



Santosh Yoga™ Self-Care Workshops

December 14,16,17 2015

Accessing the Light

Reversing Fatigue , Strengthen the immune system

Who am I? and Why did my spirit incarnate into the flesh?



www.santoshyoga.com

Santosh Yoga is recognized by Yoga Alliance ,and Wisconsin Education Board as a Vocational Training School for Yoga Teachers and offers

200 hour Foundational Teacher Training

300 hour Professional Teacher Training

Advanced Therapeutics 300 hour teacher Training Programs

"Empower yourself. The precursor to Health-Care is Self-Care. This Holiday Season be the driver of your health and well-being" Bryant Mascarenhas

www.santoshyoga.com

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Three Holistic Healers - Accessing the Light - Cynthia Flynn—Spiritual Life Coach & Bryant Reverse Fatigue— Strengthen the Immune System - Dr. Rose Kumar M.D. & Bryant Who am I? and Why did my spirit incarnate into flesh? — Bryant Mascarenhas ONE MISSION "Help you to take charge of your health"—SANTOSH YOGA SELF-CARE

Monday December 14th 2015 6pm-8pm

Accessing the Light Code: ATL 1214
(Therapeutic Yoga—All Levels)

Cost: \$50 before December 8th, 2015 \$55 after

The light heals everything. God is love, God is light. Learn from master spirit counselor **Cynthia Flynn** and Bryant Mascarenhas, how the body and the heart is opened up as a vehicle of Light and Love. Those struggling in relationships, individually or as a couple will benefit.

Bring: your mat, two 10' foot strap, two wooden bricks, 3 blankets

Wednesday December 16th 2015 6pm-8pm

Reverse Fatigue—Many ways to strengthen the immune system Code: RF1216 (Therapeutic Yoga. All Levels) : \$50 before December 8th, 2015 \$55 after

Dr. Rose Kumar, M.D. Stanford Internist and Integrative Medicine wizard will enlighten you on how to strengthen our immune system. This is the precursor to preventative self-care and will aid in reversing fatigue. Bryant will put you into a specialized sequence of restorative backbends to charge your kidneys and immunity, while soothing the nervous system.

Bring: your mat, two 10' foot straps, two wooden bricks, 3 blankets

Workshop Policy: **Non-refundable after early bird special dates unless your spot can be filled up.** Workshops are non-transferable and non-interchangeable after Early Bird Special Date ends December 8, 2015. NO exceptions to this policy.

Do all three workshops for \$140 only

Thursday December 17th, 2015 6pm- 8pm

Who am I and why did my spirit incarnate into flesh WSF1217 (Therapeutic Yoga - All Levels)

Cost: \$50 before December 8, 2015 \$55

We implode much of our own damaging behaviors and mental attitudes into our consciousness. Learn in this workshop how to awaken yourself to the truth of your health and purpose. This workshop will reveal "the truth". Is it not said, "The truth shall set you free".

Asana inversions and twisting will "align" you, the breathing and meditation will "awaken you".

Bring: your mat, two 10' foot straps, two wooden bricks, 3/4 blankets



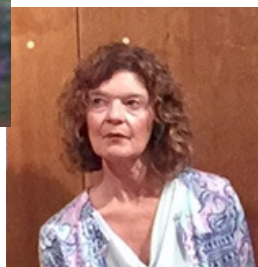
Bryant F. Mascarenhas Master Indian Yoga Teacher, Santosh Yoga and Kripa US

Dr. Rose Kumar M.D. Ommani Centre, Stanford Internist, and Integrative Medicine Guru



Cynthia Flynn

Spiritual Guide, Life Coach and Counselor



Cut out and Mail this entire part below with your payment: Santosh Yoga:

bryant@santoshyoga.com

(414) 774-9642

Check payable to: Santosh Yoga

Address: 12745 W. Capitol Drive, Suite 205, Brookfield WI, 53005

Write clearly please:

First & Last Name Contact

(Person 1) _____ (Your Email) _____ Tel: _____

(Person 2) _____ (Your Email) _____ Tel: _____

(Person 1) Workshops Code: _____

Amount Pd: (Person 1) _____

(Person 2) Workshops Code: _____

Amount Pd: (Person 2) _____

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Waiver/Release Information

By signing below I agree to the workshop policy above & waiver release information posted on www.santoshyoga.com

(Person 1 Name) _____ (Signature) _____ Date: _____

(Person 2 Name) _____ (Signature) _____ Date: _____