker Kate Churchill is determined to prove that yoga can transform anyone. Nick Rosen is skeptical but agrees to be her guinea pig. Kate immerses Nick in yoga, and follows him around the world as he examines the good, the bad and the ugly of yoga. The two encounter celebrity yogis, true believers, kooks and world-renowned gurus. Tensions run high as Nick's transformational progress lags and Kate's plan crumbles. What unfolds and what they discover is not what they expected.

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Featuring: B.K.S. Iyengar of Iyengar Yoga (who was named one of the 100 most influential people in the world by *Time Magazine*), Pattabhi Jois of the Ashtanga Yoga Research Institute, Norman Allen of the Big Island of Hawaii, Sharon Gannon and David Life of Jivamukti Yoga, Dharma Mittra of Dharma Mittra Yoga, Diamond Dallas Page former pro wrestler turned yoga teacher, Sharath Rangaswamy (grandson of Pattabhi Jois), Dr. Madan Kataria of Laughing Yoga, Rodney Yee star yogi in Living Arts videos, Cyndi Lee of OM Yoga, Gurmukh Kaur Khalsa of Golden Bridge Yoga, Alan Finger of Yogaworks, Baron Baptiste of Baptiste Power Yoga, Beryl Bender Birch of Hard and Soft Yoga and Natasha Rizopoulos of Yogaworks.

## FILM SYNOPSIS

Kate Churchill is a filmmaker and a dedicated yoga practitioner who insists that yoga can transform anyone. She decides to prove it. Her plan: select a subject, immerse him in yoga and follow him until he finds a yoga practice that transforms him. Her subject: Nick Rosen a skeptical, 29 year-old journalist living in New York City.

Intrigued by the opportunity to peek behind the curtain of a 5.7 billion dollar “spiritual” industry, Nick signs on to investigate yoga for 6 months. Before he can say OM, he finds himself twisted up like a pretzel, surrounded by celebrity yogis, true believers, kooks, entrepreneurs and a gentle teacher from Brazil who leads his class with his feet behind his head.

The more Nick investigates yoga the more contradictions he discovers, leading him to question whether yoga is anything more than a workout. As Nick searches for concrete facts and discards the lofty spiritual theories of his yoga teachers, he strays further from Kate’s original plan. The two find themselves lost in Northern India, embroiled in a struggle between Kate’s expectations and Nick’s overt rejection of “spirituality.”

They circle the globe talking to mystics, gurus, mad men and saints searching for the true meaning of yoga. Ultimately, both Nick and Kate end up in places they never could have imagined. They don’t find the answers to their questions, they find much more.

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Featuring: B.K.S. Iyengar of Iyengar Yoga (who was named one of the 100 most influential people in the world by *Time Magazine*), Pattabhi Jois of the Ashtanga Yoga Research Institute, Norman Allen of the Big Island of Hawaii, Sharon Gannon and David Life of Jivamukti Yoga, Dharma Mittra of Dharma Mittra Yoga, Diamond Dallas Page former pro wrestler turned yoga teacher, Sharath Rangaswamy (grandson of Pattabhi Jois), Dr. Madan Kataria of Laughing Yoga, Rodney Yee star yogi in Living Arts videos, Cyndi Lee of OM Yoga, Gurmukh Kaur Khalsa of Golden Bridge Yoga, Alan Finger of Yogaworks, Baron Baptiste of Baptiste Power Yoga, Beryl Bender Birch of Hard and Soft Yoga and Natasha Rizopoulos of Yogaworks.

## DIRECTOR'S STATEMENT

Five years ago Jeanne and Tom Hagerty approached me to make a movie about yoga. They had recently honeymooned in Hawaii where they met an unusual yogi, Norman Allen. That meeting not only changed their entire trip, but also sparked the idea to dig deeper into the practice of yoga and explore where it could lead someone.

16.5 million Americans practice yoga today; yoga has become a multi-billion dollar industry. Most Americans experience yoga at a local studio for a 90-minute class in any number of styles. For some people it is a workout, for others it is a spiritual path and for others it is a great business.

I wanted to capture an experience of finding an “enlightened yogi”, although I wasn’t certain what that meant. It’s a funny thing about enlightenment, if you never define it, you can spend your whole life searching for it, when it might be right in front of you.

