

My name is Amber Richards, I am the owner of Oxygen Yoga and Fitness Regina South. I am requesting that my application to have a yoga and fitness studio at 102-3775 Pasqua Street be approved by City Council. I am very excited to bring Oxygen Yoga and Fitness to the community of Lakeview and surrounding area. We are a company which is very connected to its community. Rachel Suttill, who is here today with me, is the Franchise owner of the Saskatchewan Territory. She has a studio in the north end of Regina and has done an amazing job of establishing the Oxygen brand here in Regina. She has been involved in a number of local charities and always gives back to the community when she can.

Oxygen Yoga & Fitness will be a nice addition to the other commercial businesses in the community bringing health conscious patrons to the area. We consider ourselves to be a little different than more traditional yoga studios. We strive to engage our clients and create a welcoming and inclusive environment where participants can practice yoga or take a variety of fitness classes in our far infrared heated studio. Classes range from Deep Stretch and Relaxation to Power Yoga and more Bootcamp style fusion fitness classes. We also offer a few specialty non-heated classes for special population groups such as Prenatal Yoga, Mommy & Baby and Little Yogis in addition to specialty workshops on topics such as meditation, wellness, etc. We truly have something for everyone.

Our primary focus is to help members gain a better quality of life and celebrate goals and milestones such as pain reduction, improved flexibility and performance over physical appearance. We are focussed on the mind body connection, mental, emotional and spiritual health. We truly want our members to be able to say, "I love my life."

We will run 5-7 classes daily Monday to Sunday. Peak times are in the early morning (6:00 am) so members can attend before work and after 4:00 pm. We will have some classes later in the morning as to accommodate the stay at home parents and shift workers.

Oxygen Yoga and Fitness will be a great fit for the Lakeview community and we appreciate the opportunity to share our story. We are eager to get started as we believe we offer a truly special concept that will be well received in the community. Thank you for your time and for considering our application for re-zoning.