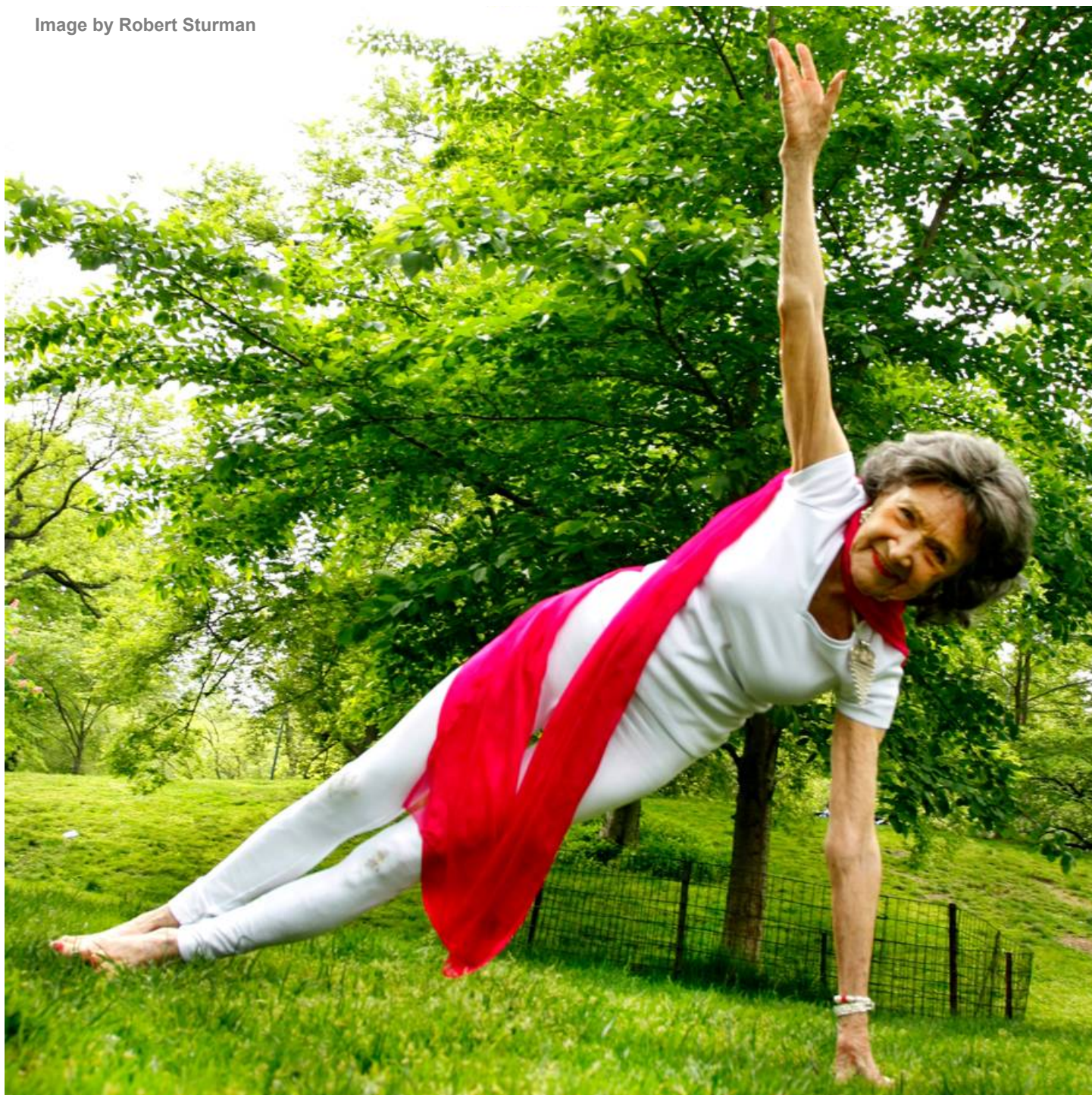


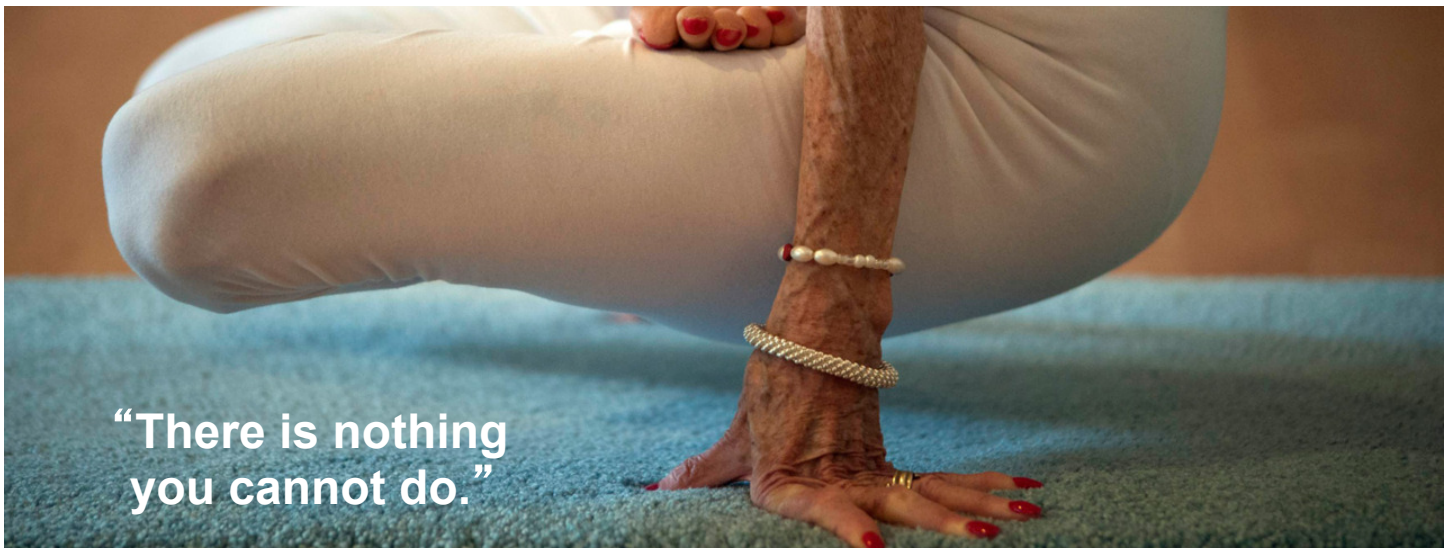
Image by Robert Sturman



TAO PORCHON-LYNCH

**Master Yoga Teacher, Former Model/Actress/Producer
Lifelong Activist, Award-Winning Dancer, Wine Connoisseur**

**Oldest Yoga Teacher in the U.S.
and 2nd Oldest in the World**



“There is nothing
you cannot do.”

Millions across the globe have been inspired by 95-year-old Tao Porchon-Lynch – World War II activist, model, film star, wine connoisseur, competitive ballroom dancer, and the second oldest yoga teacher in the world. Born on a ship in the middle of the English Channel, Tao's premature arrival seemed like her nature, to be in a hurry – ready to experience life. Half-Indian and half-French, Tao's childhood in Pondicherry, India was like the inhalation at the beginning of a yoga class. It was her foundation. Her first guru or teacher was her uncle – a lay philosopher and spiritual seeker who raised her and influenced almost every detail of her childhood including her belief in Oneness and spiritual connection to Nature. Her uncle designed and constructed railways across Asia and Africa. As she traveled with him - from French Somaliland to the steps of Siberia from Hanoi to Yan'an in China - Tao learned to love and respect all people.

