**Template of Email Text for Course Registration Confirmation**

Thank you for registering for the MLP Mindfulness Course in ­­­­\_\_\_\_\_\_\_\_\_\_\_ on \_\_\_\_\_\_\_\_\_\_\_\_\_. We are very grateful to be able to offer this course in the area, and are grateful for your participation. We hope it has many benefits for you.

The Mindful Life Program programs address the four key elements of mindfulness- attnention, wisdom, values, and an open heart, which support people to live a life that is meaningful and to cultivate inner peace and happiness. The Foundations Course offers practical, accessible and universal skills, empowering participants to transform their lives.

I am attaching the flyer for the course so you have a reminder of the times and address. We are so excited to be hosted by the \_\_\_\_\_\_\_\_\_\_\_\_(if hosted by a center or organization). Please also feel free to share this flyer with others as we do still have space, though it may fill up quickly.

I wanted to share a few details with you about our time together. The course involves a mix of teaching, small group discussion, journaling, meditation and a few short videos. We will have tea and coffee available throughout the evening and full day sessions. If you would like to bring snacks to share, please feel free to do so. For full day sessions, there will be a lunch break and participants are welcome to bring a lunch and stay to visit with each other, or get lunch at any of the local lunch spots. The center has chairs, which can be used for class and meditation (adjust as necessary). If you prefer a meditation cushion, please bring one. We encourage you to bring a notebook and pen as well.

If you have any other questions, please don't hesitate to contact me directly.

We (or I) look forward to meeting you!

Kind regards,

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