

A woman with dark hair tied back, wearing a bright yellow t-shirt and white pants, is performing a yoga pose on a red mat. She is lying on her side, with her legs extended and her arms raised, holding her hands behind her head. The background features a powerful waterfall cascading over dark rocks into a pool of water. To the left, a small boat with a blue canopy is visible. The overall scene is serene and natural.

*Yoga : India's Gift
To the World*

Photographs by Benoy K Behl

Benoy K Behl

Yoga has become extremely popular around the world. There are thousands of new persons being attracted every year to practice Yoga in the USA, Europe and in other countries. However, many of them see Yoga as a kind of physical exercise.

This exhibition conveys the true meaning of Yoga.



**Dhyana, Swami Sitaramananda, Sivananda Yoga Farm, Grass Valley, USA.
*Photograph by Benoy K Behl.***



Dhyana, Sivananda Yoga Farm, Grass Valley, USA. *Photograph by Benoy K Behl.*



Dhyana, Sivananda Yoga Farm, Grass Valley, USA. Photograph by Benoy K Behl.

A few thousand years ago, we do not know exactly when, intellectuals in India realized that material aims and ambitions do not really lead to true happiness or even to good health. They began to map the world inside us, to explore it and to find the ways of truly creating lasting joy. It is the science of the mind, of life and of the inner world, which is expressed in yoga. Yoga, in its many different manifestations, is the path towards final knowledge and ultimate joy.



Kapotasana, Sivananda Center, Vietnam. *Photograph by Benoy K Behl.*



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Vrishikasana, Sivananda Center, Vietnam. Photograph by Benoy K Behl.



Natarajasana, Sivananda Center, Vietnam. *Photograph by Benoy K Behl.*



Sirshasana, Sivananda Center, Vietnam. *Photograph by Benoy K Behl.*

Representations of Yoga are to be found in the Indus Valley seals of 5,000 years ago. The Upanishads, formulated by the 8th / 9th century BCE, put forward the concepts of Yoga. Ancient Indian philosophy is deeply related to Yoga. The best answer to the problems of the world today, appears to be this ancient answer from the Indian traditions.



Indus Valley seal of approximately 5,000 years ago, showing figure in yogic posture. *Photograph by Benoy K Behl.*



Benoy K. Behl

Kapotasana (variation). Ambeeka and Bhargavi at Sivananda Ashram, Neyyar Dam, Kerala. *Photograph by Benoy K Behl.*



Virabhadrasana 1, Sivananda Ashram, Neyyar Dam, Kerala. *Photograph by Benoy K Behl.*



Samakonasana, Sasha Belousova, Lodhi Gardenss, Delhi. *Photograph by Benoy K Behl.*



Kapotasana, Sasha Belousova, Lodhi Gardenss, Delhi. *Photograph by Benoy K Behl.*



Adho Mukha Vakrasana, Sasha Belousova, Lodhi Gardenss, Delhi. *Photograph by Benoy K Behl.*



Pincha Mayurasana Padmasana, (variation) Sasha Belousova, Lodhi Gardens, Delhi. *Photograph by Benoy K Behl.*



**Virabhadrasana III, (variation) Sasha Belousova, Lodhi Gardens, Delhi.
*Photograph by Benoy K Behl.***



**Ekapada uttanasana, (variation) Sasha Belousova, Lodhi Gardens, Delhi.
*Photograph by Benoy K Behl.***



Natarajasan, Sasha Belousova, Lodhi Gardens, Delhi. *Photograph by Benoy K Behl.*



Natarajasan, Sasha Belousova, Lodhi Gardens, Delhi. *Photograph by Benoy K Behl.*



**Eka Pada Urdhva Dhanurasana, Sasha Belousova, Lodhi Gardens, Delhi.
*Photograph by Benoy K Behl.***



Svarga Dvidasana, Sasha Belousova, Lodhi Gardens, Delhi. *Photograph by Benoy K Behl.*



**Anjali Mudra, Sasha Belousova,
Lodhi Gardens, Delhi. *Photograph
by Benoy K Behl.***



Dhyana, Yoga Guru Srinivas Pandey, Lodhi Gardens, Delhi. *Photograph by Benoy K Behl.*



Guru B.K.S Iyengar at Age 95, speaking to Benoy K Behl for the film, Iyengar Yoga Institute, Pune. (Still from Behl's documentary 'Yoga: An Ancient Vision of Life', produced by Rahul Bansal)



**Guru B.K.S Iyengar at age 95, instructing a student, Iyengar Yoga Institute, Pune.
(Still from Behl's documentary 'Yoga: An Ancient Vision of Life', produced by
Rahul Bansal)**

Yoga has been found by leading scientists and doctors around the world to be extremely beneficial for all people. Yoga is the most profound and deep study of the human mind ever conducted. There is much the entire world can benefit from Yoga. In an age where considerable medical problems and psychological disorders are created by the pressures of the commercialized world, a workable answer appears to be Yoga.



