

# YMCA – Khar/Danda – Mumbai India - Santosh Yoga Healing Workshop (Reduce your chance of injuries, rehabilitate faster and rejuvenate quicker for Ketsugo Practice).

## Heal with SantoshYoga™ workshops

Date: **Saturday September 28, 2024**

Time: 6pm to 7.45pm

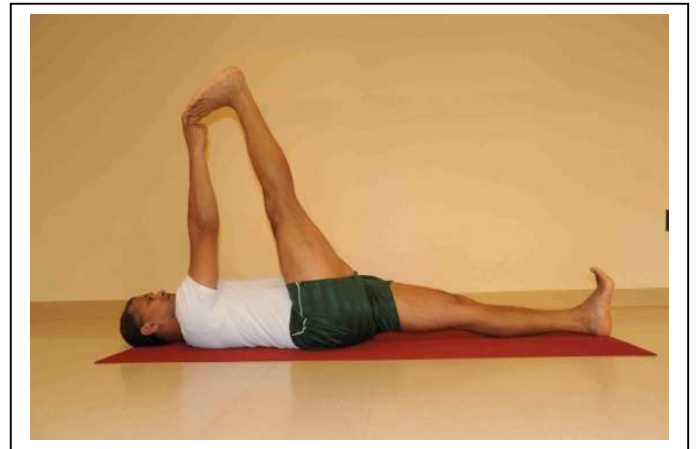
Ketsugo Black Belts & Students: Free

Open to: All-martial arts.

No kids – Ages: 15 onwards

**Venue: YMCA, Khar/Danda**

(You will need a minimum one 10' yoga belt for these workshops. two would be ideal, your yoga mat. Pen/paper for your notes. Dress code: Civilian (Gi is optional).



To register email Sensei Ankit : [Ketugoka@gmail.com](mailto:Ketugoka@gmail.com)

**Saturday Sept 28, 6pm to 7.45pm**

**Knee Injuries and Neck Stiffness.** – *Knee Injuries and Neck Stiffness are common in martial arts. For this part of the seminar, you will learn how to work the shoulders to release the neck, and how to work the hips to release the strain off the knee. Basic knee anatomy will be covered.*

[Learn Guruji Bryant's 5 essential poses for knee and neck injuries!](#)

**Strengthen your Lower Back** – *Energize the health, pliability and strength of your lower back. Learn the foundational anatomy of the lumbar spine, and it's vital role in all kicking, rolling, falling & throwing techniques of the Ketsugo system.*

[Learn Guruji Bryant's 5 Poses for the Lower Back!](#)



**Guruji Bryant Francesco**– Urdhva Mukha Svanasana (Regenerating the Spine : Countering the negative effects of rolls and throws, kicks and punches) - Guruji to some, Sensei to others, Father of three, Husband to his wife, Dad to his horse, and son to his 85-year-old mother.

**“His teachings are clear: name, degrees, titles, wealth, health, none will matter on your death bed. Live each day fully alive in the present moment, and Each of us will one day have to wake up the Guru from within, and it is what it is”**

**Guruji Bryant** Francesco, **Teacher of Teachers** CYT,ERYT, KFIY, MBA,MIS, YON Dan-Ketsugo Has been teaching yoga for 37 years. He taught the Ketsugo system of Martial Arts in India from 1989 to 1997 and holds a **YONDAN** in Ketsugo— combination of karate, judo, aikido, and savate. Recently he launched a Ketsugo- Program for Women only in the US. Guruji. Bryant is also recognized at the highest level of experience in teaching Yoga, by Yoga Alliance- the National Regulating Body for Yoga in the United States. Guruji holds several other yoga certifications from India, and the US. He is an inspirational communicator on health, wellness, substance use disorders, yoga and life. Guruji Bryant has conducted programs for Ex-military, Homeless Kids, US Army, Universities, Hospitals, Fitness Clubs, and Corporate America, martial arts clubs in many in Wisconsin and a few cities in the US.

<https://www.santoshyoga.com>