

## 2019 Fall I MODULES

### Monday

*Beginner to Adv. Beg I & II: Sept 9, 6PM-7PM  
7-weeks—\$125 Santosh Yoga Centre*

*Corporate Express Yoga—11am*

*Ex-Military - Yoga for PTSD— 1. 45pm*

### Tuesday

*Adv. Beginner II to Intermediate : Sept 3, 6PM-7PM  
7-weeks—\$145 Santosh Yoga Centre*

*Yoga for the Homeless—Milwaukee -*

### Wednesday

*Corporate Express Yoga—*

*Beginner to Adv. Beg I, Restorative, Therapeutic  
Sept 4, 6PM-7PM 7-weeks \$145 —Santosh  
Yoga Centre*

### Saturday

*Adv Beg I, II to Intermediate: Sept 7, 7AM-8AM  
7-weeks-\$145 Santosh Yoga Centre*

*Beg -Adv Beg I & Restorative .Pre-natal: Sept 7,  
8.30AM-9.30AM 7-weeks—\$145 Santosh Yoga  
Centre*

### Sunday

*Yoga for Kids (5 to 12) Sept 8 ,4 weeks program  
4PM- 5PM*

*4 weeks - \$50 - Santosh Yoga Centre  
Starts Sept 8, Oct 6, 20, Nov 3*

## 2019

*Enrolling now for : 300 Professional Teacher Training Program, Starts first weekend in Sept 2019.*

*YA Recognized*

*Inspirational workshops on a variety of Health and fitness related topics offered by Santosh Yoga—call /email for details.*

### Teacher of Teachers

*Bryant Mascarenhas MBA, MIS, CYT, ERYT, KFIY*

*Has been practicing eastern disciplines since the age of 10 in India. Recognized by yoga alliance at their highest level of certification. Bryant conducts yoga programs for students across the US and in a few countries. Bryant is an inspirational speaker for health and wellness conferences; and provides specialized yoga therapeutics for a variety of ailments and health crisis. Bryant holds several yoga certifications from India and the United States National Body of Yoga; a 3rd degree Black Belt in the 'Ketsugo' system of the martial arts.*

*Contact [Bryant@santoshyoga.com](mailto:Bryant@santoshyoga.com) if you would like to learn more*

Please pre-register for programs:

[bryant@santoshyoga.com](mailto:bryant@santoshyoga.com)

SantoshYoga LLC

# Santosh Yoga™

*The essence of Alignment Based yoga*



## 2019 Fall I

[www.santoshyoga.com](http://www.santoshyoga.com)

Suite 206  
12745 West Capitol Drive, Brookfield, WI, 53005

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# *Santosh Yoga™ "the essence of alignment based yoga— Jnana, Karma, Bhakti, Raja Yoga™"*

[www.santoshyoga.com](http://www.santoshyoga.com)

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*"The aspiration to find true healing and to live an inspired life reverberates in everyone's heart! And unless you start to learn how to listen within, you may be challenged at many demarcations of your health and well-being. Band-aiding your pain with a drug may just be a dis-service to your soul beckoning you to 'know' the truth." Bryant*

## Regular practice of Santosh yoga will help:

- Feel whole, energetic and radiant
- Reverse your lower back injury
- Rejuvenate your heart and lungs, and lower drug dependencies
- Reduce your stress and body aches and pain.
- Heal your torn ACL, torn meniscus, and arthritic knees
- You be calm, peaceful, and at ease
- And much more..... Bryant Francesco

## REAL MIRACLES EVERYDAY!

**Anonymous** " Santosh Yoga is helping my eyes and my depression, I feel more alive and more light."

**Emmanule** "Santosh Yoga is the best, my neck pain disappeared instantly with just two sessions."

**Cancer Recovery** "I am happy to back strengthen myself with Santosh Yoga again."

**Anonymous** "My disc hernation pain is wiped out ."

**Mr.Dighe** "I am walking 50% percent better in Mumbai,India, Bryant I carry your photograph in my pocket, it gives me energy."

## Why should you practice yoga with us?

*We are a state-of-the art yoga centre, where in you learn how to precisely align yourself.*

*To align yourself, to love yourself, to love the light, and recognize the light in you, amplify it and to share it with all!*

## Bryant in Samakonasana variation



Bryant in Hanumanasana

