

Confirmation of Attendance

Dear [Participant's Name],

We are pleased to confirm your attendance at the Mindfulness Workshop scheduled for [Date] at [Location]. The workshop will begin at [Start Time] and conclude at [End Time].

During the workshop, you will engage in various mindfulness exercises, discussions, and activities designed to enhance your well-being and awareness.

Please arrive at least 15 minutes early to check in and prepare for the session. If you have any questions or require further information, feel free to contact us at [Contact Information].

We look forward to seeing you there!

Warm regards,

[Your Name]

[Your Position]

[Organization Name]

[Contact Information]