

*Hope and healing  
through meditation  
and yoga*



How long could you be without your tech?  
Dare you join us for a **SPONSORED**

# Digital Detox?



Date:

Time:

Place:

Contact:

## **All proceeds go to The Prison Phoenix Trust (The PPT)**

The PPT supports people who live and work in secure settings with trauma-informed meditation and yoga, sensitively tailored to individuals' needs. We offer this through in-person yoga classes, taster workshops and free resources including; Books, DVDs, CDs and Newsletters.