



Newsletter – AUGUST 2024

Ovarian Cancer Awareness Month: Honoring My Mother, Joanne Carol Melton



****September is Ovarian Cancer Awareness Month,**** a time to support those currently battling this devastating disease and to educate others about its impact. This year, nearly 20,000 women in America will receive the life-altering news that they have ovarian cancer. It's a stark reminder of the importance of awareness, early detection, and support for those affected.

For me, September is also a time of personal reflection and deep emotion. It marks the anniversary of my mother's passing on September 1st, 2022, after a brave battle with Stage 4 Ovarian Cancer. My mother, Joanne Carol Melton, was more than just my mom—she was my best friend, my safe haven, and my beautiful hippy queen. Her spirit was one of love, creativity, and an unwavering belief in the power of healing.

In the midst of her illness, we created [Thermal Horizons](#), a sanctuary born out of our shared desire to escape the harsh realities of cancer. We envisioned a healing and wellness center where people could come as they are, free from judgment, to practice healing modalities that soothe the body, ease the heart, and uplift the spirit. Sound healing sessions became our daily ritual, a sacred time to bond, dream, and hold on to hope.

As her condition worsened, the realization that she was leaving this earth shattered my world. But in that profound grief, I chose faith over fear. I felt a deep calling to transform our dream into a reality, to build a legacy of wellness in her honor. It was a leap of faith, a commitment to turn my sorrow into something beautiful—a gift that would keep her spirit alive.

Though she never saw the doors of Thermal Horizons open in full bloom, she did experience one magical day where she walked through the space, blessed it with Palo Santo, and shared tears of joy and love. That day remains the best of my life, a bittersweet memory that fills my heart with both sorrow and gratitude.

Today, almost 3 years later, Thermal Horizons has grown into a vibrant community of 679 souls and counting. We are united by the belief that wellness begins with embracing and respecting the body, mind, and spirit. Here, health and self-realization are seen as reflections of the love, authenticity, and harmony we cultivate within ourselves.

****In honor of Ovarian Cancer Awareness Month,** we are offering a special membership opportunity in Joanne's name as we continue to celebrate her legacy and the vision we brought to life together.**

For the month of September, we're offering a **3-Month Unlimited Membership—a chance to explore practices and experiences that nourish your soul in a space built on authenticity, transparency, grace, and love.**

Why Now?

The best things in life are simple. The time to prioritize your well-being is now. All it takes is the decision to love and care for the most important person in the room—****YOU****. 💖

How to Join:

- Tap the link above.
- Visit us at thermalhorizons.com.
- [Download our app from the Apple or Google Play store.](#)

My mother and I believed deeply in creating a space where people could leave their baggage at the door



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and embark on a journey of healing and self-discovery. At the end of the day, life is simple—it's about walking each other home, hand in hand, with love and compassion.

Thank you for being a part of this journey. Your support means the world to us, and together, we continue to honor those we've lost and uplift those still fighting.

I am deeply grateful to our exceptional team of teachers who are not only dedicated to their craft but are also actively seeking out and nurturing the vibrant community we have here at the studio. Their passion and commitment help us create an environment where every member feels seen, supported, and inspired.

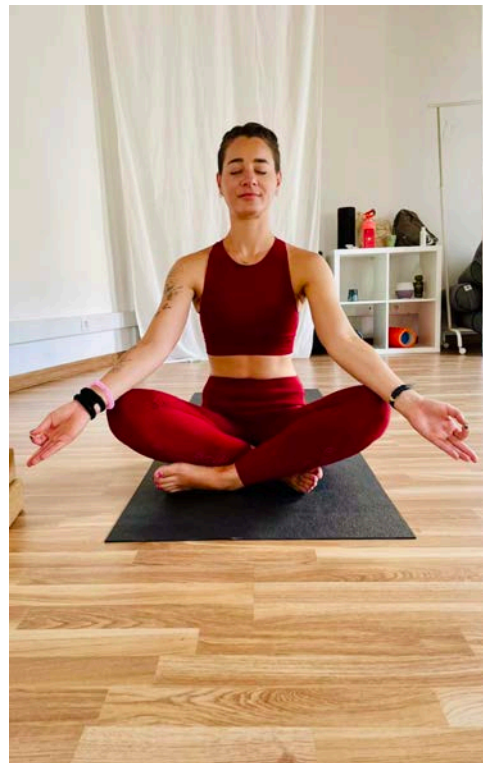
Your unwavering love and support continue to inspire us each and every day. Witnessing the connections that form within our studio, the growth of individuals, and the collective strength of our community fills me with immense gratitude. Thank you for being a part of this journey and for contributing to the warmth and vitality that define Thermal Horizons.

