

A person is shown from behind, in a yoga pose (Urdhva Dhanurasana) with their hands raised towards a bright sun in a hazy, mountainous landscape. The sun is low on the horizon, creating a warm, golden glow. The person's long hair is visible, and they are wearing a light-colored long-sleeved shirt and dark pants. The overall mood is peaceful and spiritual.

# FINDING SPIRIT

BASED ON TRUE EVENTS

PRESS KIT



**"There is magic that happens on the mat. I find truth there, and my goal in this life is to point the way to help others find this truth as well."**

Spirit is a documentary film that pays homage to the country that birthed yoga while telling the captivating and transformative story of Annu Gaidhu, the youngest certified yoga instructor in Canada and the founder of the Healing Hearts Project. The film follows a young Gaidhu, born of immigrant Indian parents, from the path of pain and uncertainty that leads her to the world of yoga and on to the self-discovery and inner peace she finds on the mat.

Inspired by her own journey and a thirst for knowledge of her Indian heritage, she travels to the East where she uses her skill and passion for yoga to impact the local communities and ameliorate the lives of underprivileged children in several parts of India. One of her greatest accomplishments thus far has been helping orphaned Tibetan refugee children preserve the Buddhist teachings and philosophies that teach the universal love necessary to inspire people to be a better version of themselves and consequently lead to a better world.

SYNOPSIS





**Annu Gaidhu**

**Meena Gaidhu**

**Kunga Senghe** // Principal, Bir Sakya Lama School // Bir, Himachal Pradesh

**Kunga Woser** // Manager, Bir Sakya Lama School // Bir, Himachal Pradesh

**Kherab Senghe B** // Student, Samye Memorial Monastery // Dollu, Nepal

**Tenzin Sangpo Gurung** // Monk // Nepal

**Students of Bir Sakya Lamas Society - Dirru Monastery** // Bir, Himachal Pradesh



**CAST**



**Directed By** // Sunny Tamber

**Story** // Annu Gaidhu

**Produced By** // Cinéverse

**Associate Producer** // Greeniche

**Script By** // Annu Gaidhu

**Script Editor** // Chase Pestano

**Editing** // Sunny Tamber, Cinéverse

**Sound Production** // XDPro Music

**Photographer** // Ben Altair

**Music Composed By** // Tony Anderson, Lights & Motion, Ryan Taubert, Carolino, A. Taylor  
Salomon Ligthelm, Songs for Cinema

**Voiceover Talent** // Annu Gaidhu

**Sponsored By** // Greeniche

CREW



SUPPORTERS