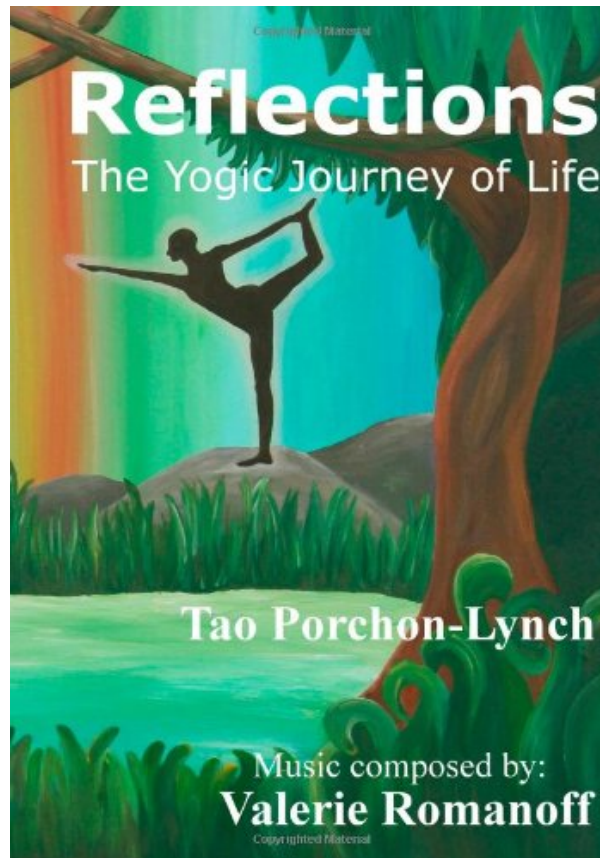
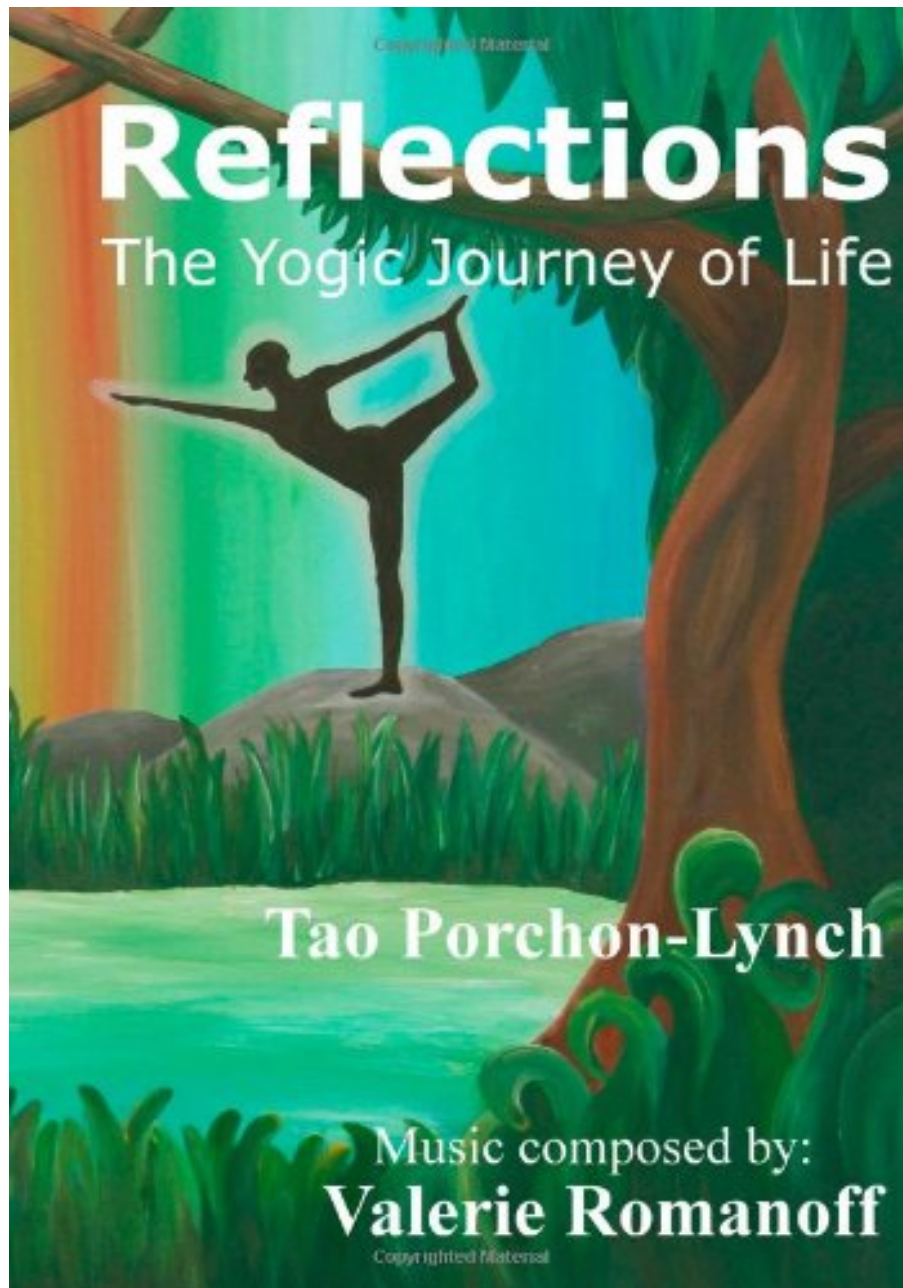


