
Santosh Yoga End of Year Christmas Celebrations

Santa will visit us on
December 9, 5pm to 7.30pm—2023

All Santosh Yoga students, and well-wishers are invited to a POTLUCK DINNER & a fun evening of music and sharing.

If your kids will attend, please hand in a gift one week prior to the center with their name on it.

POT—LUCK DINNER—Bring a dish to share.
Expect authentic Indian, Italian, Turkish, Chinese, Lebanese, Greek, American and more....
email if you will attend: bryant@santoshyoga.com

HOLIDAY WALK-IN CLASSES

Tuesday December 19th, 6pm

Wednesday Dec 20th 6pm

Saturday December 23, 7am

No makeups' allowed from group classes in these walk-in classes.

\$25 for currently enrolled Santosh Yoga Students. \$30 for non-enrolled Santosh Yoga students

2024 NEW YEAR programs begin

Tuesday— Jan 2, 2024

Santosh Yoga™ Healing Workshops

December 12,13 2023

**Adjustments workshop to Awaken
Kundalini Shakti
&**

**Building a home practice and
relieving work stress**



*"Real Yoga pulls you in, it never pushes you".
Guruji Bryant Francesco*

www.santoshyoga.com

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

Adjustments workshops to **Awaken Kundalini Shakti,** **Building a Home Practice— Relieving Work Stress Yoga**

2 hour workshops to take charge of your HEALTH & WELL-BEING

Tuesday December 12th 6pm-8pm

Adjustments seminar to Awaken Kundalini Shakti (Therapeutic Yoga—All Levels)

Code: AAK1212

\$55 before December 9th, 2023 \$60 after

Awakening the Kundalini Shakti—Energy of Life, develop yogic powers of clarity, agility, insight, foresight, and abundance of health to mention a few. In this workshop learn how to work with a variety of adjustments to become conscious & awaken the Kundalini Shakti

Talk/Asana/ Foundational Pranayama in Asana

Wednesday December 13th 6pm-8pm

Building a Home Practice and the Yoga interventions at your work place.

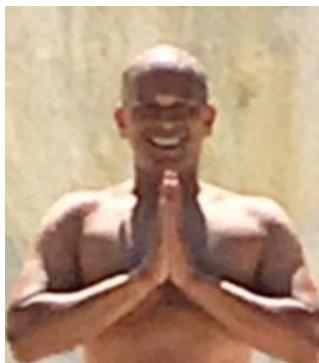
(Therapeutic Yoga. All Levels) Code: HPWP1213

\$55 before December 9th, 2023 \$60 after

- Learn your body type and how the elements in the body have to be worked with to balance your body type in your home practice.
- Special sequences will be handed out
- Learn quick fixes for work stress—its like an Indian Samosa it can be enjoyed whenever needed.

Talk/Asana/Breathing & Meditation

Do both workshops for \$ 105 only



Guruji Bryant Francesco
*Yogi, Wisdom Teacher,
Visionary, Healer, Self Help
Artist.*

Teacher of Teachers, Guruji Bryant Francesco has been teaching for 35 years in India, the United States, Italy and several institutions across the American fabric of society. A powerful healing happens when you train with Guruji Bryant Francesco. His Inspirations is BKS Iyengar, Fr. Joe, San Francisco of Assisi, Mother Teresa and many a sage from India.

Please bring : Your mat, two bricks, two belts, 3/4 blankets, a notebook for these workshops.

Workshop Policy: **Non-refundable after early bird special dates unless your spot can be filled up.** Workshops are non-transferable and non-interchangeable after Early Bird Special Date ends December 9, 2023. NO exceptions to this policy.

Cut out and Mail this entire part below with your payment: Santosh Yoga:

bryant@santoshyoga.com

Check payable to: Santosh Yoga

Address: Suite 206, 12745 W. Capitol Drive, Brookfield WI, 53005

Write clearly please:

First & Last Name Contact

(Person 1) _____ (Your Email) _____ Tel: _____

(Person 2) _____ (Your Email) _____ Tel: _____

(Person 1) Workshops Code: _____

Amount Pd: (Person 1) _____

(Person 2) Workshops Code: _____

Amount Pd: (Person 2) _____

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Waiver/Release Information

By signing below I agree to the workshop policy above & waiver release information posted on www.santoshyoga.com

(Person 1 Name) _____ (Signature) _____ Date: _____

(Person 2 Name) _____ (Signature) _____ Date: _____