

Success Story

Jade Wellness



Shirling Kao has been living and working in Sault Ste. Marie for seven years. She was a yoga instructor and was teaching at a local yoga studio “The Yoga Door” for one year (2008) when the owner of the studio made the decision to move out of town. Shirling had such a passion for yoga and wellness related teachings that she decided to take over the studio which was “The Yoga Door.” “I felt very blessed to have been able to expand my passion, which is teaching yoga and helping people with their overall well-being,” owner and operator Shirling stated.

Shirling made the decision to move locations and was looking into changing the name of the operations. Once Shirling found the building in the downtown area of Sault Ste. Marie, she approached the Community Development Corporation of Sault Ste. Marie & Area. The

CDC of SSM & Area helped financially so Shirling could purchase the building (677 Queen Street East).

In 2010, Jade Wellness opened in the downtown area offering many classes including yoga, pilates, strength training, and other contemplative and expressive art classes. “Here at Jade Wellness we aim to create a non-competitive and welcoming atmosphere for everyone to come and discover his or her true potential. If every client leaves our studio feeling better than before, we have had a successful day. Whether they found great fitting clothes, enjoyed a class or a massage, every bit of positivity, every soul lifted is a success and we witness this every day,” Shirling stated.

Jade Wellness started its operations with two front desk staff and two teachers. Currently they employ, three front desk staff, ten teachers and eight therapists. They are growing year by year, however, that does not come with its challenges. Shirling says, “Getting the word out has been our biggest challenge. In the beginning, we rarely had foot traffic, even though we are located in the downtown area. We have had to try and change people’s habits to shop downtown, because, once they enter through our doors, they are blown away by the clothing offered, the classes we teach and the wellness massages available.”

Jade Wellness makes a conscious effort to minimize the negative impact to the environment. They use only eco-friendly, low-VOC paint and bamboo flooring, which is one of the most renewable resources for flooring. They also incorporated a low-flow plumbing system, programmable thermostat and compact florescent light fixtures to save energy.

The CDC of SSM & Area wishes Jade Wellness the best of luck with any future plans.

Jade Wellness is located at 677 Queen Street East in Sault Ste. Marie.

Be sure to “Like” Jade Wellness on Facebook and visit the website at www.jadewellnessstudio.com

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