



# *Mind and Body*

Final Film Documentary Pitch by Ginna Nebrig

REL 369R Fall 2025

A group of people are shown in a circle, some wearing traditional Tibetan Buddhist robes in yellow and red. In the center, a woman in a white lab coat is visible, looking down. The scene is dimly lit, suggesting an indoor setting.

**Logline:**

As a mosaic of summer study-abroad students travels to India, they enter an emerging dialogue between Western science and Tibetan Buddhist inner science, discovering how different ways of studying the mind can reshape their understanding of humanity.



## *Synopsis*

*Mind and Body* documents the individual and collective journeys of students partaking in the Emory Tibetan Mind-Body Sciences Summer Abroad program. Through a raw, naturalistic filmmaking style, audiences feel as if they are learning alongside the students--experiencing the reflections, challenges, and epiphanies of young adults absorbing ideas from one of the most empathetic and devoted communities in the world. As this fish-out-of-water narrative shifts into a deeper commentary about the human race and divine value of compassion, students leave marks of change: on their newfound friends, their academic studies, and most importantly, on themselves.



*What does the program entail?*



## *What have we seen?*


- ❖ Visual summary of the program
- ❖ Interviews of student participants
- ❖ Utilized for advertising materials
- ❖ An uplifting, successful journey

➔ Short form promo content

## *What can we add?*

- ❖ Intimate look at student experience
- ❖ Challenges, questions, vulnerability
- ❖ First-person perspectives
- ❖ A deeper message about humanity

➔ Feature-length documentary

A photograph of the Dalai Lama XIV, wearing his traditional yellow and maroon robes and glasses, embracing a woman with long dark hair. The woman is smiling and has her hands near her face. In the background, a man in a dark suit is also smiling, and another person is holding a camera. The scene is set against a light-colored, textured wall. The entire image is dimmed to allow for text overlay.

*“In order to carry a positive action we must  
develop here a positive vision.”*

