

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

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

Dear [Participant's Name],

Welcome to our Qigong class! We are thrilled to have you join us on this journey towards wellness and mindfulness.

In our sessions, you will learn various techniques that promote relaxation, enhance energy flow, and cultivate a deeper connection with your mind and body.

Please find below some important information to help you prepare for our classes:

1. ****Schedule:**** [Include details about dates and times of classes]
2. ****Location:**** [Provide address and directions if necessary]
3. ****What to Bring:**** Comfortable clothing, a water bottle, and a yoga mat (if you have one).
4. ****Health Considerations:**** Please inform us of any medical conditions we should be aware of.

We look forward to seeing you soon and excited to support you on your path to wellness. If you have any questions before we begin, feel free to reach out.

Warm regards,

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