

## 2021 Summer I MODULES

### Tuesday

Adv. Beginner II to Intermediate: June 8, 6P-7P  
7-weeks—\$145 w/Bryant—Santosh Yoga Centre

### Wednesday

Beginner, Restorative, Therapeutic: June 9, 6P-7P  
7-weeks \$145 w/Bryant—Santosh Yoga Centre

### Thursday

Beginner—Grafton June 3, 6.30pm  
6weeks—\$100

### Saturday

Adv Beg I, II to Intermediate: June 12, 7A-8.15A  
7-weeks—\$145 w/Bryant—Santosh Yoga Centre  
Beg -Adv Beg I & Restorative June 12, 8.30A-9.30A  
7-weeks—\$145 w/Bryant—Santosh Yoga Centre

### Sunday

Kids, 9 to Teens 13, July start 5 weeks \$70

Please pre-register for programs:  
[bryant@santoshyoga.com](mailto:bryant@santoshyoga.com)

[Santoshyoga.com](http://Santoshyoga.com)

## 2021

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

*Santosh Yoga offers : Three levels of yoga teacher training Program—email if interested.  
Starts : Sept 2021*

*200 hour Foundational - 8 months*

*300 hour Professional - 12 months*

*300 hour advanced applications—12 months*

*Over 60 teachers trained by Bryant since 2009.*

### Teacher of Teachers

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

*33 Years of teaching and training. Come with your mat, don't go by believing, gain direct experience!*

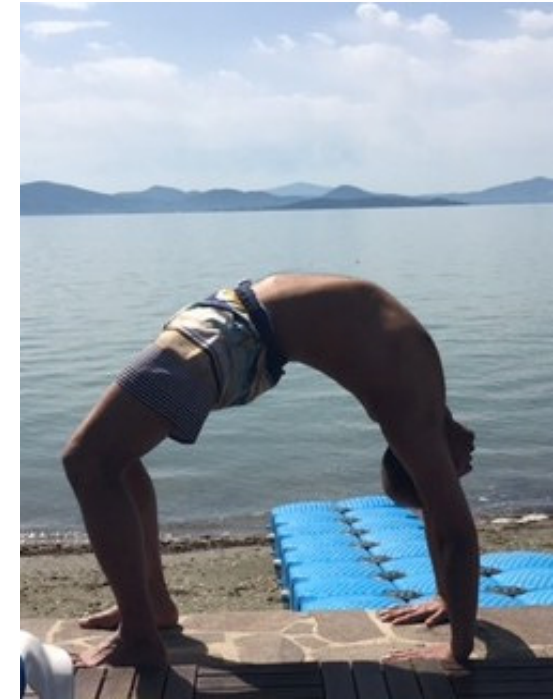
*Celebrate the 7th International Yoga Day with a free online class with Bryant.*

*On June 21st go to  
[www.santoshyoga.com](http://www.santoshyoga.com)*

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

## Santosh Yoga™

*The essence of Alignment Based Yoga*



### Bryant in Urdhva Dhanurasana

*"When 99 percent of you cannot be seen by your eye, why are you working out., learn to workin"  
Bryant Francesco Mascarenhas*

## 2021 Summer 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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*“When 99 percent of you cannot be seen or felt by the naked eye, why are you spending your time working-out. Learn how to work-in with Bryant this summer.”*

## Why should I incorporate Yoga practice at Santosh Yoga™ Centre’s?

You will get an intense workout at Santosh Yoga, but more importantly the yoga we teach will help you feel ALIVE AND CONSCIOUS. You will learn to turn off the noise from within. Join us this summer!



Bryant in Samakonasana

## Regular practice of Santosh yoga will help:

- Challenge and strengthen you like never before
- Will reverse your lower back injury
- Reverse heart disease and drug dependencies
- Reduce your stress and body aches and pain.
- Repair your torn ACL, torn meniscus, and arthritic knees
- You be calm, peaceful, and at ease
- And much more..... Bryant Mascarenhas

## What people are saying!

**Master Lee** “My knee has gotten better with Bryant’s Santosh Yoga.”:

**Master Duke** “Bryant’s my yoga teacher. The best in the country.”

**Hannah Winter** “I was contemplating a shoulder surgery, I may not need it now, after practicing at Santosh Yoga.”

**Lance** —“I had a torn knee, I was asked to do surgery, it has healed with Santosh Yoga, and I don’t know the difference between what was my bad knee and my good knee.”

**Ms. X**—“ I would have been able to walk with the precision and guidance received at Santosh Yoga.”

## Why should you practice yoga with us?

Practicing Santosh Yoga you will be inspired. You will gain tremendous self confidence and uplift your Self Esteem. You will experience yoga like never before. Bryant grew up in INDIA, he trained for decades in India.

Bryant and his teachers have taught tens of thousands of yoga practitioners and a lot of yoga teachers from Wisconsin to Nashville; and Los Angeles to New York. If there is a yoga teacher in town using a belt, a chair, or a blanket they have probably studied with Bryant



Bryant in variation of Upavistha Konasana

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