

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

[Recipient's Name]
[Recipient's Address]
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this message finds you well. I am excited to invite you to join my upcoming Qigong class, designed to promote relaxation, balance, and overall well-being through gentle movements and mindful breathing.

****Class Details:****

- ****Date:**** [Start Date]
- ****Time:**** [Start Time] to [End Time]
- ****Location:**** [Venue Address or Online Platform]
- ****Duration:**** [Number of Weeks/Classes]
- ****Cost:**** [Price or Free]

Whether you are a beginner or have experience, this class will cater to all levels. Each session will focus on various Qigong techniques that enhance physical health and mental clarity.

Please RSVP by [RSVP Date] to secure your spot. Feel free to bring a friend, and don't hesitate to reach out with any questions.

I look forward to sharing this journey with you!

Warm regards,

[Your Name]
[Your Title/Certification if applicable]
[Your Website/Social Media if applicable]