

Dear _____,

Thank you for applying for a Witness Fitness training session. Information regarding your training schedule is listed below:

Date:

Time:

Witness Fitness mentor:

Number of mentees in training session:

Zoom link:

Zoom password:

Points to note:

- 1) Bring a yoga mat with you
- 2) Wear sports clothing/ clothes you can move comfortably in
- 3) Remember to have water near you
- 4) Remember to enter Zoom 2-3 mins before the start of your session
- 5) When you enter Zoom, please remember to name yourselves accordingly, i.e. [your first name]

Thank you for your cooperation. Can't wait to see you in the Witness Fitness training session