

ALL LEVELS  
SUMMER YOGA RETREAT

with Guruji Bryant Francesco  
June 2,3,4 2023



# SUMMER ALL LEVELS YOGA RETREAT with Guruji Bryant Francesco

**June 2,3,4 2023**

**Cedar Valley 5349 County Rd. D, West Bend, WI, 53090**



Whether you are a beginner or seasoned yoga practitioner. This yoga retreat will lead you and your practice into the gateway of 'Samadhi' (the light of divine energy).

Cedar Valley is spread over 100 acres of lush greenery flowing through Kettle Moraine. Spacious grounds and picturesque surroundings all designed to enhance your spirituality.

All rooms have private baths, on twin sharing basis.

Sumptuous breakfast, lunch and dinner will be provided—buffet style. Veg and Non-Veg.

**Early Bird Discount: \$530 (Before May 12,2023)**

**After May 12, 2023: Cost: \$ 575**

### Refund Policy:

50% refund until May 12th 2023.

No refund after May 12th, 2023 unless your spot can be filled up.

**What to bring:** Yoga mat, two straps, four Mexican blankets and two wooden yoga blocks

### Friday, June 2nd

3:00 TO 5:00—CHECK IN

5.00 p.m. DINNER

7.00pm—8.00pm

Ujjayi pranayama, followed by awakening the inner voice of silence through meditation

### Saturday, June 3rd

6:30—7:30 a.m. Enhancing the inner silence of the heart through pranayama and meditation

8 a.m. BREAKFAST

9.30 a.m. —12p.m. Using the grounding earth element in asana and energetic recoil to invite the ascent of energy and the evolutionary spirit through asana.

12.30 p.m. LUNCH

3.00 —4.30 p.m. Awakening the divine energy through Pranayama and deep meditation.

5 p.m. DINNER

### Sunday, June 4th

6:30—7:30 a.m. Enhancing the inner silence of the heart with pranayama and meditation

8.00 a.m. BREAKFAST

9.30 a.m. —12 p.m. Asana is often practiced as a substitute for injury-causing aerobic exercise. Yet the essence of asana is not physical, but involution of consciousness to open the heart center. Penetrate the heart through asana.

12.30 p.m. LUNCH , CLOSING CREDITS & DEPART

### Guruji Bryant Francesco

Guruji grew up practicing eastern disciplines in India. He has taught yoga to people in India, Canada and the US since the last 34 years, and conducts programs in Wisconsin. He also runs a schools for yoga teachers with three levels of yoga teacher training, and Conducts international yoga retreats in India and Italy.

### For more information:

Guruji Bryant Francesco ERYT,CYT,KFIY, MBA,MIS  
Santosh Yoga LLC  
bryant@santoshyoga.com www.santoshyoga.com

### DIRECTIONS:

Cedar valley Center is located 35 miles north of Milwaukee and 9 miles west of West Bend.

45N to highway 41 you'll exit east on highway D

Drive 3 miles

Retreat center is on the right (South side) of the road.

5349 Country Rd. D. West Bend, WI 53090

**(Cut out this part below and submit with your  
Check payable to: Santosh Yoga)**

### **Write clearly please:**

**First Name** **Last Name**

(Person 1) \_\_\_\_\_

(Person 2) \_\_\_\_\_

**Emergency Telephone Number** **Email Address**

(Person 1) \_\_\_\_\_

(Person 2) \_\_\_\_\_

### **Payment enclosed (check only)**

(Person 1 \$amount) \_\_\_\_\_

(Person 2 \$ amount) \_\_\_\_\_

