

## **Yoga Instructor Larry Weinberg Leads by Example** by Michele Siegel

Larry Weinberg is well-known in and around Great Neck for his many years of teaching yoga and guiding his students on their spiritual path. A pure peaceful warrior, Larry practices what he preaches. He's all about yoga's ethical guidelines, which are the yamas and niyamas (nonviolence towards yourself and others, truthfulness, non-stealing, non-excess, non-attachment, purity, contentment, self-discipline, self-study and surrender to a higher power) and of course, the asanas (yoga poses). And it shows in the way he lives his life and teaches his classes.

His yogic path began in 1969, when as a 17-year old confused, young man, Larry's father brought him to the Sivananda Yoga Ashram in Val Marin, Canada. Something clicked when he felt the comradery of the community, which led him to stay, study the yogic teachings and eventually take the Sivananda yoga teacher training course. Since then, Larry has dedicated his life to studying, teaching and sharing the knowledge he has gained from experts in the field of yoga, health and wellness. 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.

Larry has a multitude of devoted followers, myself being one. I began studying yoga with him in 1994 and with his encouragement I became a certified yoga instructor in 2007. Larry has a rare, distinctive way about him. He is more than kind and considerate; he has genuine compassion towards everyone. He is the one person I know who is always true to himself and others.

His friend and protégé, Karen Passalacqua, another experienced and wonderful yoga instructor states, "Sometimes when I am facing a difficult situation in my life, I ask myself, "What would Larry do?" and usually within moments the answer arises which provides the most peaceful solution. Larry's students, myself included, have followed him throughout the years to different yoga studios because what he offers is passionate and unique. He graciously shares his wealth of information with many who report that their lives have improved dramatically after implementing some of the changes Larry suggests. I am deeply grateful to have Larry as a yoga teacher because he inspires me to be the best person I can be."

In addition to his yoga classes, Larry is also a New York State licensed massage therapist and a colon hydro-therapist who has a private practice on Long Island. He currently teaches daily yoga classes on Zoom.

**Join Larry on the road to health and spirituality!**