

You're Invited!

Dear [Friend's Name],

We are excited to invite you to a special Yoga and Meditation session!

When: [Date] at [Time]

Where: [Location]

Join us for a rejuvenating experience that will help you relax, reflect, and reconnect with yourself.

Please bring your yoga mat and a water bottle. All levels are welcome!

Kindly RSVP by [RSVP Date] to [Your Contact Information].

We hope to see you there!

Namaste,

[Your Name]