



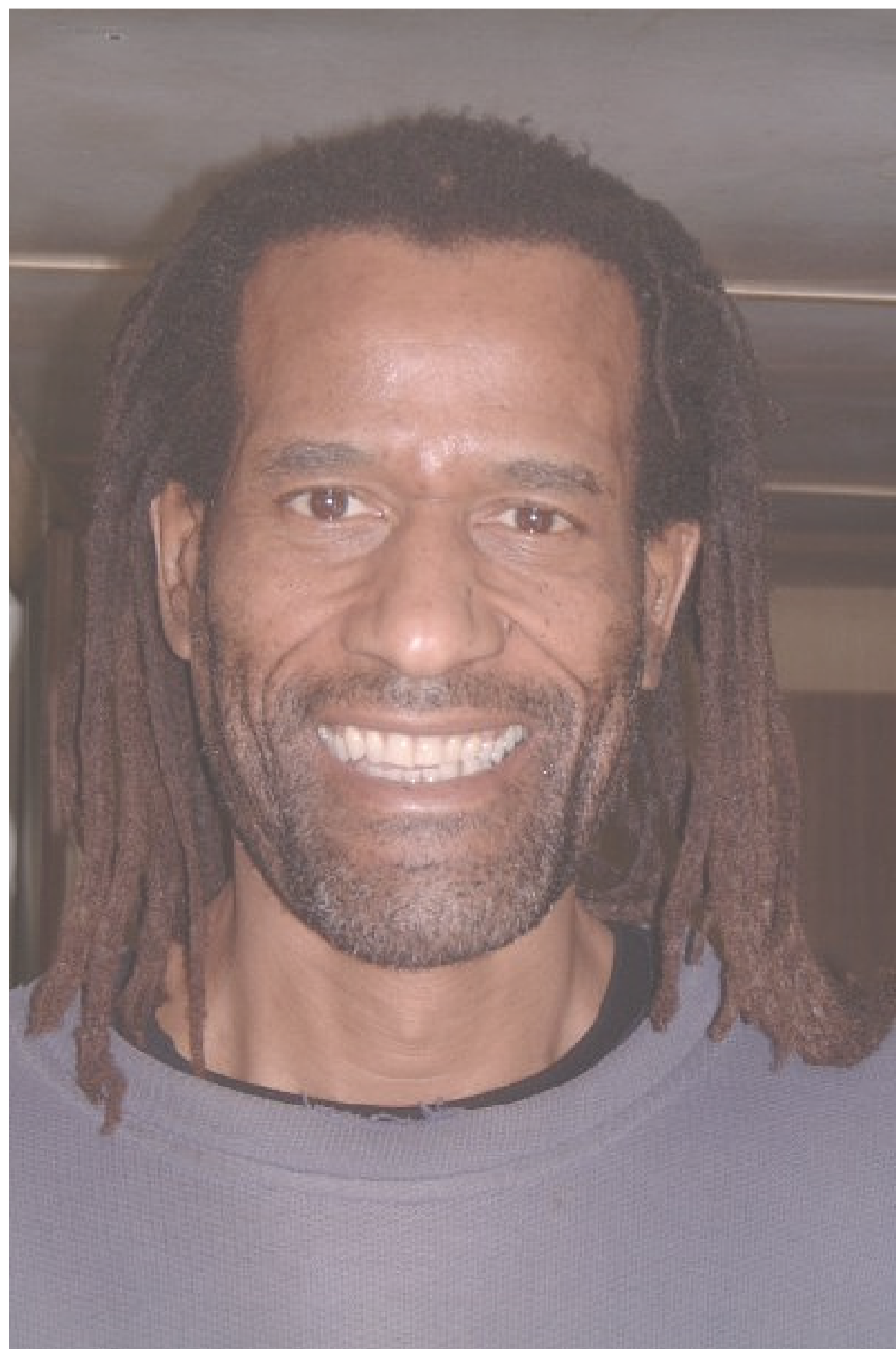
YOGAASANA WORKSHOP WITH SENIOR YOGA TEACHER

GRANVILLE COUSINS



During this 3hr session Granville will be guiding you through a sequence of standing postures to bring freedom to the spinal column, build strength, stamina and co-ordination. The session will conclude with inverted poses including Headstand and Shoulderstand.

£30 Please contact:
emmalinet@hotmail.co.uk to book



SATURDAY
OCTOBER
29TH

11AM-2PM

HALTON
MILL