

*Hope and healing
through meditation
and yoga*



Yoga Workshop



Join us for this charity
group practice in support of
The Prison Phoenix Trust

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.