

Intro to Yoga

Raja Yoga

Supreme Wellness, Power of Performance

High Energy, High Awareness, Prosperity
Form, Fitness, Classic Neutral Posture

Benefits

Raja Yoga will help you

- improve and regulate all systems of the body/mind/spirit
- regulate weight, shape body, and tone muscles
- achieve glowing health, quality of life, longevity
- elevate athletic performance to the highest level
- gain and maintain high strength, flexibility, power
- achieve and maintain high intelligence, awareness
- improve sleep, breathing, and energy
- realize your unique potential and purpose in life

What to expect for your first appointment for a private yoga session

- arrive 15 minutes early to fill out Client Intake form with medical history. Read our Studio Policy, sign and date.
- plan to spend up to 30 minutes for the thorough intake interview.
- it is best not to eat 2 to 3 hours before the session.
- you should be dressed in clothing appropriate for yoga.
- during the first session, we will discover what is needed for you. All sessions are designed to help you with your posture. Supreme Ultimate Fist (T'ai Ch'i Ch'uan) is integrated into the session, along with dance and posture.
- a structured program for you will be designed and planned. Massage Therapy (optional) can be the second part of the session. Yoga and Massage Therapy work very well together for posture, to help structure the body.
- after your yoga session, drink plenty of pure water to flush out toxins.
- plan to have some time to relax. Namaste!

Structure of Raja Yoga

The full 8 - limbed path of Raja Yoga is an integrated program designed to help you with Posture Awareness.

Steve Davis, RYT, LMT, NCTMB

(503) 724-2755 by appointment only

Hours: M - F, 9am to 9pm, weekends available.

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