

## 2026—Winter 1 programs

Guruji Bryant & Santosh Yoga teachers –

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

### Saturday

*(New Year 2026 Programs begins this day)*

*Adv Beg I, II to Intermediate & Teachers*  
January 3, 7.15am–8.15am 7-weeks–\$160

*Beg –Adv Beg I & Restorative*  
January 3, 8.30am–9.30am 7-weeks–\$160

### Sunday

*(Online only) Womens' Self Defense Ketsugo & Yoga—Combination of Karate, Judo, Aikido, Savate & Yoga –* January 4, 8am—9am 6 weeks – \$148

### Monday

*Womens' Self Defense Ketsugo & Yoga—Combination of Karate, Judo, Aikido, Savate & Yoga –* January 5, 6pm—7pm 7 weeks –\$160

### Tuesday

*Yoga for Knees, Lower-back Pain & Hip Issues*  
January 6, 5pm–5.45pm 7 weeks —\$320

*Adv. Beginner II to Intermediate & Teachers*  
January 6, 6pm–7pm 7-weeks—\$160

### Wednesday

*Beginner, Adv. Beg I*  
January 7, 6pm–7pm 7-weeks \$160

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

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

*Santosh Yoga Teacher Training Programs :  
200 hr – Begins Sept 2026*

*300 hour level begins end of March 2027*



*Yogi, Healer, 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 conducts yoga programs for students across the US, India, Italy. Guruji is an inspirational communicator in health & wellness, stress management, awakening the higher brain function and many Self Help Topics. He provides specialized alignment based yoga that may help many health challenges of life. Guruji Bryant is a powerful healer and a mentor to many yoga teachers, and business owners.*

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

## Healing with SantoshYoga



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

**2026 Winter I**

[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 it will help you safely release it, in doing so you will feel alive, free and joyful” Guruji

## Why should I incorporate Santosh Yoga™?

“As you navigate the familiar milestones society sets before you, it's easy to lose sight of deeper fulfillment beyond achievements and possessions. Santosh yoga's approach encourages a transformative shift by guiding individuals to look within and connect with their innermost essence. Through this inward journey, you can experience a lasting sense of joy that arises from understanding and embracing the true nature of life itself”.  
Guruji Bryant

## Feedback

**Randy** “I sleep better at night, and need yoga also for my ping pong tournaments”.

**Charlie** — “Your yoga helps me clear my mind”.

**Mark** “I am walking better and feel better. I always feel so much better after these sessions and I can work at home with Guruji's teachings”

**Dr. Kroner** “The abundant energy and feeling I get out of practicing Santosh Yoga makes me feel alive. It helps my running, my horse riding, my skiing, my martial arts and my swimming. I love it”.

## Why should you practice yoga with us?

Guruji Bryant has studied yoga in India since 1986 and taught in India, the US, and internationally. Studying with an Indian yogi ensures authentic discipline. Practicing with us connects you to a genuine alignment-based yoga tradition backed by Guruji's 38 years of teaching experience.



Guruji in Astavakrasana St. Johns,