

About Larry

Larry Weinberg began his yoga practice in 1969 at the Sivananda Yoga Ashram in Val Marin, Canada. He completed the Sivananda Yoga Teacher Training course in the summer of 1970 and has dedicated his life to studying, teaching and sharing the knowledge he gained with others throughout the years. In his yoga classes, Larry creates a fun and safe environment where students can enjoy peace, tranquility and relaxation, while learning the benefits of living a spiritual lifestyle. He also includes a healing gong bath in savasana (final relaxation pose).



Additionally, Larry is a New York State Licensed Massage Therapist and a Colon Hydrotherapist who has a private practice on Long Island.