When Nick Rosen agreed to participate, I had no idea what I was getting myself into, and perhaps the same could be true for him. It was idealistic, but I really believed that with the right person, and enough time we could cut through the commercialism of the yoga industry and discover a practice or a teacher that could have a profound impact on Nick and subsequently me.

Nick and I did meet some amazing teachers, as well as some questionable ones. Significant tension unfolded between us, something I had not expected nor ever planned to include in the story. Ultimately, this search became a story about two people trying to find happiness and realizing they need to do it themselves. For me, it was a practice of letting go of my expectations, and trying, to the best of my ability, to be truthful on all fronts. These are fundamental lessons in yoga that I learned not on the mat, or in the field but in a dark edit room and in the end, Nick was my greatest teacher.

Kate Churchill  
December 21, 2008

## DIRECTOR FILMOGRAPHY

2004-2008	<b>Enlighten Up!</b> <b>Independent Feature Documentary</b> Producer, Director, Writer	Completion Date: May, 2008
2001-2003	<b>National Geographic Specials</b> <b>In Search of the Jaguar</b> Producer, Director	PBS airdate: November 2003 Genesis Award for Outstanding PBS Documentary
2001	<b>WGBH Pledge Special for PBS</b> <b>Transform Your Life</b> Producer, Director, Writer	PBS airdate: April 2002
1995-2001	<b>Nova/WGBH</b> <b>Extinction!</b> <b>Evolution Series (show 3)</b> Producer, Director, Writer	PBS airdate: September 2001 CINE Golden Eagle Series Award
	<b>America's Stone Age Explorers</b> Field Producer, Alaska	PBS Airdate: March 2006 (work produced in 2000)
	<b>Neanderthals on Trial</b> Field Producer, Field Director	PBS airdate: February 2001
	<b>Mystery of the First Americans</b> Field Producer, Field Director	PBS airdate: March 2000
	<b>Easter Island</b> Associate Producer	PBS airdate: February 2000
	<b>Everest-The Death Zone</b> Associate Producer	PBS airdate: February 1998
	<b>Avalanche!</b> Field Producer, Field Director, Associate Producer	PBS airdate: November 1997

## PRODUCTION NOTES

*By Kate Churchill*

*Enlighten Up!* started with a simple idea: Tom and Jeanne Hagerty (Executive Producers) wanted to explore yoga. After a chance meeting with yogi Norman Allen, their concept of yoga radically changed and they wanted to dig into the subject by making a film. That was the starting point when they approached me in the fall of 2003.

The immediate challenge was how to take a subject and find a personal story that could support a film. Yoga was clearly popular; a 2004 market survey published by the Yoga Journal stated that 16.5 million Americans were practicing yoga, and some 62 million were interested in starting to practice. The styles offered in studios seemed endless and the reasons why people practiced hugely varied.

For the next 4 months I researched yoga, and attempted to clarify the connection to an ancient practice and understand yoga in its current form. I was able to find extensive examples of the promise of yoga as a path to enlightenment through different products, studios or teachers but consistently was unable to verify a historical record. Although many will say that yoga is a 5000-year old practice, the evidence to support this theory is thin at best. Therefore, I wanted to root the story in the modern phenomenon and investigate the potential of yoga to change someone's life. The idea was to recruit a novice, immerse this person in yoga and measure the impact.

While in Hawaii, Norman Allen had given the Hagertys "A Search in Secret India" by Paul Brunton. Brunton, an English journalist, had traveled to India in the 1930's in search of an enlightened being. I had just finished reading this book, while I was considering different people as our subject, and thought of Nick Rosen. We had met about 6 months earlier at a conference. Nick was working as a journalist but also seemed to be questioning his future.

A total novice, Nick was a definite skeptic, a strong researcher and writer. When he agreed to participate, I asked him to keep a daily journal. By the end of the trip this document was over 100 pages and ended up as 7 hours of voice-over material, which was used as Rosen's narration throughout the film.

Principle photography began in June of 2004 in New York City when Nick took his first yoga classes at some of the city's most popular studios. Over the course of six months we, along with the crew headed by Jonathon Hexner, traveled across the US and throughout India capturing over 500 hours of footage, which included interviews with over 70 yogis. In India, access to many yogis was not granted until we showed up on the doorstep leaving the production planning in a constant state of uncertainty.

