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## 2025—Winter 2 programs

Entry into our studio is only for registered & paid students or returning students. Please email 2 days prior to register for any programs.

### Santosh Yoga

#### Monday

*Womens' Self Defense Ketsugo & Yoga— Combination of Karate, Judo, Aikido, Savate & Yoga* - March 10, 6pm—7pm 7 weeks -\$160

#### Tuesday

*Yoga for Knees, Lower Back & Hip*  
March 11, 5pm-5.45pm 6 weeks —\$320

*Adv. Beginner II to Intermediate*  
March 11, 6pm-7pm 7-weeks—\$160

#### Wednesday

*Beginner to Adv. Beg I*  
March 12, 6pm-7pm 7-weeks \$160

#### Saturday

*Adv Beg I, II to Intermediate & Teachers*  
March 15, 7am-8am 7-weeks-\$160

*Beg -Adv Beg I & Restorative*  
March 15, 8.30am-9.30am 7-weeks-\$160

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

*For first timers : We allow 1 Try-it Walkin class, Cost \$35*

*Note: Only two makeups are allowed in the current module only.*

*Makeups cannot be carried forward to the next module :*

*For a Flex module : add \$45.*



*Yogi, Speaker, Health Turn around artist*

*Guruji Bryant 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 is an inspirational communicator in health & wellness, stress management, and many Self Help Topics. He provides specialized alignment based yoga that may help many health challenges of life. Guruji Bryant is a mentor to many yoga teachers, and business owners.*

*Guruji : [bryant@santoshyoga.com](mailto:bryant@santoshyoga.com)*

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## Aliveness with Santosh Yoga



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

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## 2025 Winter 2

[www.santoshyoga.com](http://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 may help you release it. This may help you feel more alive, 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 2 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 am sleeping better at night. My stress has reduced considerably".

**Ms. Stelzer**—"My knees and walk feel lighter".

**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, and the US. The applications of his yogic philosophy may help you feel more ground and centered.*

*"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*



Guruji in Astavakrasana