

# 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	16 Sessions	24 Sessions	48 Sessions
½	\$45	\$142	\$280	\$556	\$830	\$1650
1	\$70	\$220	\$424	\$816	\$1220	\$2430
*1.5	\$105	\$360	\$704	\$1376	\$2060	\$4110
*2	\$140	\$500	\$984	\$1936	\$2900	\$5790
2.5	\$175	\$640	\$1264	\$2496	\$3740	\$7470
3	\$210	\$780	\$1544	\$3056	\$4580	\$9150

\*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, and for combining yoga and massage sessions. Session cards valid for one year, transferable upon approval.

## Testimonials

"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"

"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"

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

Massage Therapy/Private Yoga Sessions: \$70 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 #32321**