

# Santosh Yoga (*Waking up the divine feminine to heal*)

## Alignment Based Healing Yoga

**Seminar focus:** ADJUSTMENTS TO  
*Lower Stress, Anxiety, and learn to live  
Joyfully Now.*

Guruji Bryant Francesco  
Founder of Santosh Yoga  
Monday May 9, 2022  
Time: 6.30pm-8.30pm  
Cost: \$65 before May 2<sup>nd</sup>, \$70 after



Open to: Yoga teachers, aspiring yoga teachers, PMR doctors, physical therapists, trainers, energy workers, psychiatrists, psychologists, addiction workers, social workers  
Learn postural ADJUSTMENTS to relieve stress of your body, and feel more energy for yourself. Learn breathing techniques (pranayama) to lower the anxiety of “what is going to happen tomorrow”. Learn what Guruji Bryant taught the Army Reserve, and the Italian Police – ‘how to be present to the moment and not let the anxiety of the next moment interfere with the current moment.’

Fr. Tim Kitzke: Three Holy Women Parish, Milwaukee  
*Bryant's yoga relieved my back pain.*  
Dr. Miller, Mequon, Wisconsin  
*I trust Bryant with my heart and my nerves*

**Guruji for some, Bryant Francesco for others**, a Yogi, studied for decades in the BKS Iyengar's methodology in India, having practiced for 40 years, a teacher of teachers in Wisconsin. Having several certifications, Guruji Bryant has conducted programs for the US Military WAR vets for Pain Management, Physical Therapy centers, hospitals, businesses, doctors, etc... Guruji also conducted programs for Homeless/Troubled kids of Milwaukee Pathfinders, and conducts retreats in Italy and India. His teachings are inspired by the original truths of the Christ Consciousness and San Francesco of Assisi. He draws on the richness of the Indian Vedic tradition, and has trained and prayed in many a cave in the Himalayas, India and in Italy, **See his website: [www.santoshyoga.com](http://www.santoshyoga.com) for more information.**

Venue: Santosh Yoga Centre Bring: your mat, two belts, two bricks, four blankets

Adjustments Handouts will be provided

