

Hey Team!

[Video link HERE!](#)

The Website: <https://www.namastenorth.com/energy-exchange-teammember>

Hope you're all feeling strong, grounded, and appreciated — because you *are*. Every shift you complete and every thoughtful task you take on helps keep our studio running beautifully. Just a few quick updates and reminders to keep you in the loop and make your job as smooth as possible!

Shower Soap – A Temporary Switch

Our beloved shower soap supplier, Routine, is currently facing supply issues. That means we're temporarily unable to get more of *Johnny's Cash* and *The Curator*.

In the meantime, we'll be using *Lucy in the Sky* in the men's showers.

However, please **do not fill the soap dispensers to the top**. Just top them up to about **1/4 full** — enough to last about a day. That way we can stretch our supply until we receive more of the usual scents.

I'll let you know as soon as we're ready to swap back. Thanks for your attention and diligence in helping with this (hopefully temporary) fix.

Rental Mat Care

We've noticed that some of our rental mats are getting a little "bent" when being stored.

Please roll them tightly and insert them gently into the mat rack. If you see a mat starting to curve or bend from rubbing against the others, please take a second to adjust it so they all stay in great condition.

A Reminder About Your EE Benefits

Don't forget — as part of the EE team, you get some awesome perks!

- You can **bring unlimited first-time guests** to class. That includes anyone brand new to Namaste North or returning after more than a year. Feel free to invite your friends and family!
- You also get **unlimited classes** for yourself (yay!). Just remember that **no-show and late cancellation fees still apply**, so be sure to remove yourself from class if you can't make it.
- That said, many "full" classes often end up with a spot or two open — so if you're on the fence, feel free to swing by and see if a mat opens up!

You're the heartbeat of the studio, and I can't thank you enough for all the small (and big!) things you do. If you ever notice anything that could be improved — from cleaning gaps to supply issues — or have an idea to make your shifts easier, I'd love to hear from you. Your feedback makes us all better.

Thanks again for being the amazing humans you are.

With appreciation,

Zak