

## 2023 SPRING MODULES

Live Streaming Video classes are offered by Bryant at Santosh Yoga Centre location in Brookfield, WI.—for out of town, out of state students

### Monday

Beginner to Adv. Beg I & II: May 8, 6PM-7PM  
7-weeks—\$145 Santosh Yoga North

### Tuesday

Adv. Beginner II to Intermediate : April 11,  
6P-7P 7-weeks—\$155 Santosh Yoga Centre

### Wednesday

Beginner to Adv. Beg I, Restorative, April 19,  
6P-7P 7-weeks \$155 —Santosh Yoga Centre

### Saturday

Adv Beg I, II to Intermediate: April 15, 7A-8.15A  
7-weeks—\$155 Santosh Yoga Centre

Beg -Adv Beg I & Restorative .Pre-natal: April 15,  
8.30A-9.30A 7-weeks—\$155 Santosh Yoga  
Centre

## TEACHER TRAINING CERTIFICATION

Enrolling now for : 300 Professional Teacher Training Program, Starts first weekend in Sept 2023

YA Recognized & WI State Certified

*Santosh Yoga All Levels Yoga Retreat—  
June 1,2,3*

*Email for details: [Bryant@santoshyoga.com](mailto:Bryant@santoshyoga.com)*

*Inspirational workshops on a variety of Health  
and fitness related topics offered by Santosh  
Yoga—call /email for details  
[Bryant@santoshyoga.com](mailto:Bryant@santoshyoga.com)*

### Teacher of Teachers

*Guruji Bryant Francesco - Yogi, Healer, Visionary*

*Has been practicing eastern disciplines since the age of  
10 in India. Recognized by yoga alliance at their high-  
est level of certification. Bryant conducts yoga pro-  
grams for students across the US and in a few countries.  
Bryant is an inspirational speaker for health and well-  
ness conferences; and provides specialized yoga thera-  
peutics for a variety of ailments and health crisis. Bry-  
ant holds several yoga certifications from India and the  
United States National Body of Yoga;*

Please pre-register for programs:

[bryant@santoshyoga.com](mailto:bryant@santoshyoga.com)

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

# Santosh Yoga™

*Alignment Based Healing yoga*



### Astavakrasana

*"Yoga is the fine line we walk between  
holding your ground and letting go."*

*Sthiram Shukham Asanam*

*Guruji Bryant Francesco*

## 2023 SPRING

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

Suite 206  
12745 West Capitol Drive, Brookfield, WI, 53005

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# Santosh Yoga™ *“the essence of alignment based healing yoga*

*Jnana, Karma, Bhakti, Raja Yoga™*

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“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 us this Spring!

## Why should I incorporate Yoga practice at Santosh Yoga™ Centre?

You will get an intense workout at Santosh Yoga, but more importantly the yoga we teach binds & frees the body-mind-energy complex. You will experience space where there is constriction, softness where there is hardness, and freedom where there is bondage.



Guruji Bryant in Virabhadrasana III, Aksha Beach, India

## Regular practice of Santosh yoga will help:

- Challenge and strengthen you like never before
- Will help your lower back injury
- Strengthen your emotions and lower drug dependencies
- Reduce your stress and body aches and pain.
- Rejuvenate your torn ACL, torn meniscus, and arthritic knees
- You be calm, peaceful, and at ease
- And much more..... Guruji Bryant Francesco

## What people are saying!

**Dr.J (Dentist)** “My serious lower backpain is a lot better and I am still also playing the sport I love-Golf.”:

**Dr. K (Anaesthesiologist)** “I do not need to do a neck surgery due to private classes with Santosh Yoga.”

**Mrs. SriLaxshmi –CPA** “I used to be in a lot of pain sitting down to pray, now I can sit over 30 mins with no lower back pain at all.”

**Dr. R Gupta** “The training in yoga is authentic and I feel lot better everytime I practice in class”

.....to mention a few!

## 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 yoga, undiluted straight from the mother land of Yoga—INDIA.

Guruji Bryant Francesco alignment based healing yoga is powerful, effective, intense and a lot of fun. He has been practicing for 40 years since growing up in India, and teaching for the last 34. 2023 marks his 18 year of full-time teaching of Yoga.



Guruji Bryant Francesco in Viparita Dandasana,