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The Yogic Journey of Life Extraordinary leaders and teachers change the way we perceive the world. The very best lead us by their example. Tao Porchon-Lynch, Master Yoga teacher, approaching her 94th year, synthesizes the most positive aspects of Indian, European and American thought. The daughter of an Indian mother and a French father, who spent the first twenty years of her life in India, Tao is uniquely equipped to spread Yogic insights, originating in India, to Westerners seeking enlightenment. Tao has trained and certified hundreds of yoga instructors, since founding the Westchester Institute of Yoga in 1982. Tao has over 70 years of yoga practice and more than 36 years of teaching yoga to students in India, France and the U.S. Having studied with Indra Devi in Pondicherry and BKS Iyengar in Pune and Mumbai, Tao learned how to tap into the incredible power all individuals possess but only few can access. In addition, Tao was an actress in England, France and the USA (under contract to MGM) in the 1940's and 50's, wrote screenplays and made documentaries in the 60's and 70's. Tao is a living advertisement for how to tap into our human potential. She is unique in her ability to overcome the effects of aging to control her body and mind in harmony with Yoga's principles. Tao's philosophy is "There is nothing we cannot do if we harness the power within us." Her yoga principles and practices will be appreciated by current and future generations. Her current passion, in addition to yoga, is ballroom dancing and she is an award winning world-class dancer. At a youthful 93, Tao brings a delightful, childlike love of life and nature to all that she does. This wonderful book includes several guided meditations, and when paired with the available music CD\*, Tao's lessons and words of wisdom come to life. Buy the accompanying music CD\* featuring Valerie Romanoff's music underscoring Tao's spoken words: <http://www.valrockmusic.com/shop/album/reflections-the-yogic-journey-of-life> \*please note there is an additional cost for the music CD. It is not included in the price of the book.

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- Binding: Paperback
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5 of 5 people found the following review helpful.

A beauty-filled human being!

By Brow Diva

I just purchased this book after taking a weekend workshop with Tao!

The book is a simple reflection of the deeply wise person that Tao is! Unfortunately one may not be able to experience her humble, joyful, grateful spirit by reading her book. The mention of the cd on the cover of the book is misleading, though it says nowhere that it is included though it would be easy to assume it. I was fortunate to hear a meditation from the CD and found that both Tao's voice accompanied by the music composed by Valerie Romanoff were a beautiful, relaxing form of meditation. Not only that, one may get a sense of Tao's sweet personality by listening to her voice.  
I highly recommend buying the CD along with her book!

3 of 4 people found the following review helpful.

Too many pictures

By Carole W

Amazing woman, I expected more of a story. Lots of pictures of her/&/or celebrities doing yoga poses. Would rather have more wisdom/teaching from her perspective

0 of 0 people found the following review helpful.

Five Stars

By Melissa

Tao is amazing. Such an inspiration. Great DVD.

See all 6 customer reviews...

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