It was an expansive journey, but was small compared to what lay ahead in the edit room. The original schedule was to cut the film in 12 months, but I had no idea that we were beginning a process which would span 30 months and challenge every belief I had about documentary filmmaking.

After 10 months of working with editors Khari Streeter and Jonathan Sahula, we sent a cut of the film out to a handful of mentors and peers. The feedback was consistent, “Something seemed to be missing, the trip albeit beautiful and wild at times didn’t make sense. Where was the conflict?” One person encouraged us to return to the footage and mine it for conflict and then build the story’s arc based on that conflict. This began phase two of the edit which lasted another 5 months as we waded through the 500 hours of material only to discover that the juiciest conflict lay between Nick and me. Despite the fact that I had never intended to be in the film, my presence as the antagonist was undisputable.

We began to re-cut the film from scratch, creating a new story that was driven by the tension between Nick and me. For the next year, I went into the edit room everyday to watch footage that I had no intention of using and would have cut in any previous film. It made me question how I made films, how I worked with my team and the truthfulness of documentaries. Through what seemed like endless months, we stay determined to make the most honest and balanced film possibly, constantly pushing the limits of the offstage and onstage story.

The ultimate version was a result of intense collaboration, fueled by the efforts of the editors and Jonathon Hexner, who joined the team as a writer. Ultimately, we ended up with a film that I had never expected to make. It was a process that would not have happened without such a committed team; we stayed true to the story and along the way learned a lot of about ourselves.

## FILMMAKER BIOGRAPHIES

### **KATE CHURCHILL (Producer, Director, Writer)**

Kate Churchill began making documentaries for the PBS Series, Nova, where she served in several capacities including Producer/Director/Writer for EXTINCTION! (an episode of the CINE Golden Eagle Award-Winning Series EVOLUTION), Field Producer and Director for both NEANDERTHALS ON TRIAL and MYSTERY OF THE FIRST AMERICANS. In 2001 Kate founded her own company, Nama Productions, where she produced and directed TRANSFORM YOUR LIFE, a reality-based TV special for PBS and IN SEARCH OF THE JAGUAR, a National Geographic Special (Genesis Award for Outstanding PBS Documentary). Before diving into documentaries, Kate was the first Producing Director for the world-renowned Lookingglass Theatre Company in Chicago as well as working for Disney and Universal Pictures in Los Angeles. ENLIGHTEN UP! is Kate's first feature documentary.

### **JONATHON HEXNER (Cinematographer, Writer, Animator)**

Jonathon Hexner grew up in Cambridge, MA. An accomplished photographer, his photographs have appeared in magazines and catalogs internationally and his artwork hangs in collections around the world. He earned his MFA with distinction from the Rhode Island School of Design and was awarded a RISD scholarship to the Skowhegan School of Painting and Sculpture. He was selected by Robert Gober (US Pavilion, 2002 Venice Biennale) for the first "Choice" exhibition at Exit Art in New York and was an artist-in-residence at the Boston's Museum of Fine Arts in 2000. In 2004, Jonathon was selected as one of three finalists worldwide for the Rolex Mentor and Protégé Initiative in the visual arts (<http://www.rolexmentorprotege.com>). He currently splits his time shooting commercially for print, television and film, and collaborating with Jerry Riggs, a full-service creative/curatorial consultancy (<http://www.jerryriggs.com>).

### **KHARI STREETER (Editor)**

Khari Streeter graduated #1 in his class from the School of Visual Arts in New York. He was a founding partner and creative director of THE HEAT, a full-service advertising agency based in Boston (Reebok, Budweiser, MDPH). Trading the advertising world for the Independent film world, Khari co-directed two feature-length films, *BLACK & WHITE & RED ALL OVER* and *LIFT*. Both films premiered at the Sundance Film festival in the dramatic competition (1997 & 2001). Khari and his films were twice selected as part of the New Directors/New Films exhibition at the Museum of Modern Art in New York. He won the Grand Prize at the URBANWORLD Film Festival (sponsored by HBO). Khari currently bounces between the art world, the independent film world and commercial advertising world, creating, directing and editing the most unique projects he can conceive of. Recent clients include: Blue Cross Blue Shield, Chase, 3 Com, PUMA, DreamYard/LA, Filmmaker Kate Churchill and Filmmaker, Cheryl Dunn.

