

Larry Ball

Larry is a teaching member of AmSAT. He graduated from the Alexander Training Institute of San Francisco in 1979. In those years the directors were Frank Ottiwell and Giora Pinkas. Larry was one of the teachers assisting Frank Ottiwell at the school from 1981 until its closure in 2004. He also studied with Patrick McDonald and Walter and Dilys Carrington during their periodic workshops given at the San Francisco school. For 10 years he studied extensively with Marjorie Barstow in San Francisco and Lincoln, Nebraska. Marjorie and Frank are his mentors. He has been exploring, studying/writing and practicing Alexander's work since 1976 and has been teaching since 1979.

Larry has certifications in Reiki I and II (2007-2008) and a certification in Shamanic Healing Practices (2014). Additionally, he has been a serious student of the psychology of Carl Jung since 1976. Since the beginning of his Alexander studies he has sought to understand his Jungian work as it interplays with his Alexander work and vice-versa. He is currently preparing to teach a class on the interplay of Jung's psychology and Alexander's technique at the C.G. Jung Institute of San Francisco.

For 44 years Larry has been a serious track runner. His track running has been a major means of his working with his wholeness and Alexander's technique.

Concurrent with his Alexander teaching, from 1981 to 2014 Larry practiced law as a civil rights litigator in private practice in San Francisco in the field of employment discrimination and harassment, representing employees. At the time he retired from law in 2014, he had been elected a "Super Lawyer" (top 5%) in his field by his peers in San Francisco and the Bay area for 10 straight years.

His Bachelor of Arts degree is from the University of California at Berkeley (1969). His Juris Doctor degree is from U.C. Berkeley's School of Law (1974). In 1974-75 he worked as a Vista Volunteer lawyer (Vista was the U.S. domestic version of the Peace Corp) in the Mission District of San Francisco for the San Francisco Neighborhood Legal Assistance Foundation.

Larry is married to Monica Norcia, also a teacher of Alexander's technique. They live and teach in San Rafael, California.