**Sample Subject Line of Email:**A Giving Heart Request From Your Name

Greetings,

***C:\Users\Christie Ward\AppData\Local\Microsoft\Windows\INetCache\IE\A3DH66KU\Love_Heart_SVG.svg[1].png “The Heart That Gives, Gathers.”- Tao Te Ching C:\Users\Christie Ward\AppData\Local\Microsoft\Windows\INetCache\IE\A3DH66KU\Love_Heart_SVG.svg[1].png***

**Calling all Giving Hearts!** I am writing to ask for your support in the advancement of Qigong/Tai Chi self-care practices.

**Healer Within Foundation (HWF)** is a non-profit, 501(C)3 which supports the teaching, learning and sharing of Tai Chi/Qigong and other mind-body-spirit practices. With a working board of dedicated volunteers and a staff of one, Healer Within Foundation operates lean, but has empowered thousands of individuals to learn self-care practices. Your donation makes a difference!

As a Tai Chi/Qigong Teacher (or Practice Leader or someone who practices regularly) I continue to experience the health benefits and be passionate and excited to share self-care practices with others!

**Key activities I can report this year**:  (Customize list per your experience)

Provided weekly ZOOM virtual Qigong/Tai Chi practice sessions in the spring and fall of this year;

Participated in HWF Facebook Live sampler sessions;

Led Tai Chi Easy Practice Leader Certification LIVE or ONLINE training.

**My intent is to raise $214 to support this important work. So, I am asking you to consider making a donation to the Healer Within Foundation.**

**Mail Donations to**: Your name and address

Please send me a check payable to Healer Within Foundation and I will celebrate/add to my fundraising goal. I will forward to Healer Within Foundation at month end. 

**Or** Mail Directly to:Healer Within Foundation Admin. Office, P.O. Box 6401, Lincoln, NE. 68506.

**Or** Donate Online**:** [www.healerwithinfoundation.org/donate](http://www.healerwithinfoundation.org/donate)

Thank you for your help in reaching my goal! Thank you for YOUR giving heart! I believe this is very important work and many benefit from the powerful gift of self-care!

Wishing you Peace and Health,  
  
Your Name