**JONATHAN SAHULA (Editor)**

Jonathan Sahula has produced, edited and photographed a range of film and television projects. For Nova, he edited THE ELEGANT UNIVERSE (Emmy for editing), and the two-hour special, JUDGMENT DAY: Intelligent Design on Trial. For WGBH he produced, photographed and edited the documentary series STORY BREAKS (FIREWOMEN won an Emmy for cinematography.) He produced, photographed and edited the music video LOVE OF JONES for Lars Vegas (Monitor Award for best editing.) Other editing credits include: Zack Stratis' musical documentary COULD BE WORSE (premiered at Sundance), artist portrait ROY LICHTENSTIEN: ART OF THE GRAPHIC IMAGE for the National Gallery of Art, FRANK STELLA: IMAGINARY PLACES for the Walker Art Center, John Marshall's TO HOLD OUR GROUND for the Peabody Museum, and FREEDOM FAITH, produced by Blackside Inc. for public television.

**KRISHNA VENKATESH (Composer)**

Krishna Venkatesh started his career as a member of the nineties cult electronic band Think Tree (Virgin UK) with multiple tours in Europe including performances with Nine Inch Nails, Siouxsie and the Banshees and Ministry. He has worked in the recording studio with such legends as Joe Strummer (The Clash), Herbie Hancock, Nile Rodgers and Blue Man Group. His commercial and TV credits include compositions for MTV Networks, HBO, Miller Beer, Budweiser, Pontiac, Maybelline, TLC and many others. He is also a remixer working on under the pseudonym, "Salmonella Fitzgerald". Krishna relies heavily on his experience and training in jazz, electronic music and other eclectic forms of music, to create compositions that are original, fresh, and inspiring. He lives with his wife, and 3 yr old son, in the Greater New York area.

**JEANNE HAGERTY (Executive Producer)**

Jeanne's passion for telling stories began as a young performer in musical theatre, where she tried on every hat both behind the scenes and onstage. On Broadway, she worked with the producing team for SEUSSICAL, RAGTIME and FOSSE (which won the Tony Award for best musical in 1999). She also worked in association with the Roundabout Theatre Company producing on and off Broadway hits. ENLIGHTEN UP! is Jeanne's first film project for which she oversees all business and legal matters.

**TOM HAGERTY (Executive Producer)**

Thomas M. Hagerty is a Managing Director with Thomas H. Lee Partners, L.P., a Boston-based private investment firm. Founded in 1974, Thomas H. Lee Partners currently manages approximately \$20 billion of committed capital. Notable transactions include Warner Music Group, Houghton Mifflin, Homeside Lending, Fisher Scientific, EquiCredit, Fidelity National Information Services, ProSiebenSat.1, Nielsen Companies, Univision Communications and Snapple Beverages. Since joining the firm in 1988, Tom has directly handled numerous acquisitions, initial public offerings and outright sales. Over the last 10 years, Tom has spent the majority of his time focusing on financial services opportunities and has completed over \$15 billion of investments in the financial services sector. Tom is currently a director of several public and private companies. He is 45, married, a resident of Boston and has one daughter. Tom is a Chicago area native. A graduate of the University of Notre Dame (1984) and Harvard Business School (1988), he is an active alumnus in both universities.

## CAST BIOGRAPHIES

*In Order of Appearance*

### **NICK ROSEN**

Nick Rosen is a partner, writer and producer at Sender Films. Over the years Nick's work has covered a broad range of subjects: economic policy, civil war, yoga, professional wrestling, and the esoterica of Welsh Corgis. Nick received his BA in political science from Colorado College, and his master's at Columbia's School of International and Public Affairs. Nick began working with Sender Films in 2005, where he co-creates feature films, as well as produces programs for NBC, The Weather Channel, National Geographic International and The New York Times online. Nick is fluent in Spanish and Portuguese. He is an avid climber and outdoor enthusiast.

