

**Hope and healing
through meditation
and yoga**



Walk in the light Be in the light



Supporting
The Prison Phoenix Trust

Date: _____ Time: _____

With the collection going 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.