

2022 Summer I I M O D U L E S

Tuesday

Adv. Beginner II to Intermediate : July 26, 6PM-7PM 6-weeks—\$125 Santosh Yoga Centre

Wednesday

Beginner to Adv. Beg I, Restorative, Therapeutic July 20, 6PM-7PM 6-weeks \$125 - Santosh Yoga Centre

Saturday

Adv Beg I, II to Intermediate: July 23, 7AM-8AM 6-weeks-\$125 Santosh Yoga Centre

Beg -Adv Beg I & Restorative .Pre-natal: July 23, 8.30AM-9.30AM 7-weeks—\$125 Santosh Yoga Centre

YOGA EVENTS - Summer of 2022

Santosh Yoga Tennis Afternoon with Garma Garam Chai & Samosas (Sponsored by Santosh Yoga)

August 7th 3pm to 5pm

Bring your family and friends to expose yourself, learn or get better at Tennis. Learn with Coach Mike . Play tennis with Guruji Bryant and his wife and kids.

Train the Trainer seminar

Awaken & Healthe Spine , The Information Gateway to Consciousness & Inner Strength

August 2nd Noon to 2pm Cost: \$50

For Fitness Coaches, Personal Trainers, Life Coaches, Physical Therapist, Psychologist, Social Workers, Care Givers & Yoga Teachers.

Sessions will be hands-on, with some discussion, Q & A, you can take notes and handouts will be given.

2022

Enrolling now for : 200 Professional Teacher Training Program, Starts first weekend in Sept 2022, YA Recognized , Wisconsin State Recognized

India

January 2023

Experience India with Guruji Francesco, A Cultural and Spiritual Retreat in India

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

Guruji Francesco MBA,MIS,CYT,ERYT,KFIY

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. 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 Guruji Bryant Francesco's teachings are deep, intense, joyful 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 National Body of Yoga; a 3rd degree Black Belt in the 'Ketsugo' system of the martial arts.

Contact Bryant@santoshyoga.com if you would like to learn more

Please pre-register for programs:

bryant@santoshyoga.com

Santosh Yoga™

The essence of Alignment Based yoga



Parvatasana

"Awakening the spine in the mountain lotus pose"
Guruji Francesco

2022 Summer II

www.santoshyoga.com

Suite 206

12745 West Capitol Drive, Brookfield, WI, 53005

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

www.santoshyoga.com

“We clean our homes, our closets and our garages. But how many of us clean the inner windows to our soul? Experience the joy of space and lightness that comes from the energy of life within oneself. Come and train with Bryant this summer!



Guruji Francesco in Urdhva Dhanurasana

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..... Guruji Bryant Francesco

REAL MIRACLES EVERYDAY!

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

Tuscany, Emmanule “Santosh Yoga is the best, my neck pain disappeared instantly with just two sessions.”

Donna “I am walking taller, and straighter, no one could tell me prior to Santosh Yoga how to get my back re-aligned.”

Dr. Longo —“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.”

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

Why should you practice yoga with us?

Practicing Santosh Yoga you will become strong, flexible, coordinated. You will be inspired. You will gain tremendous self confidence and uplift your Self Esteem. You will experience real authentic yoga, undiluted straight from the mother land of Yoga— INDIA.

Bryant and his teachers have taught tens of thousands of yoga practitioners : from Wisconsin to Nashville; and Los Angeles to New York, India to Italy and back.

Guruji Francesco in Astavakrasana