Tao's uncle was a friend of Mahatma Gandhi and gave her rare exposure to him and spiritual giant Sri Aurobindo who had an ashram in Pondicherry. She also learned the teachings of Swami Vivekananda and Vedanta from her uncle. Yoga came into Tao's life while watching boys on the beach make “wonderful shapes with their bodies.” She was eight years old and thought it was a new game. In India at the time girls didn't do yoga but Tao said, “If boys can do it, I can do it.” Although she thought of it as just play, it lit the flame that would burn brighter as time went on. As an adult, she expanded her knowledge of yoga by being one of the first women to study with masters Swami Prabhavananda, B.K.S. Iyengar, K. Pattabhi Jois and Indra Devi.

For nearly nine decades, Tao has participated in historic events most of us only read about such as marching with Gandhi twice including the famous Salt March. She helped her aunt in France hide Polish Jews in wine vats so they could escape the Germans and then worked in the French Resistance under General Charles de Gaulle. Unafraid, she performed in five clubs a night during the eight-month-long Nazi bombing Blitz of London. She became a protégé of Noël Coward and was in films such *French Without Tears*. She had famous friends including Marlene Dietrich and Ernest Hemingway. At the end of the war, married to a French fighter pilot, Tao taught 2,000 WACs to entertain the troops. She became famous as a model to dress houses in Paris such as Lanvin and Chanel, and worked under contract with MGM in the US with notables such as Bob Hope and Elizabeth Taylor. Tao and her second husband even marched with Dr. Martin Luther King Jr.

