

# QUANTUM YOGA CLUB

Located at the corner of the historic Hudson Building, Quantum Yoga is not just another hot yoga studio but a place for people to achieve their full potential, be challenged and learn about themselves.

Melissa Smith is the new owner of quantum yoga, and she is delighted to have taken the risk of becoming a business owner during the pandemic. She worked out the acquisition plans in April 2020, but everything was put on hold when businesses started closing due to provincial health mandates. To Melissa's surprise, previous owners wanted to shut down the studio; thus, melissa started negotiating the acquisition and took the risk of starting a business amid a global pandemic acquiring Quantum Yoga in August 2020. She knew her decision was risky, but she believes in the community and understands the importance of having a healthy mind and body now more than ever.

Melissa shared that it has been challenging to start a business with so many restrictions to ensure the community's safety and well-being. However, she appreciates all the rules and mandates because they gave her clear guides to create a reopening plan and continue with the business while adapting to a new normality. It has always been important for Melissa to run a place where people can escape to concentrate on their body and mind, which is extremely important to cope with the life changes we have all had.

To date, the studio is operating at 1/3 of its total capacity, following social distance recommendations and all mandates from the provincial government to provide a safe space. Melissa is thankful that after one year of owning Quantum, she has been able to make profits that at least pay the bills, which reassures her that her efforts to keep the studio doors open and available for the community have paid off.

She hopes more people get to know the studio and dedicate time to strengthening their body, mind, and soul with Quantum's many different yoga practices, so they can continue to help you and support your unique journey.



Melissa Smith



Don't be afraid to share the love and this healthy habit with your friends and family during this holiday season. Giftcards and class punch cards are available at the studio to help you introduce your loved ones to the Quantum Yoga community.