### **CYNDI LEE**

Cyndi Lee is the founder of OM Yoga. A practitioner of both hatha yoga and Tibetan Buddhism, Cyndi is known as a nurturing and compassionate teacher with an offbeat and playful style. Cyndi is the author of *Yoga Body, Buddha Mind, OM Yoga in a Box, OM Yoga: A Guide to Daily Practice*, and the recently released *OM Yoga & Meditation Workshop DVD* (with her husband, David Nichtern). Cyndi's frequent appearances in the media include *The Early Show, Good Morning America, the New York Times, Newsweek, and Vogue*. She has been a columnist for *Yoga Journal* and *Shambhala Sun* for many years.

### **ALAN FINGER**

Alan Finger learned yoga as a teenager from his father, Mani, South Africa's most eminent yogi. Alan and his father studied together intensively for many years and eventually created a modern practice that they called ISHTA (the Integrated System of Hatha, Tantra, and Ayurveda). Alan came to the United States in 1975, founding *Yoga Works* in Los Angeles and, later, *Yoga Zone* in New York. He is the lead instructor on the *Yoga Zone* instructional videos, host of the *Yoga Zone* television show, and coauthor of *Yoga Zone: An Introduction to Yoga* and *Yoga Zone: Yoga for Life*.

### **DHARMA MITTRA**

Sri Dharma Mittra was born in the state of Minas Gerais, Brazil, in 1939. In 1964, following a career in the Brazilian Air Force, he moved to New York City to study yoga with his teacher Sri Swami Kailashananda, also known as Yogi Gupta. After intense study and practice of the eight limbs of yoga, he was accepted into the family of Bramacharia as a sannyasin — one who renounces the world in order to realize God. In 1975, he left his guru's ashram to found the *Yoga Asana Center* of New York City, now known as the *Dharma Yoga Center*. Dharma Mittra has initiated tens of thousands to the path of yogic practice and teaching. He is recognized worldwide for his *Master Yoga Chart of 908 Postures*, and is the author of *Asanas*.

### **SHARON GANNON**

Sharon Gannon has been teaching yoga around the world for more than 20 years. She cofounded the Jivamukti Yoga Method with David Life and has been recognized as an "innovator in yoga" by Yoga Journal. She is author of many articles and several books, including Jivamukti Yoga and Yoga and Vegetarianism, and is also a producer of DVDs and music CDs. Since 1993 she has presented annually at various national and international conferences hosted by The Omega Institute, Yoga Journal, Asian Conferences and others. As a poet, musician, dancer and producer, Sharon views art as a means for uplifting the soul and her artistic pursuits seek to enrich the community by being both inspirational and educational. She holds a BA in Dance and has studied ballet, modern, classical and various forms of Indian Dance; as well as music, poetry, painting and alchemy.

### **DAVID LIFE**

David Life has been recognized by Yoga Journal as an "innovator" in yoga in the U.S today. Together with Sharon Gannon, and through the blessings of his teachers, David has helped create the Jivamukti Yoga method, which focuses on teaching and practicing yoga as a means to enlightenment and is taught worldwide in Jivamukti Yoga Schools in New York, Berlin, Munich, London, Toronto, and Detroit. The Jivamukti Yoga method is recognized by TIME magazine as one of the nine major methods of hatha yoga taught in the world today. He has received Kalachakra and Bodhisattva initiation from His Holiness the 14th Dalai Lama. His interest in yoga is supported by his artistic, literary and metaphysical studies.

### **SHYAMDAS**

Devotional practitioner, translator, author and musician, Shyamdas brings the Vedic literature of India and the Bhakti Yoga of Vraja to life in the West. He has written and translated more than 20 books on Bhakti Yoga and the Path of Grace. Shyamdas specializes in classical Dhrupada music and the mystic poets of North India. Shyamdas combines ecstatic kirtan with stories and teachings from India. As a Vedic scholar and a bhakta, he shares the philosophy of non-dual devotion with authority and flair. Shyamdas' presentations of bhakti teachings are unique, rooted in tradition, and filled with the nectars of devotion.

