

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Date]
[Instructor's Name]
[Yoga Studio/School Name]
[Studio Address]
[City, State, Zip Code]

Dear [Instructor's Name],

I hope this letter finds you well. I wanted to take a moment to share my progress in Iyengar Yoga since I began my practice.

Over the past [duration], I have experienced significant improvements in both my physical and mental well-being. Specifically, I have noticed [mention specific improvements, e.g., increased flexibility, strength, balance, or mindfulness]. The precision and alignment focus of Iyengar Yoga have greatly enhanced my understanding of my body and how it moves. I particularly enjoy [mention any specific poses, sequences, or classes that have been beneficial]. These aspects of the practice have helped me [discuss any personal insights or changes, e.g., manage stress, improve posture, etc.].

I appreciate your guidance and support throughout this journey. Your attention to detail and emphasis on the foundational aspects of the practice have been invaluable to my growth. I am looking forward to continuing to learn and deepen my practice under your instruction. Thank you for fostering such a positive learning environment and for encouraging my development.

Warm regards,

[Your Name]
[Your Contact Information]