Tao still teaches seven yoga classes a week, has shared her spiritual teachings in 30 countries, has certified 400 yoga teachers, and has won almost 600 first place dance awards since starting at age 87. As she balances in yoga poses or kicks up her heels dancing the tango, she demonstrates how to tap into the primal spark of energy we each have within. Her life is the embodiment of Light, Truth and Divine expression. Her experiences – the highs and the lows - teach us about the human side of living a spiritual life. Her daily mantra exemplifies her indomitable spirit: “I wake up each morning knowing that *this* is the best day of my life! Nothing is impossible. There is nothing you cannot do.”



Former Model / Actress

**Actress in England, France and U.S. in '40s and '50s; under contract with MGM
Model for Coco Chanel, Marcel Rochas, Jean Patou, Jeanne Lanvin, Jean Dessès
Won contest for "The Longest Legs in Europe"**



Master Yoga Teacher

First paying yoga teaching job was at Jack LaLanne's studio in 1965
Founded The Yoga Teachers Association in 1976 and the Westchester Institute
of Yoga in 1982; has taught/certified over 400 yoga teachers

Teaching
Yoga at the Pentagon,
June 2012



Workshop / Retreat Leader

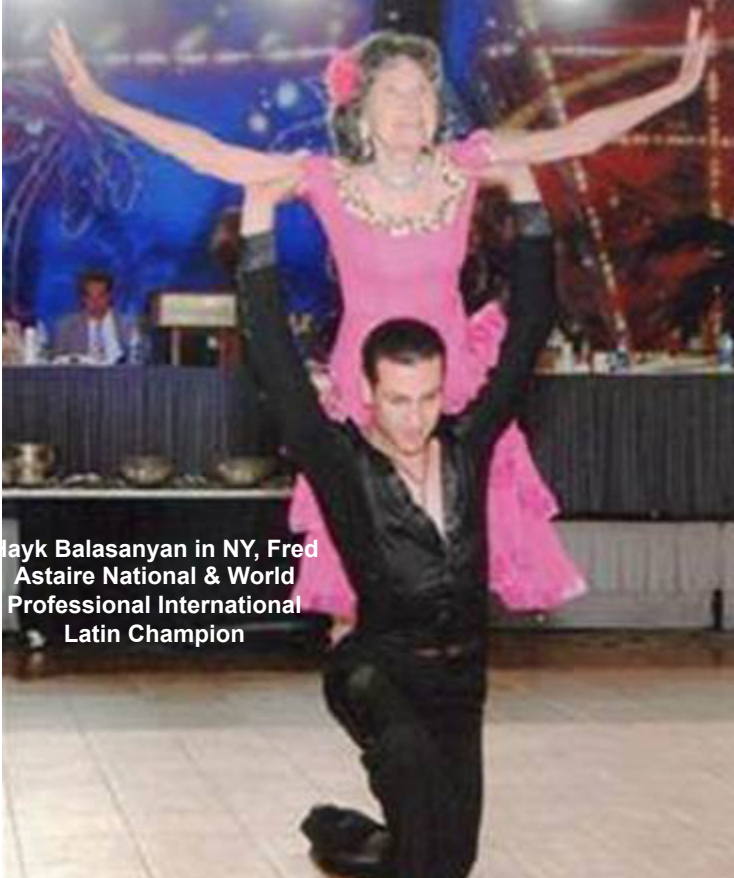
Shared teachings in 30 countries and has made over 25 trips to India, Morocco, France, Bali and Peru with her students; has taught workshops at Kripalu Center, Integral Yoga Institute, Satchidananda Ashram, Yoga Journal Conference



