



Guruji Bryant Francesco,
Santosh Yoga centre, Brookfield
<https://www.santoshyoga.com>

Santosh Yoga is recognized by Yoga Alliance, and Wisconsin Education Board as a Vocational Training School for Yoga Teachers. Santosh Yoga programs have been taught in churches, schools, hospitals, businesses, gyms, clubs, yoga centers. In India, Germany, Italy and Brazil.

The Bridget Centre

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Santosh Yoga

Alignment Based Therapeutic Yoga
seminar on

*Healing with
The Spiritual Science of Santosh Yoga*

September Sept 21 2024 4pm-4.45pm



"Healing is a process of stepping out of the way and allowing the diving light to flow through you"

*Guruji Bryant Mascarenhas
Founder of Santosh Yoga*

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Workshop held at: The Bridget Centre
9003 Townline Road, Kewaskum, WI

Guruji Bryant Francesco

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Saturday Sept 21, 4pm—4.45pm

The Bridget Centre
9003 Townline Road, Kewaskum, WI
(Therapeutic Yoga - All Levels—
No prior experience required)

Cost: Free

Healing with the spiritual science of Santosh Yoga

We live our life with damaging mental and physical ways thus alienating our lower self from our higher self. In this workshop Guruji Bryant brings to you the heart of manifesting health and joy as he teaches you how unite the head (through Jnana Yoga) and the heart (through Bhakti yoga) by raising your Bio-Energy through postures (asana) and Pranayama (breathing). You will experience an aliveness and open the doors to own healing.

Part discussion, part demonstrations, part practice and part Q & A.

Who can practice Santosh Yoga?

I have heard this so many times; "Yoga is not for me, I am too stiff. There is no strength in Yoga. There is no stamina/cardio-vascular endurance; I am better off running or biking. I am terrible with stretching, I dislike it. It's too slow for me; I am fast-paced, I need something quick. I have had surgery. I have illness that no one can help with. Yoga is a weird thing they do, they chant and its' against my Christian Beliefs "

I tell you if you fit into any of these type of mind-sets, then you are the right candidate that can benefit from this 5000 year old discipline. It's not a fad, it's been there longer than some civilizations.



Inspirational Speaker, Communicator— Science of Health & Well Being, Self Management, Addiction, Spirituality and a variety of Self Help topics. Corporate Programs & Private Classes

Book Guruji Bryant: bryant@santoshyoga.com

Yogi, Healer, Speaker, Health Turn around artist

Guruji Bryant Francesco MBA, MIS, CYT, ERYT, KFIY,

Has been practicing eastern disciplines since the last 40 years in India. Recognized by yoga alliance at their highest level of certification. He holds certifications from India too. Guruji conducts yoga programs for students across the US, India, Italy. Guruji is an inspirational communicator in health & wellness, stress management, awakening and many Self Help Topics. He provides specialized alignment based yoga that may help many a health challenge.

Guruji Bryant is a healer teacher and a mentor to a few yoga teachers, and business executives.

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