

---

## Santosh Yoga End of Year Inter-cultural Celebrations

December 20, 5.30pm to 7.30pm—2024

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

BRING a dish to share. Expect authentic Indian, Turkish, Chinese, Lebanese, American and more....

Please email if you will attend:  
[bryant@santoshyoga.com](mailto:bryant@santoshyoga.com)

---

*NEW YEAR—2025*

*programs begin*

*Saturday — Jan 4, 2025*

## Santosh Yoga™ Longevity Seminars

**December 17, 18 2024**

***Don't Die***

***How  
alive  
vi-  
well  
yond  
age of  
par-***



***to stay  
and  
brant  
be-  
the  
your  
ents!***

“Real Yoga puts your body in a cellular stress mode, and the adversity it causes turns on the longevity genes” Guruji Bryant Francesco

---

[www.santoshyoga.com](http://www.santoshyoga.com)

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

---

# Don't Die—"What if ageing is a dis-ease, and that dis-ease can be slowed down?"

2 hour seminars to take charge of your HEALTHSPAN & enhance your LIFESPAN

Tuesday December 17th 6pm-8pm

**Don't Die—Increasing your lifespan & Improving your Health Span**

(Code:LSHS1217— All Levels)

\$55 before December 14, 2024 \$60 after

The problem with modern medicine is its treating one disease at a time. The problem is its trying to put out the gas leak, without addressing the source. The landscape of your health and longevity has to be supported, and worked on every week for real health to enhance Lifespan. For this we need adversity in diet, the science behind yoga, life-style modification, nutritional supplements & applied philosophy. In is seminar we learn how to turn on disaster response teams by turning on our hypoxic response, lowering MTOR, increasing our mitochondria. In this seminar Santosh Yoga HIIT training protocols will be covered.

Talk & Practice (Pattern of both seminars)

Wednesday December 18th 6pm-8pm

**Don't Die—Increasing your lifespan & Improving your Health Span\_2**

( Code: LSHS1218 - All Levels)

\$55 before December 14th, 2024 \$60 after

This seminar will build on the previous day. Blending diet, nutritional supplements for longevity, techniques of how to increase the right fat in the body, The right way to fast using yogic breathing and meditation will also be covered.

Do both seminars for \$ 105 only

**Guruji Bryant Francesco** *Yogi, Wisdom Teacher, Healer, Self Help Artist, Life Coach. & Sensei*



*Guruji Bryant Francesco has been teaching for 37 years in India, the United States, Canada, Germany, Bra-*

*zil, and several institutions across the American fabric of society. A powerful healing happens when you train with Guruji. He has guided many into well-being. He draws his knowledge from several decades of practice, ancient and modern sciences, and in working with 1000s of students since the last 37 years.*

**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) \_\_\_\_\_

**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 14, 2024. NO exceptions to this policy.

Waiver/Release Information

By signing below I agree to the workshop policy above & waiver release information posted on [www.santoshyoga.com](http://www.santoshyoga.com)

(Person 1 Name) \_\_\_\_\_ (Signature) \_\_\_\_\_ Date: \_\_\_\_\_

(Person 2 Name) \_\_\_\_\_ (Signature) \_\_\_\_\_ Date: \_\_\_\_\_