



## **Larry Amos, C.M.T.**

**Credentials: Certified Massage Therapist (C.M.T.)**

**Specialties: Reflexology, Massage Therapy, Neuromuscular Therapy and Active Isolated Stretching**

Lawrence Amos is a Licensed Massage Therapist in CO and Virginia. He specializes in Neuromuscular Therapy, and Active Isolated Stretching.

Starting out thirty years ago as an Emergency Medical Technician (EMT) he went on to study Reflexology, Massage Therapy, and Colon Therapy, finally specializing in Neuromuscular Therapy and Active Isolated Stretching.

His massage instruction officially began in 1995 at Health Options Institute in North Hampton,

Pa, then continued at the Florida College of Natural Health in Oveido, Fl. He has taught at the Virginia School of Massage in Charlottesville, Virginia, and is now teaching at the Denver Integrative Massage School. He has been fortunate in life to befriend several Traditional Native American Healers who have helped him along his spiritual path as well as open his eyes to the many paths of healing. He loves to wildcraft medicinal herbs and dabbles in raw vegan cuisine.