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Living in the Moment
Meet the Batemans

SEE PAGE 4

Living in the Moment Meet the Batemans

By Dakota Barber



Photos by Bill Meachem,
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Traci met her husband Mike in Calgary after the two were set up at a Halloween party.

"I originally declined, but Mike charmed me into going to the party," smiles Traci. "There was an instant connection!"

Six months later, Traci found herself moving to Edmonton to join Mike.

"We were married a year later!" she adds.

The Batemans have built a beautiful life in Edmonton with Mike's two sons, Wilson and Maxwell, and their two golden doodles, Gizmo and Jigger.

"We love the Terwillegar neighbourhood," says Traci. "There is so much community support and advocacy. As a small, independent business we rely on this community!"

Traci and Mike are the proud owners of Bliss YogaSpa, a luxury retreat featuring a spa, medi-spa and yoga classes.

"We have created a judgement-free zone for you to relax and rejuvenate," explains Traci. "At Bliss, we want to transport you to a place that hasn't existed in Edmonton before."

The pair have worked alongside their team to create a place that provides you with a sense of peace, harmony and

well being.

One of the core values behind this local family business is balance.

"We believe that the balance of body and mind are just as much a personal practice as it is a business practice. Being mindful and present helps us to be balanced."

Mike's family have been grocers in Edmonton since 1932.

"They've run IGA, Sobeys and Red Roosters," explains Traci. "His grandfather's first store is on 99 Street, where Mike is currently redeveloping the site."

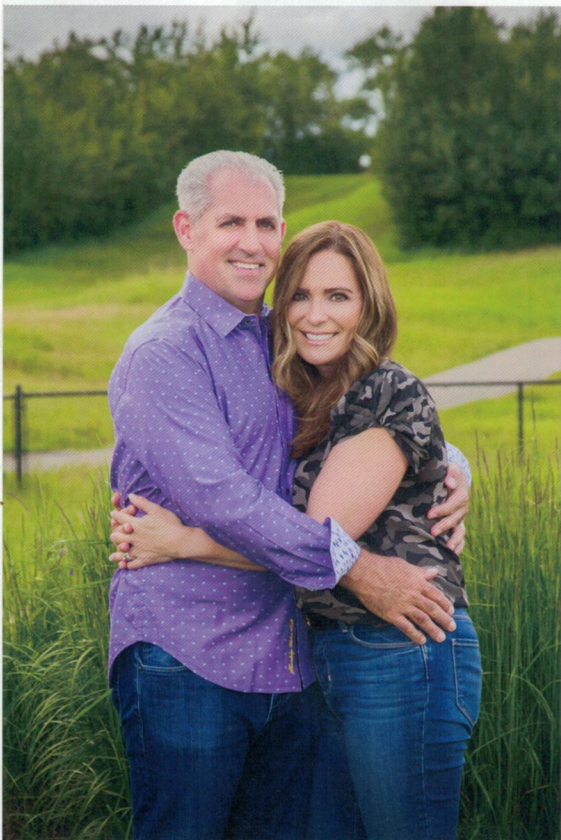
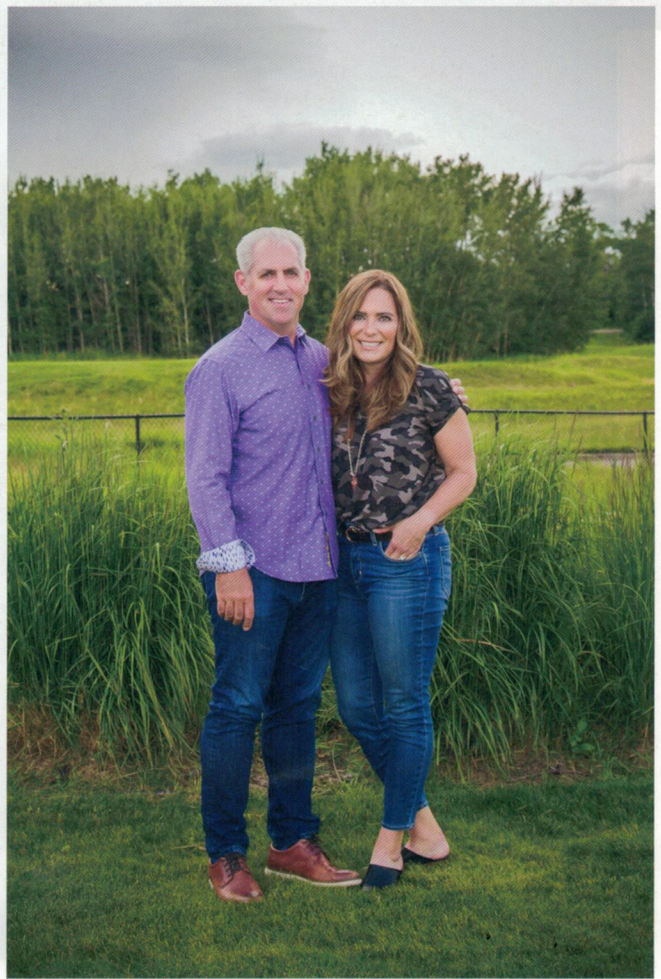
When Mike sold his last Sobeys store in 2011 and was looking for another project, Bliss was born!

