

8 – Week Raja Yoga Immersion Course – Level One

When: 8 – Week Raja Yoga Immersion Course starts Wednesday, June 2, 7am to 8:30am. Continues every Wednesday through July 21.

Where: Bally Total Fitness, Studio B, 15353 SW Sequoia Parkway, Portland, OR 97224

Who: Enrollment limited to 10 students. No prior experience in yoga required. Experienced yogis are welcome to attend. All of us will benefit. Minimum 5 students, maximum 10 students. The small class size will ensure a high quality learning experience for everyone. Payment is necessary to hold your place in class. See **Registration**, below for details.

What to bring: A yoga mat, blanket, dress in yoga clothes or comfortable clothes that allow you to move freely. No food two to three hours prior to class. Drink plenty of pure water before class.

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.

In addition to the class on Wednesday morning, 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.

Make-up classes: Students are allowed to miss up to 2 classes in the 8 – week course. An appointment must be made with the instructor for a private session to make up for the missed class, at his studio in Bally Total Fitness. These make-up classes must be paid for separately, at the rate for private yoga sessions. Make-up classes must be completed by August 21.

Instructor: Steve J Davis, RYT, LMT, NCTMB is a Registered Yoga Teacher with over 30 years experience teaching and practicing yoga, four years experience as a LMT, Nationally Certified in Therapeutic Massage and Bodywork.

Testimonials: See this link: <http://healinglight.info/testimonials.html>

Cost: A scale of \$112 each for a class of ten persons, to \$224 each for a class of five persons, 9 persons: \$124, 8: \$140, 7: \$160, 6: \$187. A smaller class is a higher quality experience.

Terms: 50% paid before the start of class on June 2, 50% balance paid before the start of class on June 30. You may also pay the entire class fee in one payment, due by the start of class on June 2.

Refund policy: A refund is possible before June 2, or at the very latest, by the end of class on June 2. If attended, that class must be paid for.

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:
PO Box 1221
Lake Oswego, OR 97035

Steve J Davis, RYT, LMT, NCTMB
website: <http://www.healinglight.info>
blog: <http://healinglight.info/wordpress/>
email; steve.yoga@yahoo.com
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Studio inside Bally Total Fitness
15353 SW Sequoia Parkway
Portland, OR 97224

Member: Lake Oswego Chamber of Commerce
Member: AFM, American Federation of Musicians, Local 99
Member: Oregon Coast Chamber Orchestra

Register me for the 8 – Week Raja Yoga Immersion Course – Level One, starting June 2, 2010!

Name _____

Email _____

Phone _____

Address _____

My payment is enclosed:\$112.00 or \$56.00. This will cover the full or half cost of the course. I understand that if the class is fewer than ten persons, an additional payment will be necessary. I also understand that if I miss classes, I will have to make up the classes in order to complete the course. I understand that I attend this course at my own risk, and release Steve Davis, Healing Light Yoga and Massage, and Bally Total Fitness from any and all liability incurred now and in the future from my attendance at this course.

Signature _____ Date _____

Client 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 S.

3/29/10

"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

"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 them. He has relieved my pain, it took several sessions of message and his hot rocks and yoga stretches. My fascia adhesions are gone, he has worked it loose! After my first massage I noticed I could turn my neck further then before, breathe, and stand up straight, while walking uphill. He goes out of his way and makes house calls, which is really nice, since I'm so relaxed... I don't want to have to drive after! I highly recommend Steve!!! "

Chris E. 2/16/09