

# Dear [Participant's Name],

We hope this message finds you well! Thank you for joining us at the recent Wellness Retreat. We truly appreciate your presence and participation.

To help us improve our future retreats and better serve our participants, we would love to hear your feedback. Your insights are invaluable to us.

## **Please consider answering the following questions:**

- What did you enjoy most about the retreat?
- Were there any activities or sessions that you found particularly beneficial?
- What suggestions do you have for improvement?
- Would you recommend the retreat to others? Why or why not?

Feel free to reply to this email with your feedback or complete our feedback form [here](#).

Thank you once again for being a part of our community. We look forward to hearing from you!

Warm regards,  
[Your Name]  
[Your Title/Role]  
[Organization Name]  
[Contact Information]