



# **Dancing Light: The Spiritual Side of Being Through the Eyes of a Modern Yoga Master**

*Tao Porchon-Lynch, Janie Sykes Kennedy, Teresa Kay-Aba Kennedy*

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What is the secret to boundless energy, vitality and a fearless spirit? Millions across the globe have been inspired by 98-year-old Tao Porchon-Lynch--WWII French Resistance fighter, model, actress, film producer, wine connoisseur, competitive ballroom dancer, and yoga master. In 2012, she was named "Oldest Yoga Teacher" by Guinness World Records. The twinkle in her eyes and the brightness of her spirit capture you. Her YouTube videos have garnered over two million views. In June 2015, she wowed judges on America's Got Talent dancing with her 26-year-old partner to Pitbull's "Fireball." With Peter Pan-like endless youth, she says, "In my head I'm still in my 20's, and I have no intention of ever growing up." How did she get this way and how can we exude such light? *Dancing Light: The Spiritual Side of Being Through the Eyes of a Modern Yoga Master* is an inspirational autobiography that shows us what is possible--that we each can live to our Highest Potential by inhaling life, exhaling strife and dancing to our own rhythm. Through Tao's reflections, we are given the gift of insights from almost a century of wisdom that can be applied to our modern-day challenges. We learn her "secrets" to vitality while taking a soulful odyssey of love and loss, hope and joy.

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