

**Hope and healing
through meditation
and yoga**



108



Sun Salute Challenge

**Join us and greet the sun in
this charity yoga event**

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.