

Intro to Yoga

Raja Yoga

Supreme Wellness, Power of Performance

High Energy, High Awareness, Prosperity

Benefits

Devoted practice of Raja Yoga will help you to . . .

- improve and regulate all systems of the body/mind/spirit
- regulate weight, shape body, and tone muscles
- achieve glowing health, quality of life, longevity
- elevate athletic performance to the highest level
- gain and maintain high strength, flexibility, power
- achieve and maintain high intelligence, awareness
- realize your unique potential and purpose in life
- and provide many more benefits

What to expect for your first appointment for a private yoga lesson

- arrive 15 minutes early to fill out intake form with medical history.
- plan to spend 15 minutes for the thorough intake interview.
- the intake interview is done at no charge, and it is for your benefit.
- it is best not to eat 2 to 3 hours before.
- you should be dressed in clothing appropriate for yoga.
- during the first session, we will discover what is needed for you.
- a structured program for you will be formulated and planned. Massage therapy works very well with yoga.
- payment is expected at the time of visit.
- after your yoga lesson, drink plenty of pure water to flush out toxins.
- plan to have some time to relax.

Structure of Raja Yoga

The full 8 - limbed path of Raja Yoga is an integrated program designed to give you a thorough workout for your body/mind/spirit.

Group lessons are possible. Ask about availability.

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