

## 2022 Fall II MODULES

### TRAIN WITH AN INDIAN GURU

#### Monday

Beginner to Intermediate : Sept 26, 6.30PM-7.30PM 7-weeks- \$145 Grafton

#### Tuesday

Adv. Beginner II to Intermediate : Oct 25, 6PM-7PM 7-weeks—\$145 Santosh Yoga Centre

#### Wednesday

Beginner to Adv. Beg I, Restorative, Therapeutic Oct 26, 6PM-7PM 7-weeks \$145 - Santosh Yoga Centre

#### Saturday

Adv Beg I, II to Intermediate: Oct 29, 7AM-8AM 7-weeks-\$145 Santosh Yoga Centre

Beg -Adv Beg I & Restorative .Pre-natal: Oct 29, 8.30AM-9.30AM 7-weeks—\$145 Santosh Yoga Centre

### YOGA Programs - 2022

Santosh Yoga Teacher Training in Progress

200 hour Foundational level

300 hour Professional Level

Santosh Yoga workshops (Brookfield Centre)

December 13 6pm—8pm \$55

Twelve Best poses for total health

December 15 6pm-8pm \$55

How to stay fresh and not burn out in yoga. How to build a home practice

## India

### January 2023

A Cultural and Spiritual Retreat in India

Experience India with Gururji Bryant Francesco,

Travel to India with Bryant (One slot for a couple still open).

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

*Yogi, Visionary, Healer, Turn-around artist, Inspirational Speaker and Teacher of Teachers*

Gururji Bryant Francesco CYT,ERYT,KFIY, MBA,MIS,

Has been practicing Yoga for 40 years, and teaching for 34 years from his native country India to the shores of Brazil. Recognized by yoga alliance at their highest level of certification. Gururji Bryant Francesco conducts yoga programs for students across the US and in a few countries. Bryant is an inspirational speaker for health and wellness conferences. His teachings are deep, intense, practical and full of light humor. You will learn how to awaken your intrinsic power to heal your ailments and health crisis. Bryant holds several yoga certifications from India and the United States

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)

Registration fee must be paid prior to the start of class.

We allow only allow a one-time walking for first timers- \$25

## Santosh Yoga™

The essence of Alignment Based Healing yoga



### Pincha Mayurasana

"Inversions are the elixir of life" Gururji Bryant Francesco in Pincha Mayurasana

2022 FALL II

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

Suite 206

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

*www.santoshyoga.com*

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Don't learn just poses, learn how life works within you while in the pose, and how you can use this piece of life to have better relationship first with yourself.

“There is too much fluff stuff going around with yoga in the United States. Real yoga is about experiencing the relationship with yourself by precisely awakening the ‘Pranic Shakti’ and balancing the ‘Shiva’ energy in the body. Then you may come to know what it means to be centered and rooted in your self”. Guruji Bryant Francesco



**Healing the Spine – Spinal Rejuvenation Series**

## Regular practice of Santosh yoga will help:

- Feel whole, energetic and radiant
- Reverse your lower back injury
- Rejuvenate your heart and lungs, and will help lower addiction dependencies
- Reduce your stress and body aches and pain.
- Learn to relax through powerful positive bio-feedback
- You be calm, peaceful, and at ease
- And much more..... Guruji Bryant Francesco

## REAL MIRACLES EVERYDAY!

**Dr. Ben** “Not only has my strength/mobility and flexibility improved.....but the way I interact with my work colleagues, family and friends is more peaceful and balanced, which might be the best benefit of all!”

**Ms. Cindy** “Santosh Yoga has taught me more about spirituality than I learned in all my years of a formalized religion, I love it here.”

**Mr. Sri** “I am a busy executive, I have practiced yoga for 4 years, but finally found real yoga, I found a real Guru of the practice in Bryant Francesco”.

**Dr. K** “ My original neck pain had me with sleepless nights, I got fully better with Santosh Yoga, and I continue to work on another side of my neck which is really bothering me’.

## Why should you practice yoga with us?

Practicing Santosh Yoga with Guruji Bryant Francesco you tap into his 34 years of teaching yoga and the richness of his Indian heritage.

Guruji Bryant Francesco has trained teachers from LA to Michigan. From India and Italy to the US. His first teacher training program started in 2009 because teachers who were already certified in other schools of yoga realized that they hadn't learned what yoga is, until they experienced Guruji Bryant Francesco's teachings.



**Guruji Bryant Francesco in Bhujangasana**