

**From:** Om Yoga Show [info@omyogashow.com](mailto:info@omyogashow.com)  
**Subject:** Come and see Granville at the OM Yoga Show Manchester?  
**Date:** 9 May 2016 at 16:09  
**To:** [granville@yogawithgranville.com](mailto:granville@yogawithgranville.com)

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**om**  
yoga show  
20, 21, 22 May 2016  
EventCity, Manchester

Join me  
at the OM  
Yoga Show  
Manchester!



Granville Cousins

Hi, Granville here. I will be presenting at the OM Yoga Show Manchester - be great to see you there...

#### **YogAsana with Granville Cousins**

Saturday 21st May | 15.45 - 17.15  
Workshop Room 2 | Tickets £5

[GET YOUR TICKETS HERE](#)

Granville will take you through a flow sequence of yogAsana postures. Beginning with some opening postures for the hips and pelvis you will then be guided through a series of postures woven on the tapestry of Surya Namaskar or Sun Salutations.



## OM Yoga Show Manchester Checklist

- Purchase Entrance tickets [here](#)
- Browse available workshops [here](#)

- Take a look at the fab range of FREE open classes [here](#)
- View our exhibitor list [here](#)
- Download your FREE copy of the show guide [here](#)
- Download and print some handy quick-view timetable for the event [here](#)

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