

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Date]

Dear [Yoga Student's Name],

I hope this letter finds you in good health and high spirits. I wanted to take a moment to express my gratitude for your dedication and commitment to your yoga practice.

As you continue to explore the depths of Iyengar yoga, remember that each class is an opportunity for growth and self-discovery. Pay attention to your alignment, breath, and the subtle sensations within your body.

Embrace the challenges, as they often lead to the most profound insights.

If you have any questions or need guidance, please feel free to reach out to me. I'm here to support you on your yoga journey.

Wishing you peace and joy on your mat,

Warm regards,

[Your Signature (if sending a hard copy)]

[Your Name]

[Your Title/Certification]