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The Paths of Yoga

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From a retreat in Brittany, two female friends share the fundamental keys to yoga, a physical and spiritual practice famed for its health benefits.

Flore's brothers have gifted her a yoga retreat. She decides to bring her friend Flora along for the adventure. Finding themselves in an eclectic group of amateurs, they soon discover the virtues of this increasingly common hobby. Guided by their mentor, the two women try, among other things, meditation, the nonviolent philosophy of vegetarianism. The brief but intense and convivial retreat touches on each of yoga's essential points. Interspersed with flashbacks to their stressful and unmindful life in Paris show just how much this striking experience has enabled them to recenter themselves.
