

# MASSAGE!

**Massage Therapy = Medicine = Great Results!**

**Make your fitness goals come true!**



**Yoga = Power, Form, Fitness, Flexibility, Health, High Awareness. Integrate Yoga with Massage!**



30+ years experience in performing and teaching yoga, 5+ years experience as a licensed massage therapist.

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**Call now to schedule: (503) 724 - 2755**

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## **Pricing for Massage Therapy and/or Private Yoga Sessions**

Session length (hours)	One Session	Four Sessions	Eight Sessions	
½	\$50	\$160	\$312	
1	\$80	\$256	\$499	<i>To extend session, add \$40 per additional ½ hour up to 3 hours total per session.</i>
*1.5	\$120	\$384	\$749	
*2	\$160	\$512	\$998	
		20 % discount	22 % discount	

\*Recommended for full body massage, and for yoga sessions. The shorter times are best for focused work on one area, while the longer times are for deeper work. Session cards valid for six months, transferable upon approval.

**Become a Member of Healing Light Yoga and Massage!  
Only \$99 per Month!**

Commit to paying for one 90 minute session per month for six months, and get a *17.5% discount* for all your sessions, plus apply that same discount when you purchase Gift Certificates for loved ones, friends, and colleagues. Your membership will be renewed at the end of six months, unless you cancel. We will charge your card \$99 at the 1st of each month. You can schedule any additional sessions and receive the same discount. If you don't use your session each month, we will mail a Gift Certificate to you for that session!

Studio is inside Bally Total Fitness,  
15353 SW Sequoia Parkway, Portland, OR 97224

Massage Therapy/Private Yoga Sessions: \$80 per hour,  
½ hr to 3 hr sessions. Hours: Mon – Fri: 9am to 9pm by  
appointment only. Some weekends by appointment only.

**Steve J Davis, RYT, LMT, NCTMB  
(503) 724-2755. [healinglight.info](http://healinglight.info)**

**YA #29243, OBMT #13099, NCTMB #512195-06**