

Woman, 93, strikes incredible yoga poses

<http://youtu.be/J6LVbDNPCZU>

Questions

What has Tao done in her life?

Why is she in the Guinness world records book?

How long has she been teaching yoga? How many students does she have?

When is her Birthday?

What is her secret for growing old?

Transcript

“Bring your knees slowly down to the floor”

Striking the perfect pose. Its hard to believe that Tao Porchon-Lynch is 93 years old. Her secret elixir – yoga.

“Lean forward, right forward, and as your here lift up.”

And Tao's lived a full life, acting, marriage, modelling, performing burlesque and even marching with Gandhi twice! You'd have to live to at least 93 just to cram it all in.

Guinness World Records has declared her the worlds oldest yoga teacher and she has no plans to stop any time soon.

My Doctor when he did the hip replacement said you wont be able to do this you wont be able to do that. I said I don't know what I wont be able to do because I don't believe it. I'll be teaching Yoga until I can breath any more and carry it to the next planet.

She's been teaching professionally for 61 years – teaching 400 students in New York City.

She has the most wonderful positive spirit and that just draws me here – its magical.

And I just thought, oh my goddness, I wish I had found her earlier. How much longer can she do this? And here we are – shell be 94 in August and I think she is just going to keep going.

Toe doesn't really have a special diet or anything – she says she has no secret for growing old.



Answers

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the worlds oldest yoga teacher

61 years – teaching 400 students

August

no secret for growing old.

