

Yoga + Massage!

Yoga + Massage Therapy = Medicine = Great Results!
Make your fitness goals come true!



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

30+ years experience in performing and teaching yoga, 6 years experience as a licensed massage therapist.

Call now to schedule: (503) 724 - 2755

Pricing for Massage Therapy and/or Private Yoga Sessions

Session Length (hours)	One Session	Four Sessions Prepaid (20% Discount)
1	\$90	\$288
1.5*	\$135	\$432
2*	\$180	\$576

If schedule allows to extend session, add \$45 per additional 1/2 hour up to 3 hours total per session. Every session starts and ends on time. Missed sessions are charged unless 24 hours notice is given, barring an emergency. 1/2 hour is added to your first session, for your new client intake form and interview.

*Recommended for full body massage, and for yoga sessions. The one hour session time is best for focused work on one area, while the longer times are best for deeper, more complete, lasting work. Combination sessions of yoga (1st) and massage (after) require 2 hour session time. Session cards are valid for 3 months. See other side for more information about modalities, sessions and treatment plans!

Cash, check, all major credit cards accepted. Tips (normally 15 to 20%) are appreciated! Mahalo, Thanks!

Become a Member of [Healing Light Yoga and Massage!](#) Only \$111 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 \$111 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! If you need a two hour session, then we will extend the same discount, and your monthly payment will be \$148. Your health is the most important investment that you can possibly make!

Business Hours: Monday through Friday 9am to 9pm, with appointments available on weekends.

Steve J Davis, RYT, LMT, NCTMB. YA #29243, OBMT #13099, NCTMB #512195-06.

By Appointment Only. Five Centerpointe Drive, Suite 400, Lake Oswego, OR 97035

email: steve.yoga@yahoo.com website: healinglight.info

Revised 2/4/2012 See other side.

Pricing info

Question: How long are my sessions, and what usually happens in each session?

Answer: Sessions are usually 90 minutes to two hours in length. We are after a state of deep relaxation, focus, and purpose in achieving a lasting improvement in your state of awareness, fitness, health and well-being! Yoga and Massage feel great, and you will really enjoy your sessions!

Often, we start with a private yoga session, then have the massage therapy session afterwards. This takes a minimum of two hours. We schedule once per week, and you will have homework to do with recommended yoga and other regimens, designed for your individual needs.

You can come in for massage therapy only. In this case, the session length is 90 minutes to two hours. I will do an hour session for focused work on one area, but these are more rare, as the longer sessions are usually needed for deeper, complete work.

You can come in for private yoga sessions only. 90 minutes goes by very quickly in a yoga session.

I will work up to 3 hours maximum.

Question: What is your hourly rate?

Answer: My hourly rate is \$90.00.

What I recommend is that you book four sessions in advance with me. When you prepay for these sessions, you are given a 20% discount. This commits both of us to working together.

If possible, you should come in once per week. You have up to three months to use the prepaid sessions.

By paying four sessions in advance, my effective hourly rate for you is discounted to \$72.00.

You can also pay for one 90 minutes or two-hour session on a monthly contract basis, and you will receive a 17.5% discount. Ask to see the Healing Light Yoga and Massage Membership Agreement.

Question: How does the Posture Clinic Program work?

Answer: What we normally do is take four posture photos at the beginning of the first session, behind a plumb line. Anterior, lateral, and posterior views. These photos are repeated at the end of the fourth session. This gives us a verifiable measure of progress with the goal of improving posture. Usually you will see a remarkable improvement in your posture by the fourth session!

The Skeletal System Chart (first created in 1947) shows 'classic neutral posture'. This chart is commonly accepted as a standard reference chart. Your photos are compared to this chart.

The chart shows a classic Yoga Asana, Tadasana, Standing Mountain Pose.

A baseline is established at the first session, then measured by photos every four sessions to see improvements in posture, which is the primary focus in my clinic. Massage Modalities are: Zen Shiatsu, Chinese, including Acupressure and Tui Na, Traditional Thai, Swedish, Deep Tissue, Structural Alignment, Sports, Medical, Hot Stone, and Kangen (Beauty Water) Ice.

Yoga, Tai Chi, and Dance are integrated with Massage Therapy according to your individual needs, as determined by the mutually-agreed upon Treatment Plan. Improvement in your posture will make a profound difference in the quality of your life!

Namaste,
Steve