

2018 Fall I MODULES

Monday

Beginner to Adv. Beg I & II, Pre-natal: Sept 10, 6PM-7PM 7-weeks—\$145 - Santosh Yoga Centre

Addictions Program—Hospital - Afternoon

Military - Yoga for War Veterans Program—AM

Corporate Medical Program—Hospital Evenings

Tuesday

Adv. Beginner II to Intermediate: Sept 4, 6P-7P 7-weeks—\$145 - Santosh Yoga Centre

Wednesday

Military -Yoga for War Veterans Program—AM

Corporate Express Yoga—Afternoon

Beginner to Adv. Beg I, Restorative, Therapeutic Sept 5th 6P-7P 7-weeks \$145 —Santosh Yoga Centre

Friday

Addictions Program—Hospital—Afternoon

Saturday

Adv Beg I, II to Intermediate:: Sept 8th, 7A-8.15A 7-weeks-\$145 —Santosh Yoga Centre

Beg—Adv Beg I & Restorative Sept 8th, 8.30A-9.30A 7-weeks—\$145 —Santosh Yoga Centre

Sunday

Yoga for Kids (5 to 14) Sept 9th 4P- 4.45P 6 weeks - \$60 - Santosh Yoga Centre

2018

Inspirational workshops on a variety of Health and Inner Well-Being Programs offered by Santosh Yoga—call /email for details.

Coming Soon: Yoga for Homeless Children

Yoga for Christian Meditation

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Sept - 200 HR FOUNDATIONAL Teacher Training Begins

Nov—300 HR ADVANCED Yoga Teacher Training Begins

Yogi, Inspirational Speaker, Healer

Bryant Francesco 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 Francesco 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 if you would like to learn more or call: (414) 774-9642

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Please pre-register for programs:

bryant@santoshyoga.com

Santosh Yoga: (414) 7749642

Santosh
Medically Sensitive Yoga

Yoga™



Are you learning poses or learning how life works through you? Bryant Francesco

2018 Fall I

www.santoshyoga.com

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Tel: (414) 774-9642

Santosh Yoga™ *“Medically sensitive yoga— Alignment Based Yoga sensitive to your needs”™*

www.santoshiyoga.com

“When you woke up this morning, did you even question how did you wake up, what woke you up, what is keeping you alive, all the bending and twisting in yoga is of no consequence, all the alignment is of no consequence, all the fitness workout you partake of is of no consequence, if you don't know this.” Bryant Francesco

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

As yoga is about awakening the aliveness within you. Bryant Francesco



Bryant overlooking the Dolomites
Urdhva Dhanurasana

Regular practice of Santosh yoga will :

- Awaken you,
- Deepen the bond with yourself
- Foster Peace and Happiness
- Reduce your stress and body aches and pain.
- Will enlighten you
- Will inspire you and question the very nature of your life..... Bryant Mascarenhas

What people are saying!

Ms. Y—Business Owner “Its so spiritual in these intensive sessions, I feel my whole body is deep into prayer”.

Mr. X—Business Owner “My Parkinson symptoms have reduced, even my Acupuncturist noticed it.

Mr. X— Company Executive “I always felt there was nothing physically wrong with my heart, the work here is deep and its helped me slow down. Breathe better, and given me tools to reduce my stress.

Mr X— Business Owner “There is a spirituality in yoga, Bryant you know how to make me and people happy.”

Mr. X— “I play golf at the College level, my lower back pain is less for the first time in months.

Ms.Y and Mr. X—“Its four years of training here, we would have been a lot more medically challenged in our life, at this stage of our life's.

Why should you practice yoga with us?

We are involved with every fabric of the American Psyche—from Schools, to Hospitals, Churches to U.S. Government, Club Sports to University Sports, Professional Fitness trainers to the weekend fitness exponent, Corporate America to back-streets of Milwaukee. PTSD to Torn Knees....

Santosh Yoga—its about what your life needs to awaken to.

31 years of teachings in India, the United States and several other countries.



Bending the spine to awaken the life force.
Urdhva Mukha Svanasana—Bryant Francesco