



Newsletter – APRIL 2025

Rooted & Rising - Exploring New Strength at Thermal Horizons



Dear Thermal Family,

It's been just a couple of months since we introduced Pilates to Thermal Horizons, and what a joy it's been to watch your curiosity turn into enthusiasm. We've loved seeing new faces, hearing your feedback, and witnessing how seamlessly this new offering is becoming part of our shared rhythm.

Pilates adds something beautiful to what we already hold sacred here. Where yoga invites introspection and flow, Pilates brings focused alignment, strength-building, and structure. They support each other (like our community members), offering different doors to the same place: connection with yourself.

One of the things I've loved most lately is simply being in the space, chatting with you after class, and hearing about your day, your goals, your discoveries. That's the heartbeat of this place. It always has been and it always will be.

If you haven't lingered lately, consider this your invitation. Stay for tea, read a book, meditate, or cozy up with your laptop and get some work done. This studio was built for more than just movement—it was built for you, and now that we have all this space, please use it in whatever way fills you up.



I'm especially thrilled that this month's newsletter features the voice of one of our own, Erica Brown, who shares her reflections on trying Pilates for the first time and connecting with our teacher, Megan Olind.

And as a teaser for next month, we'll be featuring a fantastic piece from John Carter. I had the pleasure of reading it early, and one line in particular stuck with me: "Fix your posture—because hunching over your phone isn't a good look." It's sharp, funny, and full of the practical insight John brings into every room he walks into. I can't wait for you all to read the full piece in May.

Hearing your voices in writing reminds me how deeply healing work fuels creativity. I love seeing the poems, journal entries, art, and inspired thoughts you share after class. Please keep them coming. If you've ever felt moved to create something about your experience—whether it's about yoga, Pilates, the sauna, ice bath, or simply sitting still—I'd be honored to share it. We're always looking for more voices to feature, and there's something so powerful about sharing our stories.

Thank you for continuing to grow with us. I can't wait to see where our collective path leads next.

With love,



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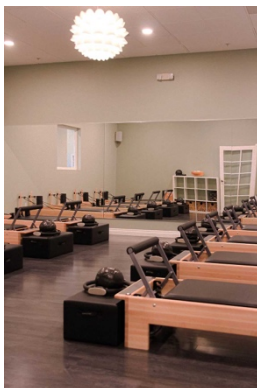
Exploring Pilates with Megan Olind



By community member Erica Brown

I wasn't sure what to expect when I signed up for my first Pilates class with Megan Olind at Thermal Horizons. I'm a yoga regular, so walking into something new—even in a place I love—came with a mix of excitement and nerves.

But Megan met me at the door with a big smile and a playful joke about socks ("If you don't have the grippy kind, I'm kicking you out!"). Instantly, I was at ease with her humor and relatability.



The Pilates room is serene—low lights, not an overwhelming number of reformers, cozy but spacious.

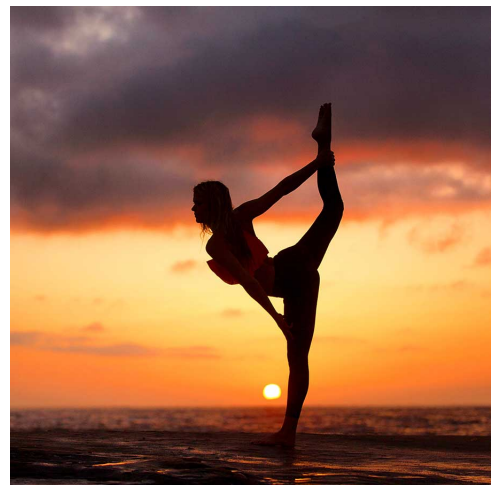
Megan gave me a quick rundown of the reformer machine and helped me feel confident. The woman next to me said she'd only been taking Pilates a few weeks and was already "obsessed." That gave me hope.

