

# HEALING LIGHT YOGA

## SO YOU THINK YOU CAN KATA?

*Let's have fun!*

**What is Healing Light Kata?** Another way to say it is **LIGHT FORM**.

You are **LIGHT**. There is an essential **FORM** to align with **LIGHT**. This will help you to be free from pain, increase range of motion, speed and ease of movement, and help you to excel at all that you do.

**When:** New Schedule starts 24 October, 2012. Ongoing 90 minute class every Wednesday at 6pm. Register and pay from 6pm to 6:15pm. Class starts at 6:15pm sharp, goes until 7:45pm. Saturday morning classes start 17 Nov., 2012, 9am. Register and pay from 9am to 9:15am. Class starts at 9:15am, goes until 10:45am. 1st & 3rd Saturdays of each month, with occasional 5th Saturdays when they occur.

**Where:**

Healing Light Yoga Studio at  
Winona Grange Hall  
8340 SW Seneca Street  
Tualatin, OR 97062

**How much?** Very reasonable \$10.00 drop-in. Register and pay 15 minutes before class starts.

**503-724-2755 Call to schedule & reserve your place!**

**OK! Tell me more!** Healing Light Kata is based on what I have learned from the past 40+ years, and it represents an integration of many years of experience teaching and performing Raja Yoga (Royal Yoga), T'ai Ch'i Ch'uan (Supreme Ultimate Fist), Climbing, Posture, and Dance.

Healing Light refers to the position of the sun when it is touching the horizon at sunrise and sunset. In ancient lore, it is said that gazing at the sun will help to heal any condition when it is touching the horizon – not above the horizon, as this is dangerous to the eye. Kata is a Japanese word meaning 'form'. What we do is to learn a form that is tailored for your unique situation, and also show you how to improve your form, with the goal of achieving realization of freedom of movement, power, confidence, and self-expression without discomfort. We work with the body in a natural way, with nature. Nothing is forced.

Please bring your own mat, and wear clothes you can move freely in. No food at least one hour prior to class. Hydrate thoroughly before class with pure water. This is for your own comfort. Namaste!

Steve Davis, RYT, LMT, NCTMB  
YA #29243, OBMT #13099, NCTMB #512195-6

**Healing Light Yoga and Massage**

Private Yoga Sessions, Massage Therapy Sessions, Group Classes!

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