

2018 WINTER- I M O D U L E S

Live Streaming Video classes are offered at Santosh Yoga Centre location in Brookfield, WI.—for out of town, out of state students

Monday

Childrens' Hospital of Wisconsin— All Levels

Open to Childrens' Hospital Only

Aurora Psychiatric Hospital—Dewey Centre— APH only . Yoga for Drug , Alcohol Addiction and Mental Health —Inpatient Only

Beginner to Adv. Beg I & II: January 8, 6PM-7PM 7-weeks—\$125 Santosh Yoga Centre

Tuesday

Adv. Beginner II to Intermediate January 2, 6P-7P 7-weeks—\$145 Santosh Yoga Centre

Wednesday

Beginner to Adv. Beg I: January 3, 6.15AM-7.15AM 7-weeks-\$98 w/Mary Snow

Milwaukee Military Court—Open to Staff Only

RASmith National All Levels- Open to RASmith Only Wednesday Santosh Express Yoga

Beginner, Restorative, Therapeutic: January 3, 6P-7P 7-weeks \$145 Santosh Yoga Centre

Friday

Aurora Psychiatric Hospital—Dewey Centre— APH only Yoga for Drug , Alcohol Addiction and Mental Health 1pm to 2pm—Inpatient Only

Saturday

Adv Beg I, II to Intermediate: January 6, 7A-8.15A 7-weeks-\$145 Santosh Yoga Centre

Beg -Adv Beg I & Restorative January 6, 8.30A-9.30A 7-weeks—\$145 Santosh Yoga Centre

2018 Additional Engagements

Inspirational Speaker- Science of Health& Well Being, Awakening the higher Brain, Self Management, and a variety of Self Help topics

200 hour Foundational Santosh Teacher Training Program starts March 2018

300 hour Professional Santosh Yoga Teacher Training Program starts March 2018 -

Email : If you are interested in our offerings : bryant@santoshyoga.com

Teacher , Mentor, Inspirational Speaker

Bryant Mascarenhas MBA,MIS,CYT,ERYT,KFIY

Has been practicing eastern disciplines since the age of 10 in India. Recognized by yoga alliance at their highest level of certification. Bryant conducts yoga programs for students across the US , Canada, India, Germany. Bryant is an inspirational speaker in health & wellness, stress management, awakening the higher brain function and many Self Help Topics. He provides specialized alignment based yoga that will help many a challenge in life. Bryant holds several yoga certifications from India and the United States National Body of Yoga; a 3rd degree Black Belt in the 'Ketsugo' system of the martial arts. A mentor to many; A couple of Masters' degrees , and is father of three beautiful kids.

Contact Bryant@santoshyoga.com if you would like to learn more or call: (414) 774-9642

Santosh Yoga™

The essence of Alignment Based Yoga



Urdhva Dhanurasana

"Argue your limitations and they are yours to keep." Bryant Mascarenhas

2018 WINTER I

www.santoshyoga.com

Suite 206

12745 West Capitol Drive, Brookfield, WI, 53005

Tel: (414) 774-9642

Santosh Yoga™ 'the essence of alignment based yoga'

www.santoshyoga.com

"In our search for meaning and purpose in life, we go to school, get a job, possibly get married, possibly have home with a picket fence, save for retirement, retire, get old and die. But the human endeavor has always strived for more, which eventually stresses us out running the rat race on life's eternal treadmill. Our programs give you tools to turn you attention inward, into the very source of life within you. To live from the core of your very being." Bryant

Why should I incorporate Yoga practice at Santosh Yoga™ Centre's?

You will get a workout, sweat, be challenged, heal from the burden of yesterday, but importantly you will be empowered, you will develop the muscle of awareness, of fearlessness, of compassion and



Yoga for War Veterans

Regular practice of Santosh yoga will help

- Your lower back pain will feel better
- Your stress levels will lower
- Your anxiety levels will stabilize
- Your knees injury will feel less painful
- You will feel in control of your life
- You will have better relationships and more...

What people are saying!

Dr. Longo *Head of Department of AODA Aurora Psychiatric Hospital* "Bryant you have 95% success rate at our addiction program in Aurora."

Austin Kemdziorski *Placed 2nd Junior US GA* "My body is feeling stronger, more limber, I can focus faster."

Commander Sedoria—*US Army War Veteran* "This yoga is excellent for pain reduction, I already feel a lot better with it.."

Erik Milsch—*JKLee Brookfield* "My knee is already feeling so much better."

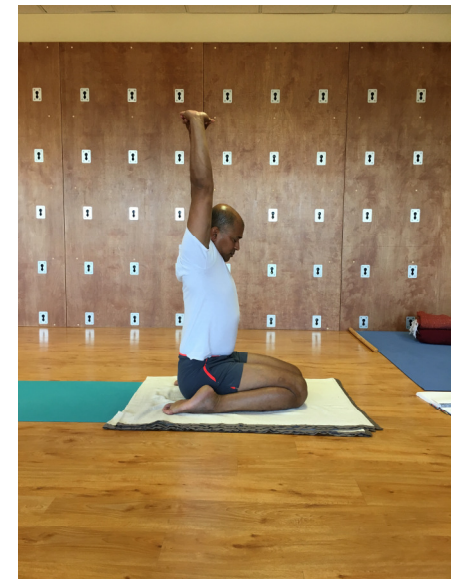
Calvin—*US War Veteran* "I came in on a wheel chair with a painful Piriformis Syndrome, I am now walking out without my wheel chair."

Rick Smith—*President RASmith National* "Bryant you are inspirational. We need more of our businesses and school kids to do your yoga."

Why should you practice yoga with us?

Because we dig deep into the practice, and we also dig wide. Because we teach you the science of emotional fitness, psychological fitness, spiritual fitness integrated with your physical fitness.

Because we have been teaching for 32 years and have tested our teachings from India to Brazil, Canada to Glendora -California, from Manhattan to Nashville. From the gas station in Menomonee Falls to the US Department of Veterans Affairs.



Bryant in Urdhva Baddha Hastasana