

Dear Sarah,

Thank you so much for the trial dive. I thoroughly enjoyed it, and I wouldn't had had such fun if you hadn't taken us for the lesson. I have completely overcome my fear of my lungs popping! When I first got in the water, I was absolutely terrified, but you were so calm and I think that had an effect on me, as the fear inside me decreased. I am probably going to have a diving party, so, hopefully, I look forward to seeing you there.

Lots of love and thank you again,

Lottie

xxxxxx