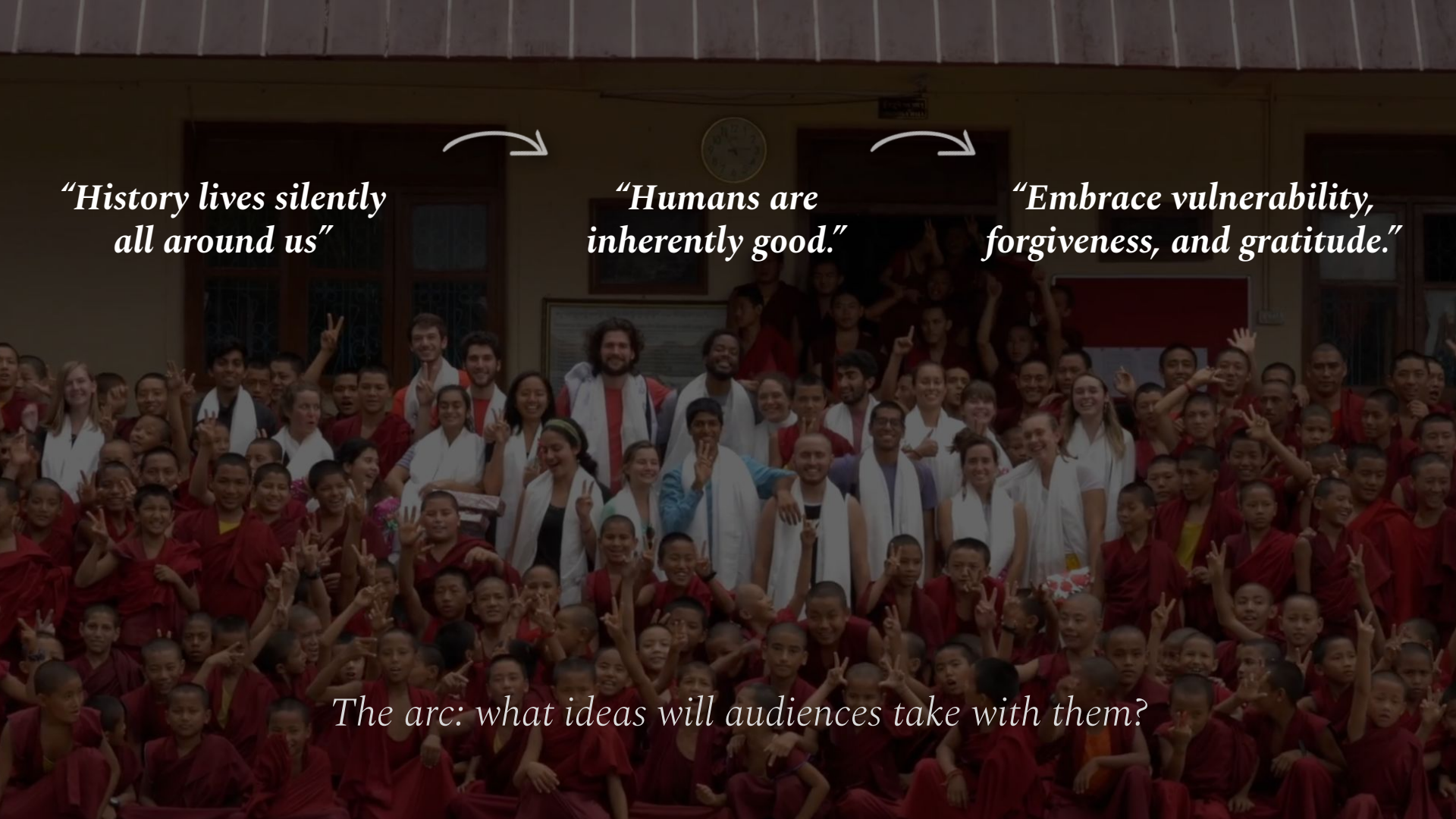
*— Dalai Lama XIV*

### *Director's Statement:*

As an independent creator and consumer of global arts, I have always been interested in studying the relationship between digital creators and consumers in the media industry and social realm. In particular, how can we use digital media to enhance empathy and compassion within consumers and creators? In discovering the Tibet Mind Body program through psychology mentors, I have been led down a path in which I have grown fascinated with the teachings and lifestyles of Tibetan monks who appear to embody this empathy, compassion, and understanding of human existence on an entirely different level. In creating this solo documentary, myself as well as my audience will experience the journey of this program with the other students, ultimately discovering how we can embody what we learn. This, I believe, is the sole purpose of human life: to learn from media, connect with others, and enhance one's own existence as a result.



