

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Date]
[Teacher's Name]
[Yogacenter's Name]
[Center's Address]
[City, State, Zip Code]

Dear [Teacher's Name],

I hope this letter finds you well. I wanted to take a moment to express my heartfelt gratitude for your guidance and support in my yoga journey. Your expertise in Iyengar yoga and your patient, encouraging teaching style have greatly enriched my practice. I have seen significant improvements in my flexibility, strength, and mindfulness, all thanks to your dedication and passion for sharing this beautiful discipline.

I especially appreciate the way you tailor your instruction to meet the individual needs of each student, making everyone feel valued and capable. Your insights and corrections have helped me deepen my understanding of the postures and their benefits.

Thank you once again for your invaluable contributions to my yoga practice. I look forward to continuing to learn from you and grow in my practice.

Warm regards,
[Your Name]