

2024—Fall I programs

with Guruji Bryant & Santosh Yoga

Certified teachers Entry into our studio is only for registered & paid students or returning students.

Please email 2 days prior to register for any programs. We reserve the right to who enters our space or trains with SantoshYoga LLC. : Bryant@santoshyoga.com

Monday

Womens' Self Defense Ketsugo & Yoga—
Combination of Karate, Judo, Aikido, Savate &
Yoga - Begins Sept 9, 6.15pm—7.15pm
7 weeks —\$160

Tuesday

Yoga for Knees, Lower-back Pain & Hip Issues
July 16, 5pm-5.45pm 7weeks —\$350

Adv. Beginner II to Intermediate & Teachers
Sept 3, 6pm-7.15pm 7-weeks—\$160

Wednesday

Beginner, Adv. Beg I, Therapeutics
Sept 4, 6pm-7pm 7-weeks \$160

Saturday

Adv Beg I, II to Intermediate & Teachers
Sept 7, 7am-8.15am 7-weeks-\$160

Beg -Adv Beg I & Restorative

Sept 7, 8.30am—9.30am 7-weeks-\$160

Please pre-register by emailing minimum 2 days prior. No walk-ins are allowed without prior email and phone number contact.

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

Inspirational Speaker, Communicator— Science of Health & Well Being, Awakening the Higher Brain, Self Management, Addiction, Spirituality and a variety of Self Help topics

Corporate Programs & Private Classes

Book Guruji Bryant : bryant@santoshyoga.com

Santosh Yoga Teacher Training Programs at the 200 hr - Begins April 2025

300 hour level will begin April 2025. Enrollment begins January 3, 2025



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 the higher brain function and many Self Help Topics. He provides specialized alignment based yoga that may help many health challenges of life. Guruji Bryant is a powerful healer and a mentor to many yoga teachers, and business personnel.

Bryant@santoshyoga.com

Healing with Santosh Yoga



"Yoga means : Breaking the boundaries of the finite and experience in infinite in you"

Guruji Bryant Francesco in
Natrajasana variation—Kauai

2024 Fall I

www.santoshyoga.com

Suite 206

12745 West Capitol Drive, Brookfield, WI, 53005

Healing with Santosh Yoga™ 'Alignment & Precision with Purpose'

www.santoshyoga.com

Why should I incorporate Santosh Yoga™?

"So much of yoga has put emphasis on how you look, or how much you sweat. But real yoga has never been about this, but rather it brings balance in the inner and outer life. Real yoga turns you inward. Real yoga is about experiencing the 'divine light' that is within you. Did not the Lord say "Look within..."

Join me this Fall, and experience the intense physicality of looking within. This will set you on the path of authentic freedom from the pressures of life and the outer world." Guruji Bryant



Hip Openers,
Guruji in
Munich

Regular practice of Santosh Yoga™ may help:



- You gain confidence, strength and boost your Immune System
- Minimize your lower back injury
- Lower your anxiety

Stimulating the spinal nerves—Guruji in Munich

- Reduce your stress and body aches and pain
- Heal our knee, lower back and shoulders.
- You learn to be calm, peaceful, and at ease.

Feedback

Ms. S—Grafton "My whole life feels better because of Santosh Yoga"

Ms. X—"I always know to come to you, if my knee goes bad".

Soundaram "I had lost confidence in my ability to drive, this is not longer the case'.

Ms. Freddie" My tendon pain in my Achilles is better, I am desperate, and I know this is helping"

Why should you practice Santosh Yoga™ ?

Guruji Bryant Francesco has been teaching for 37 years. Guruji has taught yoga to 1000s of students, and he has groomed over 90 yoga teachers from Wisconsin to Nashville; and Los Angeles to New York to mention a few. He helps people in India, Germany and Italy. Guruji's trained teachers undergo his vigorous teacher training, yoga retreats, and workshops. He is assisted locally in Wisconsin by the teachers he continues to teach.



Guruji in Tuscany

