

# Registration Confirmation

Dear [Participant's Name],

Thank you for registering for our Mindfulness Workshop scheduled for [Date] at [Location]. We are excited to have you join us!

Please find the details of your registration below:

- **Workshop Title:** Mindfulness and Stress Reduction
- **Date:** [Date]
- **Time:** [Start Time] to [End Time]
- **Location:** [Venue Address]
- **Facilitator:** [Facilitator's Name]
- **Contact:** [Contact Information]

Please arrive 15 minutes early for check-in and bring a yoga mat and water bottle. If you have any questions or require further assistance, feel free to reach out to us.

We look forward to seeing you at the workshop!

Best regards,

[Your Name]

[Your Position]

[Organization Name]

[Contact Information]