
2023 WINTER II MODULES

Special discount: \$25 off with this flyer, for first time students. Code: *Guruji Bryant*

Referral Perks: Active student gets 45\$ off towards their immediate next successive module. Student joining gets \$25 off: *Guruji Bryant*

Programs

Monday

Beginner to Adv. Beg I & II: January 16, 6.30 PM-7.30 PM 7-weeks—\$155 Santosh Yoga North

Tuesday

Adv. Beginner II to Intermediate Feb 21 6P-7P 7-weeks—\$155 Santosh Yoga Centre

Wednesday

Beginner, Adv. Beg I, Restorative, Feb 22, 6P-7P 7-weeks \$155 Santosh Yoga Centre

Saturday

Adv Beg I, II to Intermediate: Feb 25, 7A-8.15A 7-weeks-\$155 Santosh Yoga Centre

Beg -Adv Beg I & Restorative Feb 25, 8.30A-9.30A 7-weeks—\$155 Santosh Yoga Centre

For Corporate or other programs please email:
bryant@santoshyoga.com

Email : Bryant of Speaker Engagements

Inspirational Speaker, Communicator—

Science of Health & Well Being, Awakening the Higher Brain, Self Management, Addiction, Spirituality and a variety of Self Help topics

Corporate Programs and Corporate Lunch n Learn

bryant@santoshyoga.com

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Yogi, Healer, Inspirational Speaker

Bryant MBA, MIS, CYT, ERYT, KFIY

Has been practicing eastern disciplines since the age of 10 in India. Recognized by yoga alliance at their highest level of certification. Bryant conducts yoga programs for students across the US, Canada, India, Germany, Italy. Bryant is an inspirational communicator in health & wellness, stress management, awakening the higher brain function and many Self Help Topics. He provides specialized alignment based yoga that will help many a challenge in life. Bryant holds several yoga certifications from India and the United States National Body of Yoga. A mentor to many; A couple of Masters' degrees, husband and is father of three beautiful kids.

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

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Enrollment for Teacher Training for Sept 2023 will opens in June 2023. (This is our 14th year of our "Yoga Teacher Training School).

200 Hour Foundational Yoga Teacher Training Program—Starts Sept 2023

&

300 hour Professional Teachers Training Program—Starts Sept 2023

Healing with Santosh Yoga™



Samakonasana in Sirsasana

*"Inversions are the elixir of life." Guruji
Bryant Francesco*

2023 Winter II

www.santoshyoga.com

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Healing with Santosh Yoga™ 'Jnana, Karma and Bhakti in Hatha Yoga'

www.santoshyoga.com

"Many have made new year resolutions. But unless the resolutions address a way to live a centered and balanced life, they will never last more than a few weeks. Experience how Santosh Yoga puts you in the driver's seat of your life while strengthening the muscle of your awareness and your resolve". Guruji Bryant

Why should I incorporate Santosh Yoga™?

At Santosh Yoga centre's you learn to build yourself externally and internally, without just jumping mindlessly into yoga postures. You will sweat and look good on the outside, but more importantly you will *'feel good from the inside'*. Guruji Bryant

Regular practice of Santosh Yoga™ will help

- Your lower back pain will feel better
- Your stress levels will lower
- Your anxiety levels will stabilize
- Your knees injury will feel less painful
- You will feel calm and balanced
- You will foster a better relationship with yourself...

Why should you practice Santosh Yoga™ ?

When you practice Santosh Yoga you are tapping into authentic, pure Alignment Based Yoga. Every posture (asana), and breath-work (pranayama) is directed towards your well-being and health. We have been teaching yoga in the United States, India, Italy, Canada and Brazil since the last 34 years. We also conduct three levels of yoga teachers training programs since many years.



Working with advanced Inversions at Santosh Yoga Centre



Working with our advanced wall ropes system to facilitate the healing journey—that yoga is.
