

Letter of Appreciation

Date: [Insert Date]

To: [Facilitator's Name]

[Facilitator's Address]

Dear [Facilitator's Name],

We would like to extend our heartfelt appreciation for the mindfulness meditation sessions you facilitated at [School's Name]. Your expertise and dedication have not only enriched the lives of our students but have also contributed to creating a more peaceful and focused environment within our school community.

The feedback from both students and staff has been overwhelmingly positive, and many have expressed how your sessions have helped them manage stress and enhance their overall well-being. Your ability to engage the students and create a safe space for them to explore mindfulness techniques is truly commendable.

Thank you once again for your invaluable contribution. We look forward to continuing our partnership and exploring further opportunities for mindfulness education in the future.

Warm regards,

[Your Name]

[Your Position]

[School's Name]

[School's Address]

[Contact Information]