

*Hope and healing
through meditation
and yoga*



How long can you be without your favourite thing?

**Dare you
join us for a
sponsored**

Give-it-Up Challenge?



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.