

Larissa Nusser

“Being happy every day can give you the power to transform your life.”

Larissa Nusser is a Motivational Speaker, Certified Yoga Instructor with Integral Yoga and Yoga Alliance, and a Certified Life Coach with Coach Training Alliance. She is also a Certified Laughing Yoga Instructor through the American Academy of Laughing Yoga. Recently, she became an Ericksonian Hypnosis Practitioner with the NLP Center of New York. She is also an MS Advocate with Shared Solutions. She works with people with MS on creating balance in their lives by incorporating yoga and coaching.

After being diagnosed with MS in 2000, Larissa attended Integral Yoga of Princeton and earned her 200-hour certification to teach yoga. She is qualified to teach all levels ranging from Chair Yoga to Advanced Yoga, as well as Laughing Yoga.

Beyond managing a full-time career, Larissa, mother of two, also spreads her power and encouragement to other MS patients across the country through her many speaking engagements. In 2009, Larissa had the honor of being the start line speaker at the National Multiple Sclerosis Society's (NMSS) Staten Island MS Walk. “I would love to see people get moving and be the catalyst that starts them on the road to transforming their life!” Larissa hopes she continues finding something everyday that makes her happy, so she can provide motivation for others with MS who may benefit from seeing her as an example in action.

Larissa is the co-creator of You Can Do It Yoga for MS™ a yoga training class for people with MS. She has two You Can Do It Yoga For MS™ DVD's which are at home instructional videos. Larissa and her co-creator, Denise Nizzare, have also designed an associated yoga teacher training to go along with the You Can Do It Yoga For MS™ Class so that other teachers may be able to teach patients with MS.

Currently, Larissa and Denise are working on a third You Can Do It Yoga For MS™ DVD. Additionally, Larissa is currently working on a book documenting her journey with MS.

Larissa is a former "foodie" who owned Today's Gourmet, a specialty food business that was featured on Food TV's Food Finds. She still enjoys "scaled down" cooking for her family.