

Invest in Yourself, Live Well.

MASSAGE

Relax with a great massage! Lower stress, regulate blood pressure, heart rate, tone nervous system, tone muscles, increase energy, improve posture, increase circulation, improve sleep, and many more benefits. Structural Integration with Yoga is highly effective in realigning your body and whole person. Integrative Massage modalities include Swedish, Deep Tissue, Structural Integration, Zen Shiatsu, Thai, Chinese (Acupressure and Tui Na), Sports, Medical, Hot & Cold Stone, Yoga.



YOGA



The Royal Path of Raja Yoga

Integrative Massage Therapy/Private Yoga Sessions



30 minutes: \$45.
one hour: \$70.
90 minutes: \$105.
two hours: \$140.
2 ½ hours: \$175.
three hours: \$210.

Office Hours: 9am to 9pm, Mon through Friday, Weekends by appt.
Raja Yoga Group Classes: Mon through Friday, 6am to 7:30am

Registered Yoga Teacher with over 30 years experience in Yoga, Licensed Massage Therapist, Nationally Certified in Therapeutic Massage and Bodywork.

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