

Healing Light Yoga and Massage



Steve J Davis, RYT, LMT, NCTMB

Registered Yoga Teacher, 30+ years

Licensed Massage Therapist, 4+ years

Nationally Certified in Therapeutic Massage & Bodywork

YA #29243, OBMT #13099, NCTMB #32321

Raja Yoga Immersion

Supreme Wellness, Power of Performance

Steve Davis Corporate Yoga Program™

High Energy, High Awareness, Prosperity

Integrative Massage

Healing, Structural Alignment, Relaxation

Steve Davis Present Moment Course™

Be in the Moment, High Awareness

Accurate Perception, Accurate Memory

A Structured Program

with me will help you to achieve enhanced performance:

- in all aspects of life
- abundant wellness
- the realization of your unique gift and purpose in life.

Call for a free posture assessment and to get acquainted!

Namaste,
Steve J Davis, RYT, LMT, NCTMB
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Portland, OR 97224
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Blog: healinglight.info/wordpress
Email: steve.yoga@yahoo.com

Testimonial:

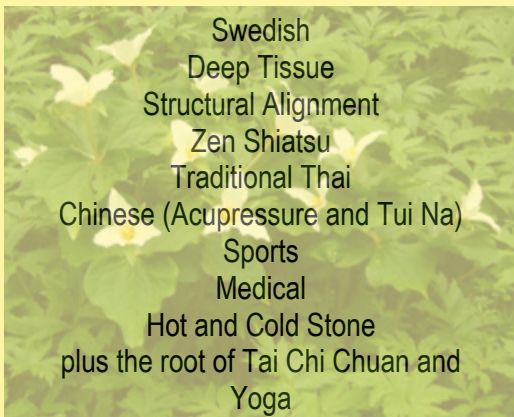
"I have been taking Yoga from Steve Davis of Healing Light for over a year now. In that time, I have made amazing progress. Steve provides patient, individualized attention to a student's personal goals. Class is tailored to meet those needs. And it is never boring. New poses are introduced and there is a lot of variety in the warm-up.

Although I have participated in yoga classes on and off for several years and had many different teachers, I feel that Steve's class is responsible for my increased flexibility, strength, balance, and ability to maintain my peaceful frame of mind throughout a busy day.

I highly recommend Steve to any beginning or advanced student." Irene F. Feb 16, 2009

Massage

= Real Medicine = Great Results



Benefits include: lower stress, regulate blood pressure and heart rate, tone nervous system, tone muscles, increase energy, improve posture, increase circulation, improve sleep, improve all organs and systems of the body/mind/spirit, increase range of motion, recover faster from workouts, increase strength, improve sports performance, flush toxins!

Testimonial:

"Steve Davis is a real healer. I have been seeing him for over three years, and he helps me a lot with my health problems.

I had frozen shoulders from my work, and he made my hands and shoulders start to move again freely, with no pain. I feel much better because he knows how to help people in my situation.

He uses special techniques, including hot stones and yoga, and everything together really relieved my muscle and joint pain.

I highly recommend Steve to anyone needing a massage therapist." Vania S. 3/29/10

Raja Yoga

is the full 8-limbed path of the classic yoga written in the Yoga Sutras of Patanjali, approximately 2200 years ago.

Steve Davis is a Registered Yoga Teacher with 30+ years experience, and a Licensed Massage Therapist with 4+ years experience. His yoga classes integrate elements from the following disciplines, gained from many years of experience:

Tai Chi Chuan

Dance

Theatre

Music

High Climbing

These disciplines require *high awareness, focus, and balance, forged into a high state of being.*

By devoted practice to Raja Yoga, you will achieve and maintain **Supreme Wellness, Power of Performance, High Intelligence, High Awareness, High Energy, Pure Love**, leading to **Total Freedom and Emancipation.**

Progress will be apparent from the very first day.



Steve Davis Present Moment Course™

Be in the Moment!

See events as they really are with accurate perception. Enjoy life!

Remember people's names and relevant data the first time and every time.

Excel in your personal, business, academic, athletic, and artistic life.

Memories from past events will appear in complete accuracy.



Steve J Davis
Healing Light Yoga and Massage
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To: