

2025—SPRING programs

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

Monday

(NEW) Home Virtual & Express Yoga Class:
April 28th Noon to 12.40pm—4 weeks \$80 Santosh Yoga Virtual Class ONLY. (Email for link)

Womens' Self Defense Ketsugo & Yoga—
Combination of Karate, Savate & Judo, Aikido,
& Yoga - May 26, 6pm—7pm 4 weeks - \$92

Tuesday

Yoga for Knees , Lower-back
April 29 5pm to 5.45pm 5-weeks - \$175
Santosh Yoga Centre

Adv. Beginner II to Intermediate
April 29th 6PM-7PM 7-weeks—\$160
Santosh Yoga Centre

Wednesday

April 30th Beginner, Adv. Beg I 6PM-7PM
7- weeks \$160 Santosh Yoga Centre

Thursday

(NEW) May 1st Yoga for fitness & Weight
Release—Clean, Burn & Shape 4- weeks 6pm—
7pm \$92 Santosh Yoga Centre

Friday (Email for link)

Noon Meditation & Breathing Class May 2,
Noon -12.40pm \$80 for 4-weeks Santosh Y. C.

Saturday

Adv Beg I, II to Intermediate: April 26 7AM-
8.00AM 7-weeks-\$160 Santosh Yoga Centre
Beg -Adv Beg I & Restorative April 26, 8.30AM-
9.30AM 7-weeks—\$160 Santosh Yoga Centre

Santosh Yoga



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

Aliveness with Santosh Yoga



*"Sthiram Sukham Asanam" Guruji—
SamaKonasana in Sirasana*

Spring 2025

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 will help you feel more alive, and joyful" Guruji

Feedback

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, and more to live an enriching life.

Join us this Spring and take charge of your health and well-being "Guruji Bryant

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".
Guruji*



Guruji in Adho Mukha Svanasana—Munnar, India