### **JOSEPH ALTER**

Joseph Alter received his PhD from the University of California at Berkeley in 1989. He is a sociocultural anthropologist whose area of interest is South Asia and teaches anthropology at the University of Pittsburgh. His research is in the field of medical anthropology on topics of physical fitness, public health, social psychology, and the relationship between health, culture, and politics broadly defined. He has recently conducted work on the symbolic meaning of the body in the practice of Indian wrestling; the relationship between sexuality, male celibacy, and nationalism in post-colonial India; and the development of scientific yoga therapy as a modern, middle-class form of public health in urban India. He is the author of five books including "Yoga in Modern India: The Body between Science and Philosophy".

## **DAVID GORDON WHITE**

David Gordon White received his Ph.D. (with Honors) from the Divinity School at the University of Chicago in 1988. He also studied Hinduism at the Ecole Pratique des Hautes Etudes in Paris, France, between 1977-1980 and 1985-1986. A specialist of South Asian religions, he is a professor in the Department of Religious Studies at the University of California, Santa Barbara, where he has been teaching since 1996. White is the sole foreign scholar to ever have been admitted to the Centre d'Etudes de l'Inde et de l'Asie du Sud in Paris, France, where he has been a Research Fellow since 1992. He is the author of three books, all published by the University of Chicago Press: *Myths of the Dog-Man* (1991); *The Alchemical Body: Siddha Traditions in Medieval India* (1996); and *Kiss of the Yogini: "Tantric Sex" in its South Asian Contexts* (2003). A book entitled *Sinister Yogis* is forthcoming in 2009.

## **DIAMOND DALLAS PAGE**

Known around the sports entertainment world of professional wrestling as "DDP", Diamond Dallas Page was born Page Joseph Falkinburg in 1956. At 36, he became the oldest rookie in history to start wrestling. During his fourteen-year career, he captivated audiences and became a three-time world champion as well as incurring multiple injuries including torn rotator cuffs in both shoulders, a torn meniscus in his left knee, and ruptures of his L4 and L5 discs. After studying the positive healing effects and increased flexibility that yoga positions provided, he became a devotee and adapted the discipline to meet his own needs. He developed *YRG Fitness System (Yoga For Regular Guys)*. The YRG Fitness System is a comprehensive, creative and motivational approach to longevity and better understanding of health and fitness which DDP now teaches.

## **NORMAN ALLEN**

Norman Allen grew up in Los Angeles, and later lived in New York. In the early 70's, inspired by the anti-war protests, Norman set out to explore the world and leave America. In 1973, while staying at the Swami Gitananda's Ashram in Pondicherry, Norman watched a yoga demonstration performed by Manju Jois (son of the Pattabhi Jois) and the future of his life changed. He became the first American to study with Pattabhi Jois and master the Ashtanga Yoga practice. In the early 80's Norman returned to New York City, where yoga was just starting to gather momentum. Not interested in the commercialism of the practice, he took off and ended up in Hawaii where he currently lives happily as a farmer, husband, grandfather, father and teacher.

## **PATTABHI JOIS**

Sri Krishna Pattabhi Jois began studying yoga when he was 12 years old with a great yoga master Sri T. Krishnamacharya. For the next two years, Pattabhi Jois learned from his Guru every day until Krishnamacharya left Hassan to travel and teach. A few years later, while studying at the Sanskrit University of Mysore, Pattabhi Jois reconnected with his Guru and continued his yoga studies. In 1937, with his Guru's approval, Pattabhi Jois was appointed to head the Yoga Department of the Sanskrit College where he taught until his retirement in 1973. In 1973, Norman Allen became the first American to study with Pattabhi Jois. In 1975, Pattabhi Jois and his son Manju made their first trip to America. Over the next 25 years, the Ashtanga Yoga practice spread through the United States, France, Germany, Russia, Japan, Israel, Chile, England, Italy, Spain, Switzerland, Canada, Australia, New Zealand and onwards.

### **Dr. MADAN KATARIA**

Dr. Madan Kataria, a medical doctor from Mumbai, India popularly known as the ‘Guru of Giggling’ (London Times), is the founder of Laughter Yoga Clubs movement started in 1995. While researching the benefits of laughter, he was amazed by the number of studies showing profound physiological and psychological benefits of laughter. He decided to find a way to deliver these benefits to his patients and other people. The result is Laughter Yoga, a unique exercise routine that combines group laughter exercises with yoga breathing which allows anyone to laugh without using jokes, humor or comedies. Started with just with just five people in a public park in Mumbai in 1995, it has grown into a worldwide movement of more than 6000 Laughter Yoga clubs in over 60 countries: spreading rapidly in USA, Canada, Europe, Australia, the Middle East, South East Asia, China and Africa.

