

Di Ankh: The Science of Kemetic Yoga

Some of the earliest depictions of yoga positions and their meanings are hidden in plain sight on the temple walls in ancient Egypt (Kemet) in North Africa. *Di Ankh: The Science of Kemetic Yoga* is a provocative exploration pivoting one's focus to the little known origins of the practice of yoga as physical and spiritual modalities deeply rooted in the ancient African region called Kemet and Kush.

Di Ankh: The Science of Kemetic Yoga highlights alchemists, scholars, scientists, educators, healers, practitioners, students and master teachers through engaging interviews and personal testimonies. Featured guests include: Yirser Ra Hotep, Master Kemetic Yoga Instructor, and his teacher Dr. Asar Hapi. They are joined by Dr. T. Owens Moore, an African-centered psychologist and author of several books on melanin; Wayne B. Chandler, a practitioner and instructor in Medical-Qigong, and author of books on alchemy, spiritual transformation and the book *Ancient Future*; Dr. Anika Daniels-Osaze, an educator, linguist, university administrator, and co-founder of the Shrine of Ma'at; Dr. Georgia Dunston, a pioneering scientist in the field of human genetics and precision medicine; and Iya Ifafunmilola Faluade, General Manager of YogaSkills Kemetic Yoga Studio Atlanta.

Based on four crucial foundational areas, the documentary takes viewers on an exploration of Kemetic history, the physical-spiritual self, optimal diet and the practice of Kemetic Yoga. Grounded in scientific and historical facts, experts discuss the effects of diet, Kemetic history, and the power of our belief systems.

Be empowered. *Di Ankh: The Science of Kemetic Yoga* inspires us to confirm or readjust our footsteps towards embracing our ability to self-regulate, align and anchor to purpose and destiny to attract happiness and maintain joy and peace.

Contact:

Gaile C. Ferguson

Phone: 702-337-3560

email: info@gaillethecreator.com

website: www.gaillethecreator.com



Di Ankh
"Give Life"