

2025—Fall 2 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 Oct 21, 6pm-7.15pm 8-weeks—\$183

Wednesday

Beginner, Adv. Beg I, Therapeutics Oct 22, 6pm-7pm 7- weeks \$160

Saturday

Adv Beg I, II to Intermediate & Teachers Oct 25, 7am-8.15am 8-weeks-\$183

Beg -Adv Beg I & Restorative

Oct 25, 8.30am-9.30am 8-weeks-\$183

Sunday (Live Online only)

Womens' Self Defense Ketsugo & Yoga— Combination of Karate, Judo, Aikido, Savate & Yoga - Nov 2

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

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



Yogi, Healer, Speaker, Health Turn around artist

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

Has been teaching eastern disciplines since the last 39 years in India. Recognized by yoga alliance at their highest level of certification. He holds certifications from Yogacharya Iyengar. He has met Mother Teresa in Bombay. He has conducted meditations for Christians in the caves of Saint Francis of Assisi, and the central Himalayas. Guruji conducts yoga programs for students across the US, India, Italy. He has taught yoga across the fabric of the American society and in several cities in the US. For more go to his website.

Bryant@santoshyoga.com

"The only way to truly heal is to go within"
Guruji Bryant



2025 Fall II

www.santoshyoga.com

Suite 206

12745 West Capitol Drive, Brookfield, WI, 53005

Healing with Santosh Yoga™ Medically sensitive Yoga with Guruji Bryant

<https://www.santoshyoga.com>

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 2 - 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

Why should you practice Santosh Yoga™?

Santosh Yoga will make you strong, flexible, and coordinated. You will be inspired by Guruji's teachings. You will gain tremendous self confidence and uplift your self esteem. You will experience authentic undiluted yoga straight from the mother land of Yoga—INDIA.



Guruji in Setu Bandha Sarvangasana