The class was 45 minutes long. I wondered: Could this really be enough time for a workout or even to settle into my space? I'm used to flowing, sweating, and centering through yoga for at least an hour, and this seemed... gentler from the onset (I get to lie down on this comfy raised cushion?) But I quickly realized Pilates is a different beast.

We started lying down on the comfy cushion (that rolls)—feet on the bar, doing controlled pushes that seemed small but demanded full focus. Then we moved into lunges off the side of the reformer (and I had to take a break, but so did others). There was upper body work, core twisting, and even a steering wheel-like ring for resistance that had my core firing up! Megan gently corrected the position of my feet and knees a few times, and it made all the difference.

By the end, I was glowing—not drenched in sweat, but stretched, strong, and taller, somehow. The next day? I was sore in all the places that don't usually get sore in yoga. It felt amazing.

After class, I sat down with instructor Megan Olind to learn more about her story and what had just happened to me (because I was already kind of obsessed).



She's been a yoga instructor for 11 years, but Pilates became a new passion when colleagues encouraged her to expand her offerings. At first, she felt unsure—"I didn't think it was something I could do," she told me. "But once I got the hang of it, I realized, if I can do this, my clients can too." Now, she blends the two modalities seamlessly—structure and alignment from Pilates, spirit and intention from yoga.



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Her classes reflect that blend. “I want people to feel strong and seen,” she said. “I’m not here to make it perfect. I’m here to help you connect with yourself.”



Megan is hands-on in the best way. She adjusts form gently, never with judgment, always with care. “I used to be scared of overcorrecting,” she told me. “But now I realize people come to class to learn. I just want them to feel safe and supported. No shame—just discovery.”

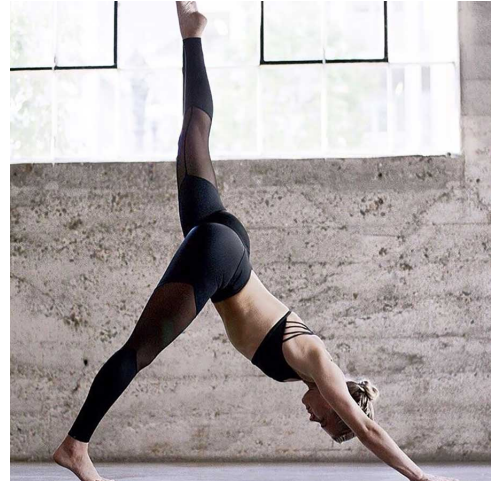
And the vibe? So fun. Her playlists are full of upbeat R&B and hip-hop—she joked that some songs are like a “little reward” to help us push through the burn. That energy carries into how she teaches. She’s warm, funny, and real.



She’s not the “typical yogi,” as she puts it—she listens to Kendrick Lamar, eats meat, and believes your practice doesn’t have to look a certain way to be transformative. “There’s no one mold for a yoga or Pilates student,” she said. “I love helping people realize they belong here exactly as they are.”

“Yoga gave me purpose,” she said. “Weights gave me strength. Pilates gave me alignment.” That combo is her

sweet spot, and you feel it in every cue and every class. Her favorite thing to do? “Help clients love their bodies again. Movement shouldn’t be punishment—it should be joy.”



Megan teaches yoga on Monday and Wednesday nights and Pilates on Monday and Wednesday during the day and Sunday mornings. She’s been with Thermal since January and says the studio’s vibe is different—in the best way.

“What stands out most to me is the energy. The people here are actually invested in their personal growth. And Jaime and Ben? They show up as their highest selves every day. That’s rare.”

She smiled as she talked about the people who walk into her classes: “When people walk through the doors to get to my class, that’s the hardest part. After that, all that’s left is finding balance and feeling proud.”

After taking her class, I felt just that—proud.

I’ll be back. And if you’ve been curious about Pilates, I hope you’ll join me. Megan’s classes are the kind of place where you can try something new and walk out feeling stronger, softer, and a little more like yourself.