

PRESS RELEASE – for immediate publication – May 27, 2010



Taking a break from playing bansuri (Indian classical flute) in Yachats River

<http://archive.constantcontact.com/fs012/1101966381328/archive/1103356797524.html>

Attend an [8 - Week Raja Yoga Immersion Course](#), and transform your life!

New 8-week Raja Yoga Immersion Courses - Level One - starting June 2, June 15, and June 21, 2010. Choose which one fits your [schedule](#), and [register](#).

Raja Yoga Immersions in ascending levels will immediately follow these Immersions.

See blog for details: <http://healinglight.info/wordpress/>

Call **503-724-2755** to register.

Immersions are limited to 10 students maximum, no drop-ins allowed. Sign up now to get your place in class. You can pay online here. Space availability, Instructor approval, and payment is necessary to hold your place in class.

http://healinglight.info/fees.html#schedule_for_yoga

Here is a partial description of one of the Immersions:

Content and Benefits: Immersion in the full 8-limbed path of Raja Yoga. Focus will be on developing a home practice routine, working with chakra energy, grounding, higher awareness, asana sequencing to develop balance, power, peace, purpose, strong healthy body, mind, spirit. Study of the Yoga Sutras of Patanjali.

In addition to the class once per week, we have homework assignments each week which must be completed. And, we have a **private online forum** where students can ask questions, communicate with each other and the instructor, download homework assignments and other documents, and continue the immersion experience every week for the full eight weeks. **This is all provided at no charge, included in the course!**

Certificates of Completion will be issued upon successful completion of the 8 - week course.

Raja Yoga is also called Royal Yoga, or Astanga (8 - limbed) Yoga.

My teaching is based on my experience over 30 years practicing and teaching yoga, from different yoga schools and yogis, including Iyengar, Bikram, Astanga, Ananda, Sri Dadaji (Amiya Roy Chowdhury), and Tai Chi Master Wen Chi Huang.

Registration: Enrollment is on a first come, first served basis. Payment is necessary to hold your place in class. Class is limited to 10 persons only. Payments may be dropped off at my office (slip the payment under my door), or make an appointment with me to register and make your payment. Check, cash, major cards accepted. Make checks payable to Healing Light Yoga and Massage.

Mailing address for checks:
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[Gift Certificates](#) are available for purchase on my website. You can download them immediately. Give the gift of healing through massage therapy and/or yoga to someone you love.

Private Yoga Sessions/Massage Therapy Sessions are held at my studio inside Bally. For maximum individual attention. Call for availability.

Yoga and Massage Retreats are scheduled throughout the year. Info and schedules for these are posted on my website at <http://www.healinglight.info>. Namaste!

See the [client testimonials](#) written by my yoga students.

"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 D. 10/13/2009

"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 M. 9/4/09

"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 F. " Feb 16, 2009

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