*-Ginna Nebrig*



*“History lives silently  
all around us”*

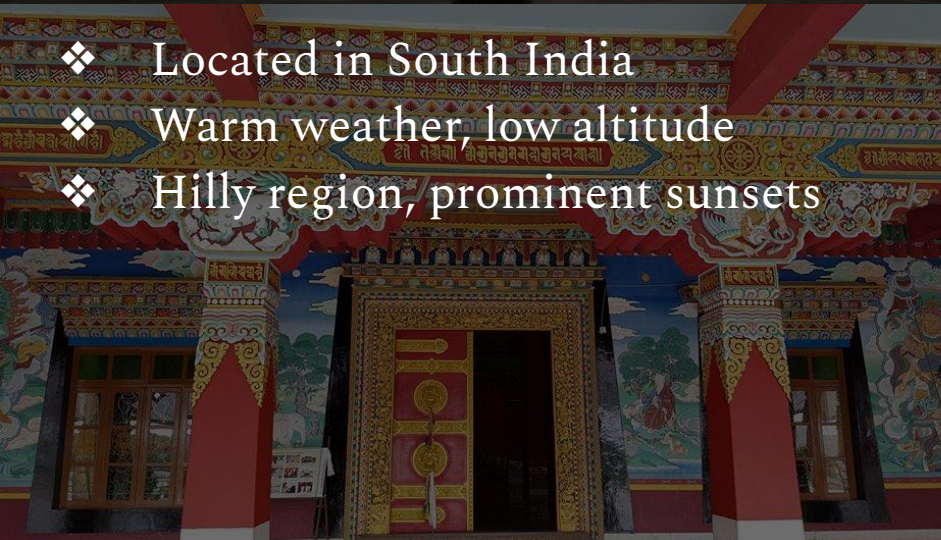
*“Humans are  
inherently good.”*

*“Embrace vulnerability,  
forgiveness, and gratitude.”*

*The arc: what ideas will audiences take with them?*



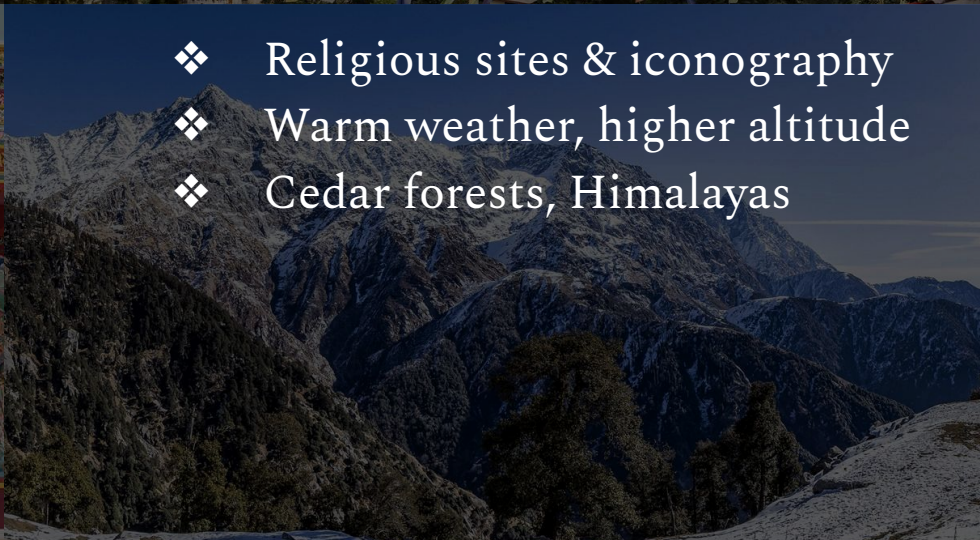
*Drepung Loseling Monastery*



- ❖ Located in South India
- ❖ Warm weather, low altitude
- ❖ Hilly region, prominent sunsets



*Dharamshala, India*



- ❖ Religious sites & iconography
- ❖ Warm weather, higher altitude
- ❖ Cedar forests, Himalayas

# Shooting Style

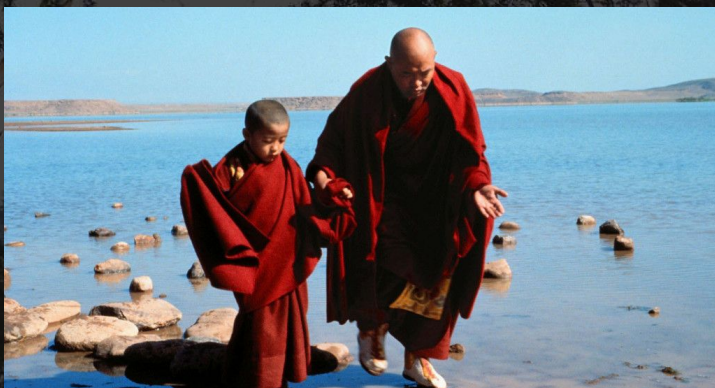
- ❖ Handheld cam, natural perspective
- ❖ Casual interviews from locals
- ❖ Atmospheric shots of environment
- ❖ Vlog-style confessionals from students
- ❖ Audiences should be visually *taken here*



# *Technical Aspects*

- ❖ Solo crew with equipment volunteers
- ❖ Simple editing, lingering takes
- ❖ Enhanced diegetic sound design
- ❖ Natural lighting
- ❖ Locals, students, faculty voiceovers
- ❖ Secondary media for student stories





*Kundun (1997): atmosphere*



*Jesus Camp (2006): natural shooting*



I didn't think I could recite  
as well as the others.

*Koran by Heart (2011): focus on select students*



*The Way (2010): personal journeys*

# Target Audience

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- ❑ Young adults or students in periods of life transition
- ❑ Open-minded individuals of any religious or cultural background
- ❑ Adults chasing the life lessons of learning experienced throughout college
- ❑ Curious non-seculars who may be encouraged to take a divine stance
- ❑ Those interested in global communities and environments
- ❑ Academics invested in fields of psychology, medicine, history, film, etc.

# Why *this* film?

Low budget,  
minimal crew,  
set film dates

Builds off of  
other work

We need stories  
about compassion

New ideas, academic  
breakthrough potential

Atmosphere &  
subjects will shine

Documentary  
AND narrative

A person with long blonde hair is shaking hands with another person wearing a watch. The scene is set in an office or meeting room, with a desk in the foreground holding a smartphone, a pen, and some papers. The background is slightly blurred, showing what appears to be a window or a doorway. The overall tone is professional and collaborative.

*“A two-way exchange of people and ideas...for the purpose of finding divinity in each one of us.”*



*Lookbook:*



Final Film

REL 369R

# THANK YOU!

*Contact*

[ginna.nebrig@emory.edu](mailto:ginna.nebrig@emory.edu)

704-560-0366