"Our business partner, Dorothy Fonseca, worked with Mike in the grocery stores for over 20 years," adds Traci. "Dorothy is the General Manager at Bliss and we consider her part of the family."

Promoting health and wellness is more than a business plan to the Bateman family, it's a matter very close to their hearts.

"My mother died of breast cancer, and Mike's mom is a breast cancer survivor," explains Traci. "So when we were deciding on skincare lines, we knew the products needed to be of the highest quality. All of the skincare lines are free of parabens, propylene glycol and phthalates; all of which have been proven to be endocrine disruptors which can contribute to developing cancer."

Generously caring for others is a value both Mike and Traci share, and it shows in the many ways they give back to their community.



"Through Mike's land redevelopment project he is a big supporter of YouCan Youth Services," says Traci. "I've worked with the Lurana Shelter and I was with CASA prior to the COVID-19 pandemic. We have worked with Zebra Child Protection together as well!"

When it comes to having fun, this family of four takes it to the green.

"We're a family of golfers," says Traci. "Wilson is a professional golfer on the Latin America PGA, and Maxwell did long drive as a teenager."

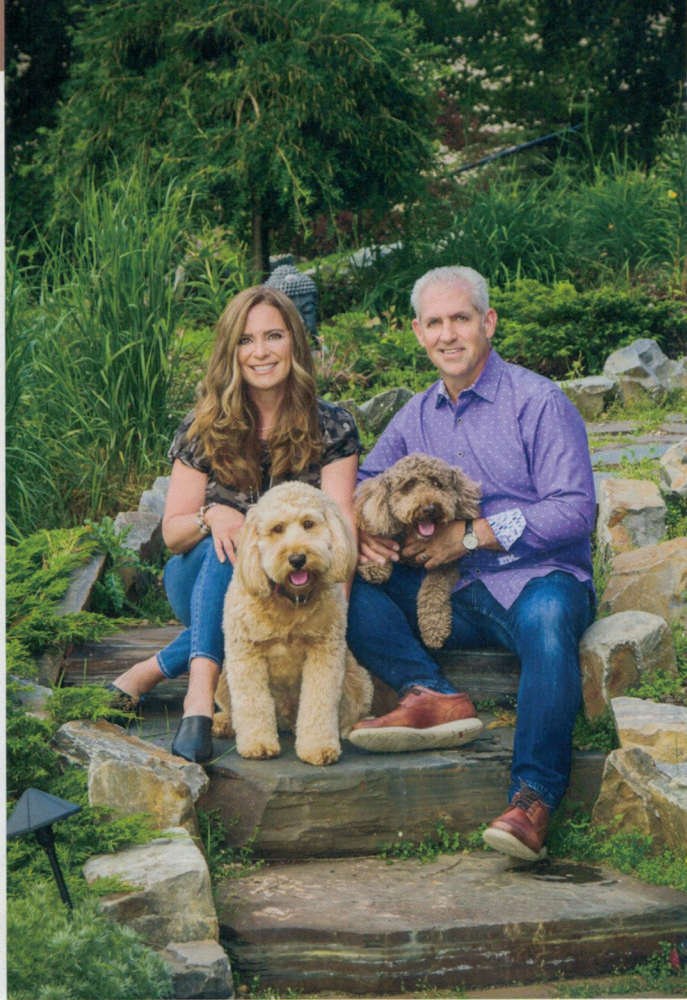
Both Traci and Mike have also won several Club Championships!

At home, there's plenty of furry cuddles to go around.

"When we lost our 15-year-old labradoodle last March, we adopted our golden doodle named Jigger a few months later," explains Traci. "He loves his big brother Gizmo, also a golden doodle. They love to play in the snow in the winter and chase balls around!"

While they love their community in Terwillegar, Traci and Mike are looking forward to a time in the future when

continued on page 6



they can travel again and enjoy some tropical weather. "Cabo San Lucas in Mexico is our favourite destination," adds Traci. "We love the people, the food, the climate and the lifestyle."

One day the pair dream of living in Cabo and retiring there. Adios, amigos!

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