

Road to Neutral Posture, Power of Performance, and Supreme Wellness, one step at a time.

Summary: Call me at **(503) 724-2755** or schedule an appointment online. Choose **A**, New Client Consultation; or **B**, New Client Consultation, Client Intake. After **B**, we can determine your Treatment Plan, and schedule your next session or group of sessions.

What I do is help people to increase accurate perception, memory, straighten their bodies, and come into neutral posture, through my Present Moment Program. This has many benefits, summed up by these terms: **Power of Performance, and Supreme Wellness.**

Concepts. Awareness, Alignment, Balance, and Movement, leading to Power of Performance, Supreme Wellness.

Present Moment Program: Posture Assessment, Posture Photos, Gait Analysis, Movement Analysis, Healing Light Kata instruction, Focused Massage Therapy (optional).

Progress is measured by baseline comparison through photos and video of each session, using the plumb line photos as a baseline comparison, and also to see movement documented through the videos of each session. In addition, you can learn the Healing Light Kata much faster by being able to see the videos of each session.

The Healing Light Kata is a form that I have developed over many years of dedicated work. Kata means form in the Japanese language. Healing Light means the light and healing power of the sun.

It is a fusion of yoga, Supreme Ultimate Fist, and posture exercises that I have invented, refined and polished into a diamond state over many years. Supreme Ultimate Fist is also known as T'ai Chi Ch'uan.

The Healing Light Kata is designed to bring a person into neutral posture and awareness of the gravity line, for optimal efficiency in balance, alignment, movement, all functions of performance, wellness, and especially to increase accurate perception and memory, in line with the Present Moment Program goals.

The Focused Massage Therapy is recommended, and it will help you to progress much faster, than without it.

There are **3 Tracks**. Track 1 documents each session with photos and video. You will have your own private, password-protected page on my website to view the photos and videos of your sessions.

Healing Light Yoga and Massage Price List, Studio Policy, and Waiver

Steve Davis, RYT, LMT, BCTMB, Healing Light Yoga and Massage, *By Appointment Only.*

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Price List								
Service	Session time in minutes, hours							
	15	30	60	75	90	2 hours	2.5 hours	3 hours
New Client Consultation, Photo ID required	Free	\$25 Client Intake & Treatment Plan						
Track 1			\$170	\$210	\$250	\$340	\$430	\$510
Track 2			\$85	\$105	\$125	\$170	\$215	\$255
Track 3			included					
Group Class			*	*	*	*	*	*

About Steve Davis and Healing Light Yoga and Massage: 40+ years of experience teaching Yoga and Supreme Ultimate Fist– T'ai Chi Ch'uan. 9+ years of experience teaching and performing Massage Therapy, ten modalities. **Healing Light Kata** is fusion of Yoga, Supreme Ultimate Fist, and Posture Alignment. **Massage Therapy** is an integration of Swedish, Deep Tissue, Structural Alignment, Zen Shiatsu, Traditional Thai, Chinese including Acupressure, Tui Na, Sports, Medical, Hot Stone, and Ice. [download forms here](#)

Medical Massage Therapy, by Prescription only.

Motor Vehicle Accident PIP claims accepted. Major Medical, Worker's Compensation. Out of Network provider.

Download Terminology (CPT) procedures

Call me today for a free consultation!

(503) 724-2755

Namaste!

Steve Davis, RYT, LMT, BCTMB

Healing Light Yoga and Massage

<https://healinglight.info>