



NEWS AND FEATURES

Home » [News and Features](#)

MOST POPULAR

Former project manager finds fulfillment teaching yoga

Bombay native instructs students of all ages at Santosh Yoga

 By Jessica Stephen, Correspondent
 Jan. 15, 2013

Yoga is what happened to Bryant Mascarenhas while he was busy making other plans.

"I have a degree in chemistry and a master's in business and IT systems. And what am I doing? I am teaching yoga for a living," said Mascarenhas, father of three children under age 5 and owner of Santosh Yoga.

A Bombay native, Mascarenhas left his native India to study in the United States. He was well on his way to a financially comfortable life, working as a radiology department project manager at Froedtert Hospital, when he realized that years of work had left him accomplished, but unfulfilled.

"I realized that sense of fulfillment was not going to come from things, by owning a bigger car or a bigger home," Mascarenhas said. "That's what Santosh means; it means coming from a space of inner contentment, and it's what I teach."

By 2005, Mascarenhas left Froedtert to teach yoga full time. He opened a studio at 74th and Center about five years ago. In 2011, he moved that studio to its current location on State Street, where a simple sandwich board sign points the way not only to his classes, but also what Mascarenhas hopes will be a new way of thinking about life.

"The yoga I teach is alignment-based, therapeutic yoga," Mascarenhas said.

His oldest students are 80 and 94, although he teaches all ages, including children, as part of his collaboration on therapeutic yoga with the medical research team at Children's Hospital.

Many people take his classes to manage everyday aches and pains, even medical conditions ranging from autism and addiction to migraines and multiple sclerosis.

"But," he said, "yoga also helps you identify an underlying question: Are you taking steps to identify what we love in our lives? ... If we just find out what we love to do and do what we love, we will find balance in our lives. I realized that because I did it!"

"It's not just a philosophy," Mascarenhas continued. "I try to make you love it."

To suggest a business for this spotlight, send an email to jpfaff@cniow.com.

JUST THE FACTS

BUSINESS: Santosh Yoga, 7420 W. State St.

WEB: www.SantoshYoga.com

PHONE: (414) 774-9642

OWNER: Bryant Mascarenhas

INCORPORATED: 2007

TYPE OF BUSINESS: yoga studio

PEARLS OF WISDOM: "I find in yoga not only am I able to reach a person, but also it's a way of really giving people knowledge and see there are easy tools they can use to help themselves."

Archives

- [Business Spotlight: Cranky Al's has grown from desperation to a Wauwatosa institution](#)
- [Business Spotlight: Duckpin bowling alley has been an exercise in creative thinking](#)
- [Wauwatosa Business Spotlight: The Flower Lady stays true to the Village, and finds room to grow](#)
- [Wauwatosa Business Spotlight: Perspective Design specializes in being a generalist](#)
- [Business Spotlight: Tosa Bowl and Bun](#)
- [Business Spotlight: For Loriena Harrington, the land kept calling her back](#)
- [Colonel Hart's is a bar that will make you feel like family](#)
- [Wauwatosa Business Spotlight: At Legacy Gym, it's not just about abs](#)
- [Business Spotlight: The Wauwatosa Historical Society keeps up to date with the past](#)
- [Wauwatosa Business Spotlight: Chiropractor found his way by a fortunate accident](#)
- [Business Spotlight: On a quest for good brews, they found a World of Beer](#)

VIEWED

Advertisement

LOCAL CRIME MAP


[View full map](#)

```
.widget-title {padding-left: 10px;background:#676767;color:#fff;font-size:16px;font-weight:bold; height: 29px; font-family: Trebuchet ms, sans-serif;}
```

CONNECT



Advertisement

LATEST PHOTO GALLERIES

```
.photo_grid{overflow:hidden;
.photo_grid
ul{overflow:hidden;margin:0;padding:0;}
.photo_grid .num_columns_1
li{width:100%;} .photo_grid
.num_columns_2 li{width:49%;}
.photo_grid .num_columns_3
li{width:32%;} .photo_grid
.num_columns_4 li{width:24%;}
.photo_grid .num_columns_5
li{width:19%;} .photo_grid
.num_columns_6 li{width:15%;}
.photo_grid .num_columns_7
li{width:13%;} .photo_grid
.num_columns_8 li{width:11%;}
.photo_grid li{list-style:none;background:none;float:left;overflow:bottom:1%;margin-right:1%;}
.photo_grid li.first_column{clear:left;}
.photo_grid li.last_column{margin-bottom:1%;margin-right:0;} .photo_grid
li .thumb_wrap{text-align:center;display:block;overflow:hidden
.photo_grid li
img{border:none;width:100%;}
.photo_grid .paging{clear:left;margin:10px 0;width:
```

- Business Spotlight: Jenny Kyle Smith hits the sweet spot after years of struggle**
- Wauwatosa Business Spotlight: Kirchen's Car Sick Art is more art than cars**
- Business Spotlight: Wauwatosa-based Irish Fest Center does more than put on a summer festival**
- Business Spotlight: Sheeley Service puts the zip in your beverage of choice**
- Business Spotlight: Face time is the best time for photographer Stephanie Bartz**
- Dog trainer finds it's people who need aid**
- Business Spotlight: Russ Drover finds beauty in the original**
- Wauwatosa Business Spotlight: When he left the corporate world, he made new arrangements**
- Business Spotlight: For Ruckus & Glee toy store in Wauwatosa, it's all about play**

```
100%;height:100%;overflow:hidden;
.photo_grid .prev{text-indent:-1000px;background:url("http://media.mycommunitynow.com/d
no-repeat scroll 0 0 transparent;cursor:
pointer;float: left;height: 19px;padding:
0;margin: 0;width: 19px;display:block;}
.photo_grid .count{float: left;margin:0
5px;display:block;} .photo_grid
.next{text-indent:-1000px;background:
url("http://media.mycommunitynow.com/d
no-repeat scroll 0 0 transparent;cursor:
pointer;float: left;height: 19px;padding:
0;margin: 0;width: 19px;display:block;}
```



Lili's Ice Cream Stand benefits Hunger Task Force



MyCommunity NOW photos of the week: July 22, 2016



First Responder Fest



Pokemon Go players find Wauwatosa stops



Baseball: Wauwatosa East vs. Wauwatosa West



Three new Bartolotta restaurants in Tosa



Protest in Wauwatosa stems from officer-involved shooting



MyCommunity NOW photos of the week: July 8, 2016

prev1 of 2next

All Galleries

Find this article at:

<http://archive.wauwatosanow.com/news/former-project-manager-finds-fulfillment-teaching-yoga-018d7ll-187002231.html>

Check the box to include the list of links referenced in the article.