### **B.K.S. IYENGAR**

Yogacharya B.K.S. Iyengar (Guruji) is a living legend who has taught yoga in unique way to all his students. Named one of the 100 most influential people in the world by *Time Magazine*, he finds the meaning of the yoga sutras by his practical search and regular practice of yoga. Thus, he has helped all to experience the wisdom of the yoga sutras. His style of teaching yoga is called "Iyengar Yoga" and is now being followed by certified teachers across the world. The author of 14 books, his debut work “Light on Yoga” considered to be the “Bible of Modern Yoga” was first published in 1966 and is now translated into 18 languages.

### **GURUSHARANANDA**

Mahamandaleswar Pujya Swami Gurusharananandaji Maharaj (Maharajji), a revered saint as well as renowned scholar and expert in the scriptures is the present spiritual head of the Karshini Ashram. He is the epitome of the confluence of Jnana and Bhakti yoga. Maharajji is a saint in the real and divine sense; he gives wisdom, insight, inspiration and divine blessings to devotees from around the world who travel to behold the divine land of Lord Krishna and to seek his blessings and darshan. He travels across India and the globe, spreading upliftment, inspiration and deep understanding of the scriptures. Further, he has undertaken crucial social welfare issues in Raman Reti.

# **CREDITS**

**Produced and Directed by**  
KATE CHURCHILL

**Executive Producers**  
JEANNE HAGERTY  
TOM HAGERTY

**Story by**  
KATE CHURCHILL  
JONATHON HEXNER  
KHARI STREETER

**Edited by**  
KHARI STREETER  
JONATHAN SAHULA

**Written by**  
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JONATHON HEXNER

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**Additional Cinematography**  
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JOHN MANS

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KRISHNA VENKATESH

**Animation**  
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**Sound Design**  
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JOHN WERNER

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CATHLEEN O'CONNELL  
OLIVIA REEVES  
NICK ROSEN

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PHIL HABERGER

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SWAPNALI DAS

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KIRAN KUMAR

**Southern India Driver**

MANOJ KUMAR NAIR

**Northern India Crew**

MOHAN RICKSHAW WALA  
MOHAN NAI  
DEEPU PUNDIT

**Northern India Driver**

BHAGAVAT SINGH

**Hawaii Production Assistant**

TARA SAVILLE

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VIRGINIA QUIGLEY  
MELISSA ROJA  
BEN SCHAFFER  
MELISSA YEAW

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**Featuring**

**(in order of appearance)**

NATASHA RIZOPOULOS  
RODNEY YEE  
BARON BAPTISTE  
GURMUKH  
BERYL BENDER BIRCH  
CYNDI LEE  
JUDITH LASATER  
DAVID SWENSON  
ANA FOREST  
NICK ROSEN  
KIM ROSEN  
JEWELL  
ALAN FINGER  
OTTO CEDENO  
GODDESS  
RAVI SINGH  
ANA BRETT  
DHARMA MITTRA  
MARTI GANNON  
DAVID LIFE  
SHARON GANNON  
SHYAMDAS

JOSEPH ALTER  
DAVID GORDON WHITE  
DIAMOND DALLAS PAGE  
NORMAN ALLEN  
PATTABHI JOIS  
SHARATH RANGASWAMY  
DR. MADAN KATARIA  
BKS IYENGAR  
CHOTTA MAHARAJHA  
RAM SEVA  
DEVA DAS  
SHASTRI  
GURU DATT  
GURU SHARAN ANADA

**Yogi “Boogeyman” Drawings**  
JEFF KLING

**Bikram Heat Animation**  
DAN NORTON

**Opening Vocals**  
RHE DUMMETT  
**Northern India Vocals**  
FALU

**Flute Soloist**  
BOB MAGNUSSON

**Guitar & Ukelelee Soloist**  
BEN WISE

**“You Are Here”**  
By SAM BISBEE  
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For Raju

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