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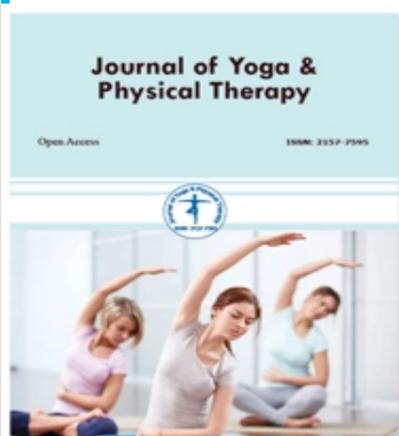
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Bryant Mascarenhas

[Bryant Mascarenhas](#)

Ayurvedic Practitioner Santosh Yoga

Biography

Bryant Mascarenhas began studying eastern disciplines at the age of 10, started his formal yoga practice in 1986, and is the protégé of world-renowned yoga teacher Fr. Joe Pereira. Born in Bombay, Bryant grew up practicing Christianity within the fabric of his Indian heritage. Bryant is a naturopath and an Ayurvedic practitioner.

Bryant holds a bachelor's degree in chemistry, one master's degree in business, and another in information technology. He's also an accomplished black belt in the martial arts system, "Ketsugo," and has studied Korean hand-foot acupressure.

Bryant is internationally certified as a senior teacher by Fr. Joe Pereira. Bryant is also recognized by Yoga Alliance as an Experienced Registered Yoga Teacher E-RYT (The highest award recognition by Yoga Alliance - 5000 hours of teaching experience prior to the year 2002). Additionally since 2002 to date Bryant has clocked over 10000+ hours of teaching yoga). In 2014 Bryant received a prestigious certification from Gurujī BKS Iyengar and Fr. Joe (only 5 such issued in the world) for specialization in Kripa Foundation Iyengar Yoga teaching (Iyengar Yoga's extension into Drug, Alcohol, HIV/AIDS and Mental Health dis-orders).

Due to his work in radiology, Bryant has in-depth knowledge of anatomy. Bryant besides being an Ayurvedic Practitioner, studies with his Ayurvedic doctor in Bombay, India. In many of Bryant's classes and at Santosh Yoga you will be filled with the cutting edges insights of science, natural therapies and the ancient wisdom of Ayurved.

Since 1986, Bryant has taught alignment-based yoga to thousands of people in India, Germany, Switzerland, Canada, and the United States. He has healed people with alcohol and drug addiction, HIV/AIDS, fibromyalgia, multiple sclerosis, sleep disorders, migraines, lower back pain, neck and upper back pain, torn ACLs, torn Knee Meniscus, kidney failure, herniated discs, torn labrum, sciatica, scoliosis, arthritis, infertility, cancer, heart problems, panic attacks, anxiety and depression, BiPolar II, Suicidal cases and more....

Bryant also works with the mentally challenged and autistic communities of Easter Seals. With the alignment based therapeutic yoga. Bryant is one of the few teachers in the state that has conducted 6 Medical Research studies on Migraines, Obesity, Gait Analysis in Obese kids, Anxiety and Stress in collaboration with Children's Hospital of Wisconsin, and currently Lower Back Pain Study with the Medical College of Wisconsin.

Research Interest

Bryant continues to do extensive research studies in therapeutic yoga for kids and teens in collaboration with medical research team of Children's Hospital.

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