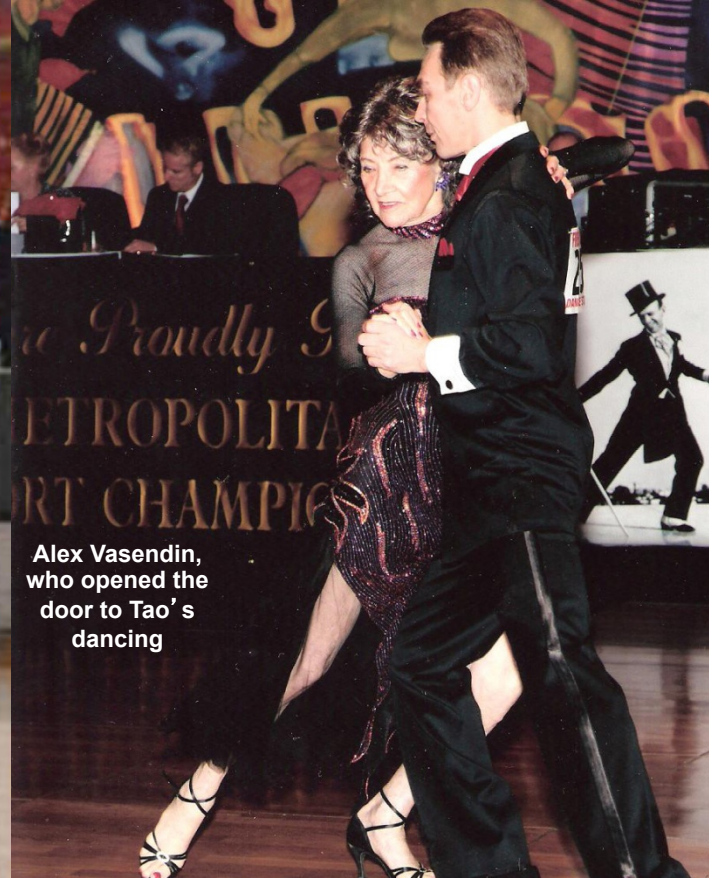
Sandip Soparrkar in India



Vard Margaryan Fred Astaire National and World Professional American Rhythm Rising Star Champion, 2011 US National Mambo Champion



Layk Balasanyan in NY, Fred Astaire National & World Professional International Latin Champion



Alex Vasendin, who opened the door to Tao's dancing

Award-Winning Dancer

Started dancing competitively at age 87; has participated in over 30 competitions
Has won almost 600 first place awards with dance partners 70 years her junior
One partner was named National Professional Mambo Champion 2011

