

**Hope and healing
through meditation
and yoga**



suggested
donation
per person

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.