

A person is shown from behind, performing a yoga pose (Urdhva Dhanurasana) with their hands raised to touch their feet, silhouetted against a bright sun at sunset. The background features a hazy mountain range under a warm, orange sky. The text 'FINDING SPIRIT' is overlaid in the center.

FINDING
SPIRIT

BASED ON TRUE EVENTS

A vertical decorative element on the right side of the page, featuring stylized, calligraphic text in a light, ethereal font that blends with the background's warm tones.

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