

Hello Team!

Video update [RIGHT HERE!](#)

It's starting to feel like that special time of year around the studio - the Christmas decorations are up, the shop is shining with new merch (don't forget you get your EE discount!), and there's a full lineup of [special events happening](#) this month - from our Sound Bowl & Music pop-ups to our Remembrance Day practices that honour reflection and gratitude. The studio is buzzing, and it's all thanks to your efforts behind the scenes that keep everything feeling clean, calm, and welcoming. Thank you for all that you do.

Successful Practice + Hangout

I had such a great time practicing and hanging out with everyone who was able to join! Thank you for coming out and bringing such good energy. It's always great to connect outside our usual studio flow and share some practice time together. I hope you enjoyed it as much as I did.

Little Details, Big Difference

Thank you for noticing and handling all the small tasks that help keep everyone's shifts running smoothly. It really does make a difference when we stay on top of the little things like restocking Kleenex, toilet paper, hand towels, and grey towels; refilling mat spray, weights spray, and vinegar water for mirrors if they're below half full. Using your checklists helps make sure these small but important details never get missed. I appreciate your consistency and care here - it keeps the studio flowing beautifully for everyone.

Laundry Loads

A quick reminder not to overstuff the washer or dryer. It might seem like a time-saver, but in reality, it slows things down - loads take longer and don't come out as clean or dry. A little breathing room in the machines keeps things moving efficiently.

Shop Vac

We have a new shop vac (farewell, King Charles—your service will be remembered). Please use the new vac in the front vestibule when the mats are wet throughout the winter. Once the mats are dry, the Sebo Dart is fine. After using the shop vac, be sure to empty it out so it's ready for the next person. The Shop Vac is to be stored in the linen closet.

Welcome Marvin!

Please join me in welcoming **Marvin** to the team! He's been handling Friday nights for the past month and doing a terrific job. Great to have you with us, Marvin.

Thank you Patricia!

Patricia has been an absolute **ROCKSTAR** on our Monday nights - an occasionally difficult shift. She will be leaving the team in the next couple weeks and has been gracious enough to help onboard our new team members. I extend my gratitude to Patricia for all of her hard work - thank you so much for everything you have done!

Monday Night Openings

We have some open EE shifts on Monday nights, so expect to see a few new faces joining the team soon. If you ever notice someone new, please give them a warm welcome and help them feel at home.

Barrie Colts Game – 2 Months Away!

Our Barrie Colts night is coming up fast—**Saturday, January 10 at 7:30 PM**—and we want to make sure everyone gets a seat! This one's for the whole Namaste North crew: instructors, front desk, EE team, and even some members and +1s. [Grab your ticket soon](#) - use the **promo code GRP0110** and then **ZOOM IN** on **section 113**. Join us for what's going to be a fun night out together.

In Closing

We're heading into one of the busiest and brightest seasons of the year, and it's so rewarding to see the studio full of energy, smiles, and the sparkle of your hard work everywhere. Take a moment to notice how beautiful the space looks right now—it's the result of all the love and care you pour into it each week. I'm grateful for this team and all that you do to make Namaste North shine.

With appreciation,
Zak