



Case File No. 17-0030 Blisstopia Yoga





Yoga by Blisstopia Summary for Conditional Use Permit for City of Blaine

Yoga is an ancient discipline that explores, develops, and integrates the body, mind, and spirit. Yoga systematically stretches and strengthens muscles throughout the body, increases circulation to internal organs and glands, quiets the nervous system, and improves concentration. This ancient system of self-care brings vitality, health, deep relaxation, and peace of mind.

Deep relaxation is taught in each class after completion of the postures. The intention of the teachers at Yoga by Blisstopia (YBB) is to assist students in the development of physical, mental, and spiritual well-being: a truly priceless health advantage.

The Yoga by Blisstopia studio is membership based and will offer class passes as well. Courses offered include Hot, Vinyasa Flow, Curvy, Gentle, Beginner's and prenatal workshops in related topics. The Studio features well-trained, professional teachers, progressive teaching methods, a non-competitive and encouraging atmosphere, and a beautiful studio.

The Yoga by Blisstopia Studio also has a small boutique that will sell clothing and yoga training aides.

Lana Anderson-Kuchynski, M.A., founder of Yoga by Blisstopia, is one of Ashtanga Yoga's leading teachers in the Midwest. She conducts workshops and teacher trainings for CEU's. She has been a yoga practitioner since 1995 and a meditator since 1986. Lana is also certified as an Ayurveda practitioner and primordial sound meditation teacher through the renowned Chopra Center with Deepak Chopra in Carlsbad, California. She is registered with the national Yoga Alliance as an experienced yoga teacher. She has also been a CPR instructor with the American Red Cross since 1993.

There will be two studios in the space – one hot and one not. There will be two bathrooms available to members and students as well as the teachers. There will be approximately average of 10-15 students at any given class time throughout the day. Classes will start as early as 6am and go until 8pm Monday through Friday with an average of 4 classes per day. Weekends will typically have 2-3 classes on Saturday and Sunday mornings. There is ample parking in the lot – over 100 spaces.

Blisstopia Yoga

10611 Baltimore St NE

Blaine, MN 55449

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CONTRACTOR: TRINITY COMMERCIAL CONTRACTING		
Suite 719 Bloodbury HN 55075 shinlock-trinky-contracting.com Contact: Steve Brislock		
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GENERAL CONSTUCTION NOTES

THE GENERAL CONTRACTOR SHALL FIELD VERIFY ALL CONDITIONS AND DIMENSIONS PRIOR TO BEGINNING WORK.

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 SUBSTITUTIONS SHALL NOT BE ALLOWED WITHOUT THE APPROVAL OF THE OWNER OR THEIR REPRESENTATIVES.

4. EACH CONTRACTOR SHALL EXAMINE BORK PERFORMED BY OTHERS TO BIRCH HS BORK ADDINS OR IS APPLED PRIOR TO STARTING ANY OPERATION AND SHALL REPORT ANY CONDITIONS THAT BILL PREVINT SATIFICATION COMPLETION OF HIS CONTRACT TO THE GENERAL CONTRACTOR.

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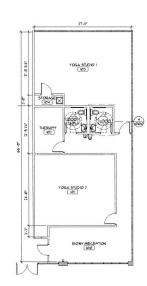
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