

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

Dear [Student's Name],

I hope this letter finds you well and in good spirits. As we continue our journey through the practice of qigong, I wanted to take a moment to express my appreciation for your dedication and commitment to your practice.

During our last session, I observed significant progress in your movements and breathing techniques. It's wonderful to see how you are connecting with your internal energy and cultivating a sense of calm and balance. Remember, consistency is key, and I encourage you to continue practicing the exercises we discussed.

Please feel free to reach out if you have any questions or if there's anything specific you would like to focus on in our upcoming classes. Your growth and understanding are my top priorities, and I'm here to support you every step of the way.

Looking forward to seeing you in our next session!

Warm regards,

[Your Name]  
[Your Title/Position]  
[Your Contact Information]