Supta Padmasana, Sasha Belousova, Zorba the Buddha, Delhi. *Photograph by Benoy K Behl.*



Halasana (variation), Sasha Belousova, Zorba the Buddha, Delhi. *Photograph by Benoy K Behl.*



**Ek Pada Sirasana (variation), Sasha Belousova, Zorba the Buddha, Delhi.
*Photograph by Benoy K Behl.***



**Ek Pada Padmottanasana (variation), Sasha Belousova, Zorba the Buddha, Delhi.
*Photograph by Benoy K Behl.***



Virbhadrha Asana 3, Sasha Belousova, Zorba the Buddha, Delhi. *Photograph by Benoy K Behl.*



**Meru Wakrasana (variation), Sasha Belousova, Zorba the Buddha, Delhi.
*Photograph by Benoy K Behl.***



**Padangustha Padma Utkatasana, Sasha Belousova, Zorba the Buddha, Delhi.
*Photograph by Benoy K Behl.***



Virabhadrasana, Sasha Belousova, Zorba the Buddha, Delhi. *Photograph by Benoy K Behl.*



Bakasana, Sasha Belousova, Zorba the Buddha, Delhi. *Photograph by Benoy K Behl.*



**Bhujangasana (variation), Sasha Belousova, Zorba the Buddha, Delhi.
*Photograph by Benoy K Behl.***



Eka Hasta Vyaghrasana, Sasha Belousova, Zorba the Buddha, Delhi. *Photograph by Benoy K Behl.*



Kapotasana, Sasha Belousova, Zorba the Buddha, Delhi. *Photograph by Benoy K Behl.*



Urdhva Dhanurasana, Sasha Belousova, Zorba the Buddha, Delhi. *Photograph by Benoy K Behl.*



Mayurasana, Sasha Belousova, Zorba the Buddha, Delhi. *Photograph by Benoy K Behl.*



**Svarga Dvidasana (variation), Sasha Belousova, Zorba the Buddha, Delhi.
*Photograph by Benoy K Behl.***



Bharadvajasana, Sasha Belousova, Zorba the Buddha, Delhi. *Photograph by Benoy K Behl.*



**Sarvangasana, (variation) Sasha
Belousova, Zorba the Buddha, Delhi.
*Photograph by Benoy K Behl.***



**Parivrtta Ardha Chandrasana, Sasha Belousova, Zorba the Buddha, Delhi.
*Photograph by Benoy K Behl.***



Dhanurasana, Ayurvedagram, Bengaluru. *Photograph by Benoy K Behl.*



Hanumanasana, Ayurvedagram, Bengaluru. *Photograph by Benoy K Behl.*



Mayurasana, Sivananda Yoga Farm, Grass Valley, USA. *Photograph by Benoy K Behl.*

Yoga may be the answer to the problems of the degeneration of physical and mental health, which the world is facing today.

An answer which leads to warmth, love and morality in all our lives. It also holds the promise of self-knowledge and emancipation.



Natarajasana, Sivananda Yoga Farm, Grass Valley, USA. Photograph by Benoy K Behl.



Hanumanasana, Sivananda Yoga Farm, Grass Valley, USA. Photograph by Benoy K Behl.



Kapotasana, Sivananda Yoga Farm, Grass Valley, USA. Photograph by Benoy K Behl.



Rajakapotasana, Sivananda Yoga Farm, Grass Valley, USA. Photograph by Benoy K Behl.



Eka Pada Sirsasana, Sivananda Yoga Farm, Grass Valley, USA. *Photograph by Benoy K Behl.*



Bharadvajasana, Sivananda Yoga Farm, Grass Valley, USA. *Photograph by Benoy K Behl.*



**Parivrtta Ardha Chandrasana, Sasha Belousova, Zorba the Buddha, Delhi.
*Photograph by Benoy K Behl.***



Yoga as therapy in a hospital, at Duisburg-Essen, Germany. (Still from Behl's documentary 'Yoga: An Ancient Vision of Life', produced by Rahul Bansal)



Yoga for all ages, Iyengar Yoga in the park, Germany. (Still from Behl's documentary 'Yoga: An Ancient Vision of Life', produced by Rahul Bansal)

The text of this exhibition is excerpts from the documentary 'Yoga: An Ancient Vision of Life', scripted, directed and photographed by Benoy K Behl. It is produced by Rahul Bansal.

About the photographer:

Benoy K Behl is a film-maker, art-historian and photographer who is known for his tireless and prolific output of work over the past 36 years. He has taken over 48,000 photographs of Asian monuments and art heritage, made 138 documentaries which are regularly screened at major cultural institutions worldwide. His photographic exhibitions have been warmly received in 54 countries around the world. These have been inaugurated by ministers of the governments of various countries, ambassadors, archbishops and others dignitaries. He holds the Limca Book Record for being the most travelled photographer. The photographs in this exhibition include some stills from his recently-completed documentary 'Yoga: An Ancient Vision of Life' produced by dedicated yoga practitioner Rahul Bansal.

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