

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]  
[Recipient Name]  
[Training Institution/Organization Name]  
[Address]  
[City, State, Zip Code]

Dear [Recipient Name],

I am writing to express my intent to enroll in the Qigong training program at [Training Institution/Organization Name] for the upcoming session. I have long been fascinated by the principles of Qigong and its profound impact on health and well-being.

Having practiced various forms of mindfulness and physical exercise, I believe that Qigong offers a unique approach that aligns with my personal and professional goals. I am particularly interested in exploring the benefits of Qigong for stress reduction and enhanced energy flow.

I am committed to dedicating my time and effort to successfully complete the program and apply the teachings in my daily life. I look forward to the opportunity to learn from experienced instructors and connect with fellow practitioners.

Thank you for considering my application. I am eager to contribute to and benefit from the rich learning environment at [Training Institution/Organization Name].

Sincerely,

[Your Name]

[Your Signature (if sending a hard copy)]