

2025—Winter 1 programs

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.

Monday

Womens' Self Defense Ketsugo & Yoga— Combination of Karate, Judo, Aikido, Savate & Yoga - January 6, 6pm—7pm 7 weeks - \$160

Tuesday

Yoga for Knees, Lower-back Pain & Hip Issues January 7, 5pm–5.45pm 7 weeks —\$360

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

Wednesday

Beginner, Adv. Beg I, Therapeutics January 8, 6pm–7pm 7-weeks \$160

Saturday

Adv Beg I, II to Intermediate & Teachers January 4, 7am–8.15am 7-weeks-\$160

Beg -Adv Beg I & Restorative

January 4, 8.30am–9.30am 7-weeks-\$160

Sunday

Crazy yoga kids class—Alternating Sundays

January 5, 4pm—4.45pm 6-weeks-\$70

No Walkins are allowed without prior email and phone number contact.

—— *Walkin-try-it for first timers—*
We allow 1 Walkin class, Cost \$35

Santosh Yoga Teacher Training Programs :
200 hr - Begins end of March 2025

300 hour level begins end of March 2025.



Yogi, Healer, Speaker, Health Turn around artist

Guruji Bryant Francesco MBA, MIS, CYT, ERYT, KFIY, 4th Dan Ketsugo BlackBelt, Envoy for the Ketsugo system of martial arts

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 owners.

Guruji Bryant : bryant@santoshyoga.com

Healing with Santosh Yoga



*"Yoga gives you the tools to let go the wounds of yesterday" Guruji in Vamadevasana
St Johns*

2025 Winter I

www.santoshyoga.com

Suite 206

12745 West Capitol Drive, Brookfield, WI, 53005

Healing with Santosh Yoga™ "Real yoga will help you find pain hiding in your body and it will help you safely release it, in doing so you will feel alive, free and joyful" Guruji

Why should I incorporate Santosh Yoga™?

"Learning to let go the wounds and heaviness of yesterday is the first step towards authentic healing. Santosh Yoga provides you the tools with asana, pranayama and dhyana, life style modifications, diet, nutritional supplementation and applied philosophy to live a more enriching life.."

Join us this Winter I and learn how to let go, how to burn the Karma of yesterday, and embrace the colorful fabric of this life you have given yourself" Guruji Bryant

Feedback

Mr. Pichler "I no longer use my sleep machine".

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

Pam "I have made a comeback after over 12 years, and I enjoy Santosh Yoga".

Ms. Freddie" I am walking better and feel better"

Dr. Kroner "The abundant energy and feeling I get out of practicing Santosh Yoga makes me feel alive"..

Why should you practice Santosh Yoga™ ?

Guruji Bryant Francesco has been teaching for 37 years in India, Germany, Italy, Brazil, Canada and the US.

"When a good relationship breaks isn't it painful? So too, when you are not in an authentic relationship with the 'god given life in you' its even more painful. The yoga you experience here is medically sensitive to your needs, the pain you will find within your body is what real yoga teaches you to get out of your system safely. Fake yoga 'tells you do what you can, and stop. Real yoga teaches you how to embrace the life flowing within you". Guruji

"We embrace the pain till there is no more pain, but only love" Guruji met Mother Teresa at 14 in Mount Carmel church, Bandra, Mumbai., India.



Guruji in Astavakrasana