
2024—Winter II programs

with Guruji Bryant Francesco

We work with a variety of students, our oldest students are 85, and youngest 12. We work with students even in wheelchairs, crutches, the very fit and athletic too. We have an advanced wall rope system and 1000s of modifications and variations to help those suffering from chronic and acute problems. See what level of class works for you.

Tuesday

Adv. Beginner II to Intermediate
Feb 20, 6pm-7.15pm 7-weeks—\$155

Wednesday

Beginner, Adv. Beg I, Restorative
Feb 21, 6pm-7pm 7-weeks \$155

Saturday

Adv Beg I, II to Intermediate
March 2, 7am-8.15am 7-weeks—\$155

Beg -Adv Beg I & Restorative
March 2, 8.30am-9.30am 7-weeks—\$155

—Walkin-try-it for first timers—
We allow 1 walkin class, Cost \$30

2024 Additional Engagements

Email us, if you like a program started at your location: Bryant@santoshyoga.com

Santosh Yoga teacher trainings have been offered since 2009.

- *Foundational 200 hour Santosh Yoga teacher training (Begins Sept 2024)- 8 months*
- *Advanced 300 hour Santosh Yoga teacher training (Begins Sept 2024)- 12 months*

Yogi, Inspirational Speaker, Health Turn around artist

Guruji Bryant Francesco MBA, MIS, CYT, ERYT, KFIY, Teacher of Teachers

Has been practicing eastern disciplines since the last 40 years in India. Recognized by yoga alliance at their highest level of certification.

Guruji Bryant is an inspirational communicator in health & wellness, stress management, drug addiction and mental health, awakening the higher brain function and many Self Help Topics. He provides specialized alignment based yoga that will help reduces the stresses in one's life. Guruji Bryant holds several yoga certifications from India and the United States National Body of Yoga. He is a guide to Business Owners, Fitness and Sports Coaches, Doctors, Athletes and lay-people. He has also done and does voluntary work in and around Milwaukee, Wisconsin.

www.santoshyoga.com

"Santosh Yoga"

Learn Yoga from an Indian Guru



Virabhadrasana II

"The more grounded you are, you more you soar" Guruji Bryant Francesco

2024 Winter II

www.santoshyoga.com

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

Santosh Yoga™ *"the essence of alignment based yoga— Jnana, Karma, Bhakti, Raja Yoga"*™

www.santoshyoga.com

"By penetrating the wisdom of the body we move from the finite to the infinite, the impossible to the possible, and from our old ways of the last year to the new year." Bryant Mascarenhas.

Join us this winter 11 2024 for a deep experience of the joy and energy that resides within your body.

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Regular practice with Santosh Yoga MAY help:

- Reduce your lower back pain
- Lower your stress
- Your anxiety levels stabilize
- Your knee feel less painful
- You feel in control of your life
- You have a better relationship with 'YOURSELF'

Real Life Feedback:

Harry "Yoga Boss, I enjoy what I learn at Santosh Yoga, and even attended their weekend yoga intensive"

Gary S "This is helping a few areas of my life"

Ms. Sedoria—Major US Army "This yoga is excellent for pain reduction, I already feel a lot better with it."

Calvin—US War Veteran "I came in on a wheel chair with a painful Piriformis Syndrome, but I am now walking out without my wheel chair."

Rick Smith —Retired CEO, "Santosh Yoga is inspirational. We need more of our businesses and school kids to do Santosh Yoga."

Why should you train with Santosh Yoga?

Because you learn what REAL yoga should feel like in your body, and the healing lies in the deep feeling within.



Guruji Bryant Francesco teaching Supta Padangusthasana I



Group class in Downward Dog