

Invitation to Our Corporate Digital Detox Workshop

Dear [Employee/Team Name],

In today's fast-paced digital world, it's important to take a step back and rejuvenate our minds. We are excited to invite you to our upcoming **Digital Detox Workshop** aimed at helping you disconnect, relax, and recharge.

Workshop Details

- **Date:** [Insert Date]
- **Time:** [Insert Time]
- **Location:** [Insert Location]
- **Facilitator:** [Insert Facilitator Name]

This workshop will include mindfulness activities, group discussions, and strategies to reduce digital overload, allowing you to reconnect with yourself and your colleagues.

Please RSVP by [Insert RSVP Date] to ensure your spot. We look forward to seeing you there!

Best Regards,

[Your Name]
[Your Job Title]
[Company Name]
[Contact Information]