

Biography

Larry is a Licensed Massage Therapist in private practice in Orlando, and is associated with Florida Hospital. He has been a practitioner and presenter in the field of bodymind therapies for more than 20 years and with Florida Hospital's Rehabilitation and Sports Medicine Department since 2005. Larry blends traditional massage with the deep effectiveness of Orthopedic Massage and the profound relaxation of Polarity Therapy. He is a practitioner and teacher of Chi Gong.

A Florida native, Larry received his B.A. in Economics from Rollins College and enjoyed a 20-year career in government and aerospace. During that time he began his study and practice of Polarity Therapy, learned massage therapy, and then entered the healthcare profession on a full-time basis. Larry knows well the patterns of stress we all share! He was the pioneering practitioner and teacher of Polarity Therapy at Orlando's former Getting Well Program, a residential, mind-body behavioral medicine program, the first of its kind in the country.

Larry has been a regular writer for Central Florida's *Natural Awakenings* Magazine, including his signature piece "Health: Personal Responsibility = Freedom!"

Presentations and Classes in Central Florida

- **"You Are Extraordinary by Design: Build Your Portfolio for Vibrant Health!"**
- "The Energy Model of Health: Blueprint Within for Living an Authentic Life!"
- "Massage and Polarity Therapy as Primary Health Care"
- Classes in Chi Gong: classes open to the public as well as in private corporate settings

Certifications

- Polarity Therapy
 - ❖ Health Skills Institute, Montreal, Quebec – 1989
 - ❖ Florida Polarity Institute, Sarasota, Florida – 1989
 - ❖ Florida School of Massage, Gainesville, Florida Certification – 1991
 - ❖ Columbus Polarity Institute, Columbus, Ohio, Advanced Studies – 2005-06
- Massage Therapy: Florida School of Massage, Gainesville, Certification – 1992
- Gestalt Therapy: The Gestalt Center, Gainesville, Florida – 1992
- Qigong: Supreme Science Qigong Center, Miami Beach, Florida, Certification – 2006



Affiliations

- National Speakers Association, Associate, Central Florida Chapter
- Florida State Massage Therapy Association
- American Polarity Therapy Association

Larry enjoys tennis, biking, cooking, and gardening. His favorite food group is Good Conversation!