MY OCTOPUS TEACHER is an Academy Award® nominated documentary feature following the story of Craig Foster who, suffering from a loss of purpose, begins a daily diving regimen in the freezing kelp forests at the tip of South Africa in order to reenergize himself. What he discovers below the water’s surface is a deep connection to the natural world in the form of an unusually curious octopus who becomes a healer and grounding force in Foster’s life.

This beautiful record of the octopus’ entire life – something seldom achieved in the wild, let alone underwater – was shot over a full year and explores the habits and personality of a strange, undulating creature. Beyond intelligent, dexterous and resilient, the cephalopod shares her secret world with Foster as they develop a touching bond. The octopus shows him things that have never been recorded by science or on film and ultimately redefines Foster’s understanding of the creatures we share our world with.
“ABSOLUTELY UNBELIEVABLE. ONE OF THE BEST MOVIES EVER.”

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“THE LOVE STORY WE ALL NEED RIGHT NOW.
ONE OF THE MOST TOUCHING ACCOUNTS OF INTERSPECIES FRIENDSHIPS EVER TO GRACE THE WORLD.”

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UNEXPECTED
TEARJERKER IS A
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DAILY BEAST