

How long could 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.