

Santosh Yoga & Seamless Progression Academy

Heal with Yoga TM Seminar

*An introduction into
Therapeutic Alignment based Yoga-
Santosh Yoga.*

Monday – Sept 11th 6.30pm-8pm

6.30p to 8.00pm Cost: \$0 for students of
Seamless Progression Academy

Cost: \$40 for non-students

Of Martial Arts Academy

All belt levels seminar, open to other martial arts schools, athletes, and those interested in the healing dimension of yoga.

Venue: Martial Arts Centre in Green Bay Ave , Port Washington

(To Register for the seminar email: bryant@santoshyoga.com)

The Shoulders have very important muscles for all aspects of martial arts training. Tight shoulders are a big problem for most martial artists. In this workshop you will learn to open the shoulder muscles and the surrounding structures that get constricted because of tight shoulders.

Lower Back pain has been cited by 70% of the US population once in their lifetime. This is staggering and is a problem for many. Guruji Bryant will teach you how to loosen, and strengthen the lower back.

The knee is a very critical joint for martial arts. The most important joint structure that carries your weight everyday. Without flexibility of the knee structure and its surrounding muscles you are at risk for serious knee problems.

[Santosh Yoga will start as a regular monthly program on Thursday- Sept 21 @6.30pm to 7.30pm](#)

Program will be taught by Santosh Yoga certified teacher Ms. Lisa and Guruji Bryant

[If interested please contact:](#)

bryant@santoshyoga.com



Guruji Bryant Francesco in Adho Mukha Svanasana



www.santoshyoga.com

Teacher of Teachers **CYT,ERYT, KFIY, MBA,MIS, Yon Dan-Ketsugo**

Guruji Bryant Francesco has been teaching yoga for 35 years. He taught martial arts in India from 1989 to 1996 and holds a *Yon Dan in Ketsugo*—combination of karate, judo, aikido and savate. Guruji Bryant is also recognized as at the highest level of experience in teaching by Yoga Alliance-National Regulating Body for Yoga in the United States. He holds several other yoga certifications from India. He is an inspirational communicator on health, wellness, yoga and life. Guruji Bryant has trained athletic coaches, fitness clubs, tae kwon do masters, grand-masters, mixed martial artists, the war vets, the US-Army Reserve in Chicago and several corporate and medical institutions in Wisconsin. He also conducts 3 levels of yoga teacher training and is recognized by both Yoga Alliance and Wisconsin State as a vocational school for training yoga teachers.