

## 2018 Summer MODULES

### Monday

Beginner to Adv. Beg I & II : June 11, 6PM-7PM  
7-weeks—\$125 w/Bryant—Santosh Yoga Centre

Addictions Program—Hospital Only 1pm -2pm

Corporate Medical Program—Hospital Only Evenings

### Tuesday

Adv. Beginner II to Intermediate: June 5, 6P-7P  
7-weeks—\$145 w/Bryant—Santosh Yoga Centre

### Wednesday

U.S. State Department, Milwaukee 8.30 a.m.

And War Veterans Program—Staff & Participants

Corporate Express Yoga—Brookfield Noon

Staff Only

Beginner, Restorative, Therapeutic: June 13,  
6P-7P 7-weeks \$145 w/Bryant—Santosh  
Yoga Centre

### Friday

Addictions Program—Hospital Only 1pm -2pm

### Saturday

Adv Beg I, II to Intermediate: June 9, 7A-8.15A  
7-weeks—\$145 w/Bryant—Santosh Yoga Centre

Beg -Adv Beg I & Restorative June 9, 8.30A-  
9.30A 7-weeks—\$145 w/Bryant—Santosh  
Yoga Centre

## 2018

*Inspirational seminars and workshops on a variety of Health and fitness related topics offered by Santosh Yoga—email /call for details.*

*June—Grafton Men Only Seminar*

*July—Tuscany, Italy*

*August: US Army Seminar, Chicago*

*September—Drug Seminar, Waukesha*

*September—Advanced Teacher Training*

*October—Navy Seals, San Diego*

*December—Medical & Health Seminars, Brookfield*

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### Yogi, Visionary, Inspirational Communicator

*Bryant Teacher of Teachers,  
MBA, MIS, CYT, ERYT, KFIY, 10,000 + hours of teaching experience*

*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 and in a few countries. Bryant is an inspirational speaker for health and wellness conferences; and provides specialized yoga therapeutics for a variety of ailments and health crisis. 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.*

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

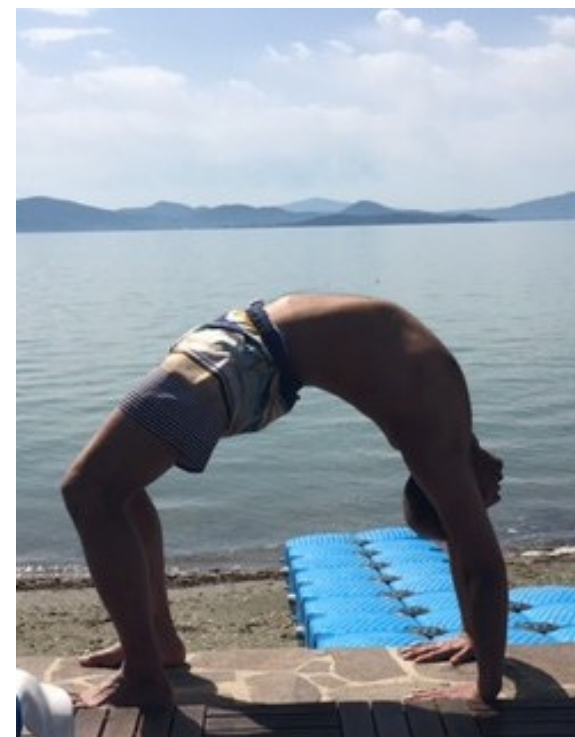
Please pre-register for programs:

[bryant@santoshyoga.com](mailto:bryant@santoshyoga.com)

Santosh Yoga: (414) 7749642

# Santosh Yoga™

*We solve real problems!*



## Urdhva Dhanurasana

*"Stop looking at others, look within" .... "Bryant*

## 2018 Summer I

[www.santoshyoga.com](http://www.santoshyoga.com)

Suite 206  
12745 West Capitol Drive, Brookfield, WI, 53005  
Tel: (414) 774-9642

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# Santosh Yoga™ *"the essence of yoga—is to solve problems, not work on symptoms and gas leaks in your life".*

*Medically Sensitive Alignment Based Yoga* [www.santoshyoga.com](http://www.santoshyoga.com)

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*"When 99 percent of you cannot be seen or felt by the naked eye, why are you spending your time working out. Learn how to work in with Bryant this summer. Learn why you do poses, why you breathe in a certain way, and how to do it scientifically with precision, alignment and depth."*

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

We solve real problems. You have a knee injury, a lower back injury, your liver not working optimally, have headaches, high blood pressure, You have an auto-immune disease, a serious heart



Bryant in Samakonasana—Lake Trasimeno

## Regular practice of Santosh yoga will help:

- Challenge and strengthen you like never before
- Will reverse your lower back injury
- Reverse heart dis—ease and drug dependencies
- Reduce your stress and body aches and pain.
- Soothe your torn ACL, torn meniscus, and arthritic knees
- You want to be challenged and sweat, sure thing!
- You are an athlete looking for the next level of getting into the zone... Then join us— Bryant Mascarenhas

## What people are saying!

**Master Lee** "My knee has gotten better with Bryant's Santosh Yoga."

**Master Duke** Bryant's my yoga teacher. The best in the country."

**Hannah Winter** "I was contemplating a shoulder surgery, I may not need it now, after practicing at Santosh Yoga."

**Dr. X**—"I had a torn knee, I was asked to do surgery, it has healed with Santosh Yoga, and I don't know the difference between what was my bad knee and my good knee."

**Ms. X**—"I would have been able to walk with the precision and guidance received at Santosh Yoga."

## Why should you practice yoga with us?

The essence of yoga—is 'real healing'.

Learn how to make your Central Nervous System to communicate with your Peripheral Nervous System. Yoga is not about just stretching your body, or getting a sweat or being calm. If you want to do that you can just go for a run, or walk by a lake. Real Yoga is about depth and precision.

The medically sensitive yoga we teach makes you reverse your ageing body, and gives you your life back. You learn to get connected within, while under stress and enhance your faith factor.



Bryant in modified Samakonasana - Dolomites