

## 2019 WINTER- I MODULES

### Monday

*Beginner to Adv. Beg I & II:* Jan 7, 6PM-7PM  
7-weeks—\$145 Santosh Yoga Centre

*Ex-Military - Yoga for PTSD— 2. 45pm*

### Tuesday

*Adv. Beginner II to Intermediate* Jan 8, 6P-7P  
7-weeks—\$145 Santosh Yoga Centre

*Yoga for the Homeless —Milwaukee*

### Wednesday

*Corporate Express Yoga*

*Beginner to Adv. Beg I, Restorative, Therapeutic*  
Jan 2nd 6P-7P 7- weeks \$145 —Santosh  
Yoga Centre

### Saturday

*Adv Beg I, II to Intermediate:* Jan 5th, 7A-8.15A  
7-weeks-\$145 Santosh Yoga Centre

*Beg -Adv Beg I & Restorative .Pre-natal:* Jan 5th,  
8.30A-9.30A 7-weeks—\$145 Santosh Yoga Centre

### Sunday

*Yoga for Kids (5 to 14)* Jan 6th 4P- 5P  
6 weeks - \$70 - Santosh Yoga Centre

## 2019 Additional Engagements

*Inspirational Speaker*

*Science of Health & Well Being, Awakening the  
Real You, Self Management, and a variety of Self  
Help topics.*

*Book Bryant via email- for a speaker engagement,  
or a seminar on health and well-being in yoga :*  
[Email bryant@santoshyoga.com](mailto:bryant@santoshyoga.com)

*Advanced 300 hr Yoga Applications - Program  
starts April 2018—  
email: bryant@santoshyoga.com*

### Santosh Yoga in: 2019

*Washington D.C.—email Bryant@santoshyoga.com  
for details*

*Tuscany, Italy—email Bryant@santoshyoga.com*

*Dublin, Ireland, - email Bryant@santoshyoga.com*

### *Inspirational Speaker, Yogi, Healer, Humanitarian*

*Bryant MBA,MIS,CYT,ERYT,KFIY*

*Bryant conducts yoga programs for students across the US,  
Canada, India, Italy,*

*Germany. Bryant is an inspirational communicator in health  
& wellness, stress management, awakening the self 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*

*"We solve problems "™*

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



### Koundinyasana

*"Argue your limitations, and they are  
yours to keep" Bryant Francesco*

## 2019 WINTER I

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

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*Precision with Purpose*™  
*www.santoshyoga.com*

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*Ask yourself this, "is the direction your life is going, giving you more time for all you really love to do?"*

*Can you truly say you are happy?*

*Is your health crisis resolved or suppressed?*

*Is the song in your heart, sung?" Bryant*



**SAN BANIO FILLIPO—TUSCANY**

**Regular practice with Bryant will help:**

- Reduce your lower back pain
- Lower your stress
- Your anxiety levels stabilize
- Your knees injury will feel less painful
- You will feel in control of your life
- You have a better relationship with 'YOURSELF'

**Real Life Benefits**

**Lance** – "Bryant we need more people like you on this planet."

**Marquette Golf** "My body is feeling stronger, more limber, I can focus faster."

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

**Erik M Tae Kwon Do** "My knee was completely injured, and I contemplated a surgery. Yoga with Bryant in a few weeks is already feeling so much better, with almost no pain."

**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** —CEO, "Bryant you are inspirational. We need more of our businesses and school kids to do your yoga."

**Why should you train with Bryant?**

*Learn to live with less pain, more awareness and aliveness*



**Eka Pada Urdhva Dhanurasana  
Milwaukee**