

2026—Winter II 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.

Tuesday

Yoga for Knees, Lower-back Pain & Hip Issues

Feb 24th, 5pm–5.45pm 7 weeks —\$320

Adv. Beginner II to Intermediate & Teachers

Feb 24th, 6pm–7pm 7-weeks—\$160

Wednesday

Beginner to Adv. Beg I

Feb 25th, 6pm–7pm 7-weeks \$160

Thursday

(Online only) Womens' Self Defense Ketsugo &

Yoga—Combination of Karate, Judo, Aikido,

Savate & Yoga – Feb 26, 6pm—7pm 6 weeks –

\$148

Saturday

Adv Beg I, II to Intermediate & Teachers

Feb 28, 7.15am–8.15am 7-weeks–\$160

Beg –Adv Beg I & Restorative

Feb 28, 3, 8.30am–9.30am 7-weeks–\$160

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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

Healing with SantoshYoga

“Become the driver of your health and well-being, don't sit in the back seat of your car and let someone else try to get you well. The power to heal yourself lies within and we can help you to activate this healing potential”. Guruji



“Many work their bodies, but few know how to work the spine” Guruji

2026 Winter II

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”.

Lisa N (Santosh Yoga Teacher): “My students hip problems have reduced by 85% in just 7 weeks”.

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.

“Many people focus solely on muscle strength or stamina, neglecting the importance of spinal health. Since the spinal cord is central to overall well-being and supports brain and nervous system health, it’s essential to learn how to work with spinal exercises. Whether dealing with knee issues, high blood pressure, Afib, or disc injuries, Santosh Yoga programs offer an opportunity to heal from within. — Guruji Bryant



Guruji in Bhujangasana—Meedupparu