

LARISSA HALL CARLSON

Press Kit



CONTACT

Official Website

larissacarlson.com

Email

larissa@larissacarlson.com

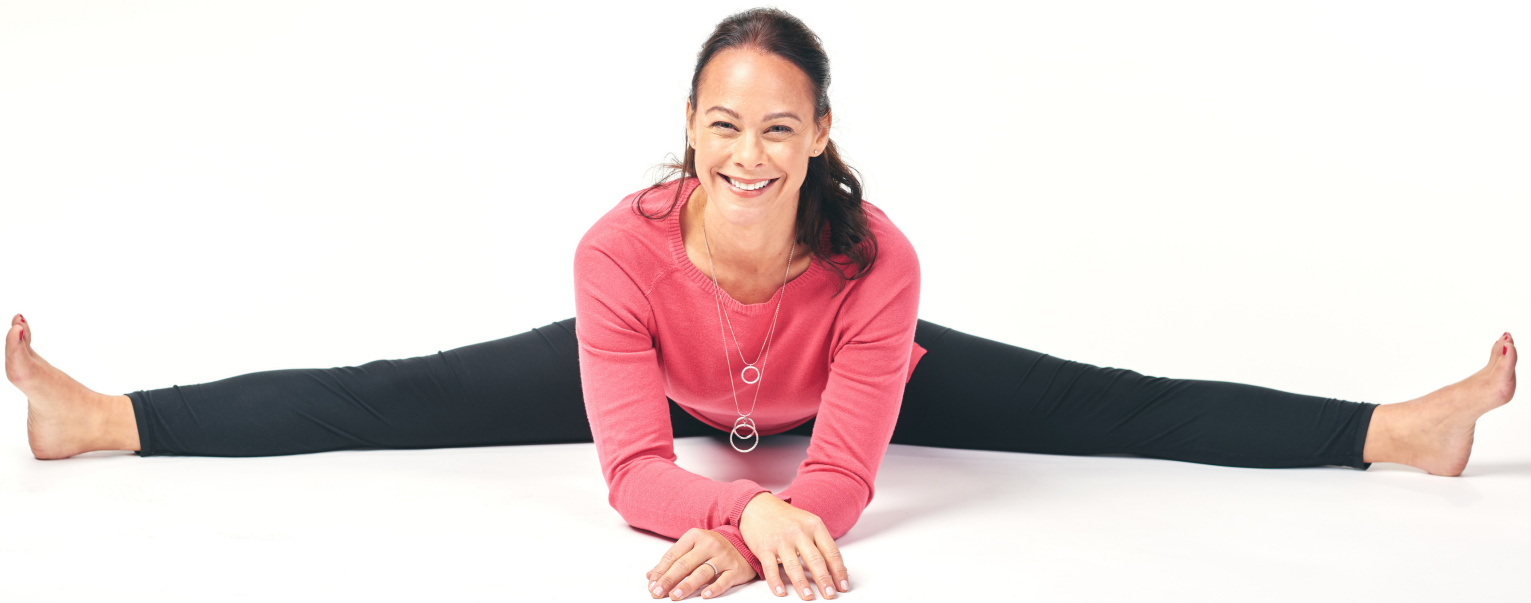
Instagram

[@larissahallcarlson](https://www.instagram.com/larissahallcarlson)

About Larissa

ELITE PERFORMANCE SPECIALIST

*Named one of the
"100 Trailblazers in Yoga and Ayurveda"
by Spirituality & Health magazine*



Larissa Hall Carlson is a mindfulness, yoga, and Ayurveda professional with over 15 years of teaching experience at some of our country's most prestigious institutions, including The Boston Conservancy, Juilliard School, and Tanglewood Music Center.

Larissa earned her Master's degree in Mindfulness Studies and is known as a leading educator in the field of optimal human performance. She previously served as Dean of the Kripalu School of Ayurveda and is the co-creator of two popular online courses with Yoga Journal, *Ayurveda 101 and 201*. She specializes in training elite level musicians, executives, teachers, athletes, and artists in all aspects of mindful living.

WORK WITH LARISSA

PROFESSIONAL CONSULTING
PUBLIC SPEAKING
PRIVATE EVENTS
TRAININGS, WORKSHOPS, RETREATS
EXPERT ANALYSIS ON MINDFUL LIVING



AS SEEN IN

 InsightTimer

yoga journal

InStyle

Prevention.

SHAPE

mindbodygreen

MANTRA
WELLNESS

Spirituality
& Health

The Washington Post

Kripalu®
Center for Yoga & Health

sheknows

MEN'S JOURNAL