

• Testimonials •

• "Namaste Steve,

This greeting card is to let you know how appreciative I am of your massage and yoga class. I've enjoyed your teaching in the art of mental clarity and physical endurance. Thanks for giving me these invaluable skills. The massage was a blessing from heaven!

Sonja"

• "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"

• "Steve Davis is an awesome yoga teacher. His expertise and knowledge of classical yoga surpasses all other yoga classes I have taken. In a few weeks of practicing yoga with Steve, I have attained significant body strength, flexibility, and energy. I also feel more alive in spirit, body and mind.

Steve is a great teacher who can help you progress on an accelerated path to fitness and wellness. He takes time during yoga class to give each of his students individual instruction on each asana pose which is very important.

Yoga is body, spirit, soul, beauty, grace and art all in one that Steve performs and teaches very well.

Thank you Steve. I honor your light and path as a yoga teacher and friend.

Marilyn"

• "I have been attending yoga classes and receiving massages from Steve for a little over a month now, and I can tell a great deal of difference in how I feel. I sleep MUCH better - fall asleep immediately and back again should I wake up in the middle of the night. This was not my pattern previously. Also, my digestion is better and I have lots more energy. Steve discovered that I have a slight case of scoliosis in my back and is using both massage and yoga postures to correct it, along with helping me find exercise machines in the gym that can also be beneficial.

I can highly recommend Steve for both yoga and massage. He is highly trained, has had a lot of experience in these disciplines, and is very focused on doing the best possible job for all his clients.

Sandy"

• "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"

• "I went to Steve for constant tightness in my shoulders. His massage was like no other I've ever received! He really gets in, works on problem areas, and seems to know where they are. He went out of his way to study my situation and found ways to resolve it. He has relieved my pain; it took several sessions of massage, his hot rocks, and yoga stretches. My fascia adhesions are gone, he has worked them loose! After my first massage I noticed I could turn my neck further than before, breathe, and stand up straight, while walking uphill . . . I highly recommend Steve!!!

Chris"

Steve Davis, RYT, LMT, NCTMB

Studio inside Bally Total Fitness, 15353 SW Sequoia Parkway, Portland, OR 97224 Website: healinglight.info, Email: steve.yoga@yahoo.com

YA #29243, OBMT #13099, NCTMB #32321

30+ years experience as a Yoga Instructor, 5 years experience as a Massage Therapist.

(503) 724-2755 Call for an appointment today.