

2025—Fall I programs

with Guruji & Santosh Yoga Certified teachers

Monday

Womens' Self Defense Ketsugo & Yoga—
Combination of Karate, Judo, Aikido, Savate &
Yoga - Sept 8, 6pm—7pm 6 weeks - \$137

Tuesday

Adv. Beginner II to Intermediate & Teachers
Sept 2, 6pm-7.15pm 7-weeks—\$160

Wednesday

Beginner, Adv. Beg I, Therapeutics
Sept 3, 6pm-7pm 7-weeks \$160

Saturday

Adv Beg I, II to Intermediate & Teachers
Sept 6, 7am-8.15am 7-weeks-\$160

Beg -Adv Beg I & Restorative

Sept 6, 8.30am-9.30am 7-weeks-\$160

Sunday

Womens' Self Defense Ketsugo & Yoga—
Combination of Karate, Judo, Aikido, Savate &
Yoga - Sept 7 8am—9.15am 6 weeks - \$137

—— Walkin-try-it for first timers—
We allow 1 Walkin class , Cost \$30

Entry into our studio is only for registered & paid students or returning students.

Please email 2 days prior to register for any programs. We reserve the right to who enters our space or who trains with Santosh Yoga LLC. : Bryant@santoshyoga.com

Inspirational Speaker, Communicator— Science of Health & Well Being, Awakening the Higher Brain, Self Management, Addiction, Spirituality and a variety of Self Help topics

Corporate Programs & Private Classes

Book Guruji : bryant@santoshyoga.com

Santosh Yoga Teacher Training Programs at the 200 hour Foundational level - in session

300 hour Professional Level - in session

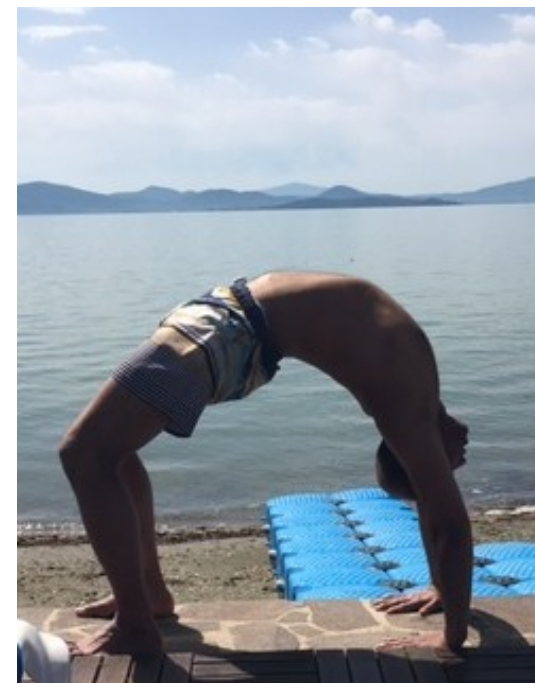


Yogi, Healer, Speaker, Health Turn around artist

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. to many yoga teachers, and business owners.

Healing with Santosh Yoga



"Yoga means : Breaking the boundaries of the finite to experience the infinite in you"
Guruji in Urdhva Dhanurasana

2025 Fall 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™?

"You will get an intense workout at Santosh Yoga, but more importantly the yoga we teach binds the body-mind-energy complex. You will experience space where there is constriction, softness where there is hardness, and freedom where there is bondage."

Join us this fall - Guruji Bryant

Regular practice of Santosh Yoga™ may help:

- You gain confidence, strength and boost your Immune System
- Minimize your lower back injury
- Lower your anxiety
- Reduce your stress and body aches and pain
- Heal our knee, lower back and shoulders.
- You learn to be calm, peaceful, and at ease.

Why should you practice Santosh Yoga™?

Practicing Santosh Yoga you will become strong, flexible, coordinated. You will be inspired. You will gain tremendous self confidence and uplift your Self-Esteem. You will experience authentic yoga, undiluted straight from the mother land of Yoga—INDIA.

F e e d b a c k

Martial Artist *"My knee pain just went way, and I can squat all the way".*

Ms. X—US Army *"This yoga is excellent for pain reduction, I already feel a lot better with it."*

Calvin—US War Veteran *"I came in on a wheel chair with a painful Piriformis Syndrome, I am now walking out without my wheel chair."*

Mr. X *"Bryant you are inspirational. We need more of our businesses and school kids to do your yoga."*



Upavistha Konasana

Guruji and his teachers have taught a lot of yoga practitioners and yoga teachers from Wisconsin to Nashville; and Los Angeles to New York, Canada, Germany, Italy and India.

