

FALL - II CLASSES

Monday

Beginner to Adv. Beg I&II: Oct 30, 6PM-7PM 7 weeks - \$125w/Bryant

Tuesday

Intermediate to Advanced: Oct 24th 6PM-7.15PM 7-weeks - \$145 w/Bryant

Wednesday

Beginner to Adv. Beg I: Oct 25th, 6.15AM-7.15AM
7 weeks - \$98 w/Mary Snow

Therapeutic Yoga Class/Pre-Natal class/Advanced Beginner I/Restorative: Oct 25th, 6PM-7PM 7 weeks - \$145 w/Bryant

Saturday

Intermediate to Advanced: Oct 28, 7AM - 8.15AM 7 weeks - \$145 w/Bryant

Beginner to Adv. Beginner I/ Prenatal Restorative /Therapeutic Yoga: Oct 28th, 8.30am-9.30am 7 weeks - \$145w/Bryant

Sunday

Yoga for Kids (5 to 13) and Parents (call to reserve space) Nov 4th 4pm to 4.45pm. 6 weeks - \$60 / Bryant Mascarenhas

www.santoshyoga.com

Community Out-Reach Programs

Brng Santosh Yoga to your School, Hospital or Company

Monday—Yoga for addiction and mental health—Aurora Psychiatric Hospital

Monday—Childrens Hospital of Wisconsin

Tuesday—Riverside University High School

Wednesday—RASmith National

Friday—Yoga for addiction and mental health—Aurora Psychiatric Hospital

Fri/Sat/Sun—200 hour & 300 hour Yoga Teacher Training starting Feb 2018—call for details

Coming soon: Santosh Yoga for PTSD and Anxiety—**War Veterans Programs**—call for details—Downtown Milwaukee!

For Upcoming workshops in the city and in other cities please see our website:

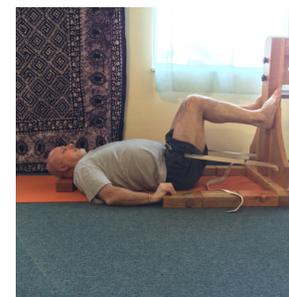
www.santoshyoga.com

(414) 774-9642



SANTOSH YOGA

Knee Pain/ High Blood Pressure/Lower Back Pain



Hip injury ,Disc compression. Anxiety, Fatigue

Feel grounded and heal yourself!

Bryant Mascarenhas

Fall II 2017

bryant@santoshyoga.com

(414) 774-9642

12745 West Capital Drive, Suite 206, Brookfield

"if you are seeking Happiness, JOY, PEACE, Contentment, Healing from ANY INJURY, MEDICAL OR PERSONAL CRISIS,— you will find your home in SANTOSHYOGA" Bryant Mascarenhas

"We spend more money on our cars, than our personal health. Self-care is the most important step you can take towards getting healthier, stronger, more confident, and in feeling a great sense of happiness and contentment." Bryant

Feel stiff, feel old, or your just busy running on life's tread-mill. Experience what it means to be fully alive, and live purposefully, to live abundantly, to live from the ground of your being. The yoga we teach has been tested and baked by the fire of TENS OF THOUSANDS OF PEOPLE!

Feeling discontented, feeling over-whelmed with school, work and life's many challenges—you will find peace! Come to Santosh Yoga if you are looking for all these and more.....



Real Life Feedback!

www.santoshyoga.com

Agniescka – Brookfield

"My injured knee is much better. Pain is disappeared."

Mr. Mike—Aurora *"The pain I had in my hip is no more"*

Ms. Plessinger— Brookfield *"The disc injury I had is no more. No more lower back pain too."*

Master Chan Lee *"I was going to pull the trigger on my knee injury. Bryant is a miracle worker."*

Ms. Rena—Riverside Univ. High School *" Santosh Yoga is the real deal! Lots of modifications to suit everyone, yet you are challenged."*

(For additional feedback go to FB:

Santoshyoga with Bryant

Or

www.santoshyoga.com

"We teach you how to heal yourself

—a torn knee in 4 months, a herniated disc injury in 5 months, a failing kidney in 7 months, reverse any pelvic floor issues,, a hardcore drug addiction in 7 months and more... Unparalleled Alignment Based Yoga Therapeutics of Santosh Yoga.

Why should you practice yoga with us?

31 years of teaching yoga, from my native country India to Germany, Switzerland, Canada, Brazil, and many a city in the United States. Tens of thousands on the path of healing and well-being.

Real Yoga, deep, powerful and precise.

Whether you are suffering from addiction, cancer, heart disease, high blood pressure, disc injuries, IBS, or many of modern day medical crisis, you will benefit from what Santosh Yoga has to offer.

*Athletes, teachers, lawyers, doctors, surgeons, CEO', War Veterans, kids, moms, dads, grand-parents are training and taking charge of their Health and Well Being. **WHAT ARE YOU WAITING FOR.?***

Bryant in Sirsasana (Several variations on cover)

