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**News Release**

## **97-year-old Yoga Master Tao Porchon-Lynch to Appear at White Plains Public Library**

WHITE PLAINS, N.Y. (January 4, 2016) – Millions across the globe have been inspired by 97-year-old Tao Porchon-Lynch--World War II French Resistance fighter, model, actress, film producer, wine connoisseur, ballroom dancer, and yoga master. Porchon-Lynch was named "Oldest Yoga Teacher" by Guinness World Records in 2012. She will appear at White Plains Public Library on Sunday, January 17 at 2:00 p.m. to discuss her book, *Dancing Light: The Spiritual Side of Being Through the Eyes of a Modern Yoga Master*.

Porchon-Lynch has been covered by media around the world and her YouTube videos have garnered over 2 million views. Her inspirational memoir, *Dancing Light*, shows us what is possible--that we each can live to our highest potential and dance to our own rhythm. For more, go to [www.TheTaoExperience.com](http://www.TheTaoExperience.com).

White Plains Public Library is where readers meet writers. The White Plains Public Library is located at 100 Martine Avenue, White Plains, NY 10601. For more information visit the Library's website at [whiteplainslibrary.org](http://whiteplainslibrary.org) or call 914-422-1480 during regular Library hours.

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