

The Evolution of the Yoga Studio

stratusphere

yoga

The world is changing what was state-of-the art yesterday is often outdated today. Small retail stores are evolving into huge big box retail, Dentistry has evolved from an ordinary dark dingy dental office to what we know today as Spa Dentistry. The local grocery store has expanded to your super stores. With a distinct vision Canadian celebrity Trish Stratus has now evolved the traditional yoga studio to yoga bliss. Wanting to create a sort of community center, a place where people seeking health and wellness could come and find guidance, answers and solutions. Located in the heart of Vaughan you will find Stratusphere Yoga, 5000 square feet of pure stratusfaction.

Trish like many of us always despised the whole 'cattle call' of waiting in a bunched up line to get to class, in our lives today we have enough of that feeling on the subway, in line at Starbucks or the grocery store. With this in mind she knew that if people were taking the

time to escape from their day, the sense of release has to happen the minute you walk in the door. No need to stop at the front desk to check in, although you will not be able to resist yourself from stopping to chat with the smiling Yogis at Stratusphere, just go ahead and begin unwinding.

With the help from her Husband a residential builder and their own architects together with Trish's design flair and personnel touches Stratusphere was born. As you first walk in you feel untroubled and inspired, quickly you are drawn to the lounge area the heart of the studio. A relaxing space where you will find books and magazines in the Yoga library, screens that flicker with peaceful scenery, information about classes, upcoming events or tips on how to go a little deeper in a pose. With the ambience of a friends living room, citrus flavoured water and candles flickering in the background. Your very own sanctuary, hanging out before and after classes with other students and teachers gathering around to elicit conversation, a true meeting place for like-minded people.

Stratusphere is a multi-disciplinary studio. Featuring three large state of the art studios among Bamboo floors and grasscloth wallpaper. Sweating out the toxins in the hot room that people love, as the temperature rises you can actually smell a fresh grass scent from the



wallpaper, nothing like a little aromatherapy during your class.

Stratusphere makes it easy for students to put yoga into their lives with classes all times of the day. You can do your yoga before work, after work or before you go out on the town you can do it all here. With change rooms that boast a spa like feel, and firmly believing you should have the same rejuvenated and renewed feeling after your class as you have after a spa treatment. You will find little pleasant touches in the change rooms, like in the shower there is a dry off area to disrobe before you step into the shower, hairdryers, lotions, even hair elastics all these little

touches that Trish has gathered from all the spas and fitness centers that she has had the opportunity to visit over the years through her travels with the WWE and her travel show Stratusphere.

Environmentally friendly and aware Stratusphere Yoga provides a towel service and has no paper products. You will also find Canadian made merchandise, along with products that pertain to living the yoga



lifestyle whether it be what you wear, a cookbook on what you eat or health snacks you





see Trish at the studio. Many people are under the impression that she has just put her name on the building to sell the concept. Truth to be known everything about Trish is yoga! Whether she is hanging in the lounge, chatting about yoga or doing her own daily practice, Stratusphere is a part of her everyday! And is proud to put her name on the sign it truly represents everything about Trish Stratus. You can feel the passion and character from the moment you walk in. Stratusphere is not just a studio it is a way of life!

REVIVE



New to yoga? Trish Stratus gives first timers the Top 10 Revive Ready List

1. First time students should arrive at least 20 minutes early - leave time to register and get comfortable in your yoga surroundings
2. Come to class clean and free of fragrances - most facilities are a fragrance - free zone.
3. Yoga is best enjoyed on an empty stomach - eat lightly or not at all at least 2 hours before class.
4. Come hydrated - be sure to drink water before and after class (especially if you are attending a HOT class) - some studios prefer you to not drink at all during class.
5. Most studios will expect you to turn off your cell phones as you enter- it's quiet time.
6. Remove your shoes as you enter the facility.
7. Be sure to inform your instructor of any injuries, this will help guide them with any adjustments or modify poses if necessary.
8. Check your ego at the door - no one is paying attention to you, your practice is for you and only you!
9. Don't tell use the "I'm not flexible enough " excuse ... that's the whole point, to increase your flexibility - be patient, it will come!
10. Have fun - your body will thank you for it!

For more info on Stratusphere or questions for Trish Stratus email your questions to Trish@revivemagazine.ca.

Stratusphere, 255 Bass Pro Mills Drive, Vaughan, ON, L4K 0A2
905-760-YOGA • www.stratusphereyoga.com