

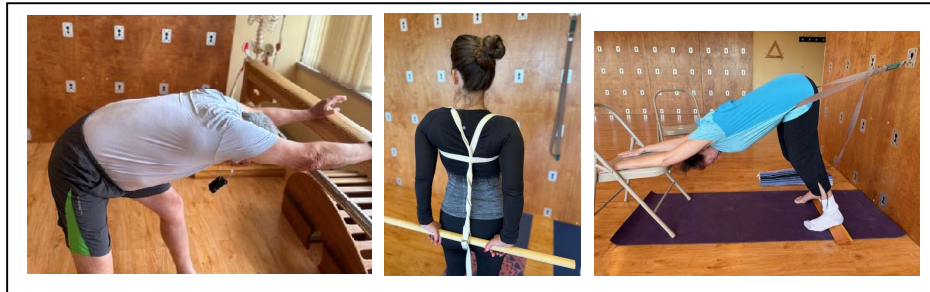
# West Burleigh Vet Clinic & Santosh Yoga: "You Come First" Lunch and Learn Seminar

## Seminar Invitation

West Burleigh Vet Clinic, in collaboration with Santosh Yoga, invites all staff to a special Lunch and Learn Seminar titled "You Come First." This inspiring event is designed to help participants prioritize their own well-being and learn practical techniques for managing stress.

## Event Details

- Date: Wednesday 24
- Time: Noon – 12:30 PM
- Location: West Burleigh Vet Clinic
- Who Can Attend: Open to all staff



## Seminar Overview

The management of stress begins with the management of self. Taking care of your customers and nurturing your relationships with family starts by making yourself a priority. At this seminar, you will learn that placing yourself first is essential for your overall well-being.

Join Guruji Bryant for an inspirational lunchtime seminar dedicated to caring for the most important person in your life—yourself. During the session, Guruji Bryant will teach simple techniques to retrain your mind and relieve stress in your neck, lower back, and feet. You will also discover ancient breathing practices from yoga and experience how to generate more energy from within.

The seminar will introduce you to a new voice dialogue and provide easy-to-use tools for self-care and stress relief. If you often find yourself saying, "I am busy, I have no time," this half-hour seminar is especially for you.

## About Guruji Bryant

Guruji Bryant is a Master Yoga Teacher, Inspirational Communicator, and Self-Help Guru. With qualifications including MBA, MIS, CYT, ERYT, and KFIY, Guruji Bryant has been teaching yoga principles since 1986 in India and several other countries. He has conducted inspirational programs for diverse organizations such as the US Army, Marquette Golf Team, Department of Justice/Veterans Affairs, Military High Court, various businesses, leaders, and CEOs. Guruji Bryant has also led drug and alcohol abuse programs at Aurora Group of Hospitals and continues to conduct yoga programs in many cities and countries worldwide.

For more information, visit



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

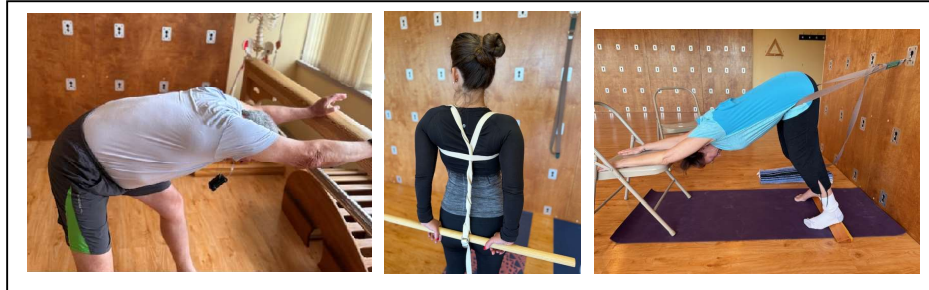
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