

AATMA YOGA : Decode the Secrets Within and Rejuvenate Yourself

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The best things in life are the most difficult to get, except this.

Rose, from Beverly Hills, is raped, and Jamshid, a gay man who ran away from Iran, both are beautiful, lonely and option-less. A German remembers the Greek concept of the 'Platoon of Souls'; as he searches for his other half. An Israeli tourist meets Jivan, an Indian boy of 10 in Darjeeling and unexpectedly, learns the most important life lesson.

In Aatma Yoga, Aatma is 'your soul'; and Yoga is 'the bridge you make'; with your mind and body.

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