On Peace Panel with
His Holiness the 14th
Dalai Lama,
May 2011



Professor
Robert A.F. Thurman

Nobel Laureate
Jody Williams

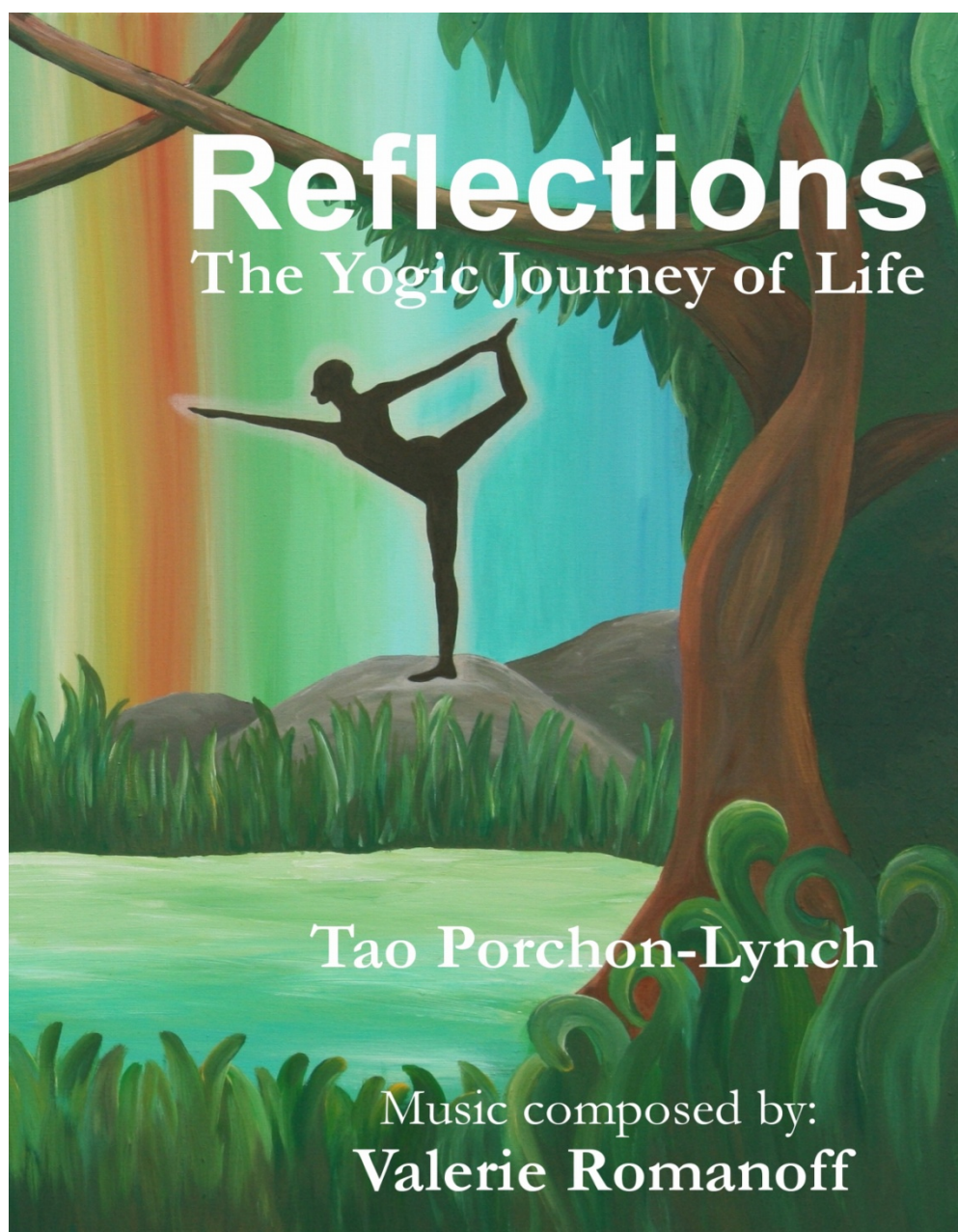
Student Activist
Mahishan Gnanaseharan

Dr. Deepak Chopra

Marched twice
with Gandhi

Lifelong Activist

Strong supporter of the environment, peace and women's empowerment
Participated in Yoga for Peace Conference in Israel in 1995 with Indra Devi; marched
with Gandhi, Dr. King; worked in French Resistance under General Charles de Gaulle



Author / Producer

Recently published her first meditation book, *Reflections: The Yogic Journey of Life* which includes guided meditations and a bonus CD
DVD with notable yoga teacher Tara Stiles; biography in progress

The New York Times

MARTHA
MARTHA STEWART LIVING RADIO

TIME



REUTERS

CNN



CVB
NEWS SERVICE

1

Channel One Russia
Первый канал



9

THE HUFFINGTON POST

Good Day
New York

THE  **TIMES**



BBC
BRASIL

Over 800,000 YouTube Views

BBC

Telegraph.co.uk



CBS
NEWS
SHAPE



ALJAZEERA

The Washington Post

THE TIMES OF INDIA



Global Media Coverage

Has done over 75 interviews, reached millions around the world e.g. BBC, CNN, NBC, CBS, PBS, Channel One Russia, Aljazeera, *The London Times* & more!
Over 800,000 YouTube Views and featured in documentary "A Woman Like That"

Some of the people who have crossed Tao's path...

India..... childhood-1939

Renown Yogi Sri Aurobindo Prime Minister Nehru Mahatma Gandhi
Madame Deshmukh (started university for girls in Hyderabad)
Dr. Welthy Fisher (started World Education and Literacy House)
Indra Devi (Renown Yogi)

France-England.....1939-1945

General Charles de Gaulle Louis Vaudable (Maxim's restaurant owner)
Joel Letac (French Resistance) Bing Crosby
Lady Cavendish (Fred Astaire's sister) Noël Coward Marlene Dietrich
Bobby Helman Burgess Meredith Ernest Hemingway Michael Wilding
Alexander Korda Charles Aznavour

Famous Couturiers.....1945-1949

Jeanne Lanvin Jean Patou Jean Dessès Coco Chanel Marcel Rochas

USA.....1950-Present

Ilka Chase (TV actress) Dr. Roman Ostoya
Duke Ellington Red Skeleton
Fred MacMurray Bob Hope
Fred Astaire Caesar Romero Eartha Kitt
Katherine Dunham (dancer) Jack Cummings (MGM)
Eddie Maddix (MGM) Ben Lucien Burman
Sol Siegel (20th Century Fox) Ted Richmond (Universal)
Mary Ellen Kaye (Republic Studios) Kathryn Grayson Leslie Caron
William Halstead (Unitel World TV) Robert Mondavi (wine legend)
Jane Fonda Kamini Kaushal (Indian actress)
Jack LaLanne Dr. Martin Luther King, Jr.

Education for Peace

His Holiness the 14th Dalai Lama Robert Thurman (Professor)
Jody Williams (Nobel Laureate) Shirin Ebadi (Nobel Laureate)
Deepak Chopra

Additional Yoga

Swami Prahavananda B.K.S. Iyengar K. Pattabhi Jois
Maharishi Mahesh Yogi David Swenson Douglas Swenson Rodney Yee



Contact: 212-901-6913 or email tao@power-living.com

For more go to: www.taoporchon-lynch.com