

Hope and healing
through meditation
and yoga



It's Quiz Time

Fingers on your buzzers please
Join us for some charity quiz fun



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.