

2019 WINTER- II MODULES

Monday

Beginner to Adv. Beg I & II: March 4, 6PM-7PM
7-weeks—\$145 Santosh Yoga Centre

Corporate Express Yoga—Noon

Ex-Military - Yoga for PTSD— 2. 45pm

Tuesday

Adv. Beginner II to Intermediate Feb 26, 6P-7P
7-weeks—\$145 Santosh Yoga Centre

Yoga for the Homeless —Milwaukee - Noon

Wednesday

Corporate Express Yoga

Beginner to Adv. Beg I, Restorative, Therapeutic
Feb 27th 6P-7P 7- weeks \$145 —Santosh
Yoga Centre

Saturday

Adv Beg I, II to Intermediate: Feb 23, 7A-8.15A
7-weeks-\$145 Santosh Yoga Centre

Beg -Adv Beg I & Restorative .Pre-natal: Feb 23,
8.30A-9.30A 7-weeks—\$145 Santosh Yoga Centre

Sunday

Yoga for Kids (5 to 14) March 24 Start
(April 7,22, May 19, June 2, June 16) 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

*Advanced 300 hr Yoga for Health - Program
starts April 2019*

email: bryant@santoshyoga.com

Santosh Yoga in: 2019

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

9 Day Spiritual Yoga Retreat in Tuscany, Assisi

Tuscany, Italy—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



Adho Mukha Svanasana

*"All that you seek is within" Bryant
Francesco*

2019 WINTER II

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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