As we navigate through this month of transition, I encourage you to explore new possibilities, embrace change with curiosity, and celebrate the incredible community we have built together. Here's to the exciting new chapters that lie ahead and to the continued growth and harmony within our cherished space.

With heartfelt appreciation,

Jaime

Teacher Spotlight: Lauren Whempner



From Pandemic Isolation to Yoga Inspiration

We're thrilled to introduce you to our newest addition to the Thermal Horizons family of teachers, [Lauren Whempner](#). Her yoga journey is as inspiring as her teaching is, and we can't wait for you to get to know her at the studio and in her new classes - [Move Free Mobility Fluidity](#) (NEW) and [Fluidity & Freedom Flow](#) (NEW and heated).

Lauren's relationship with yoga began unexpectedly during the pandemic. Like many, she grappled with a sense of loss and disconnection as the world slowed down. As a high school art teacher, Lauren deeply missed the daily interactions with her students, and in search of solace and stability, she turned to exercise. It was yoga that truly resonated with her, despite her initial reservations about her flexibility.

She found a class online that made her realize yoga was much more than just flexibility, there was an emotional connection and she tapped into that to deal with the mental struggle the pandemic had us all wading through. The slow, introspective nature of the practice helped her



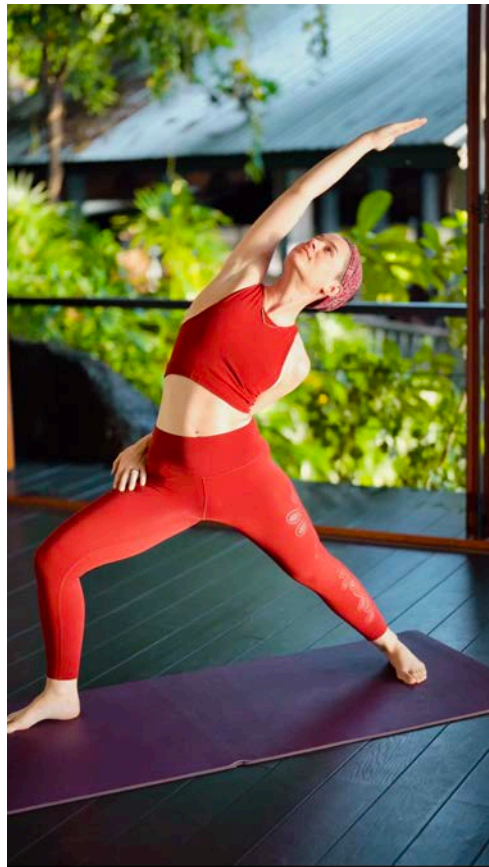
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reconnect with herself in profound ways. And, she became obsessed with arm balances!



Her newfound passion led her to a transformative teacher training experience in Portugal. Originally, Lauren didn't plan on teaching—she simply wanted to feel a sense of community and deepen her understanding of yoga and herself (which is how so many of our beautiful teachers got started). Upon returning from Portugal and sharing her practice with friends and family, she realized how much her love of teaching art aligned with teaching yoga. It was her friends and family's encouragement that sparked a new vision for her future.

Lauren started teaching yoga at a traditional gym and quickly bonded with her students. However, she soon realized that the corporate and competitive atmosphere didn't align with her vision of yoga as a holistic practice for personal growth. When she discovered Thermal Horizons through a friend and learned about our studio's unique, boutique approach, she felt an instant connection (not to mention Ben and Jaime made her feel completely welcome and at home - like they are famous for).



After attending Olga's Vin Yin class and having a heartfelt discussion with Ben and Jamie, Lauren knew she had found the right place. The studio's warm, non-corporate atmosphere and focus on community deeply resonated with her values. She was invited to teach in May of this year, and Ben and Jaime encouraged her to make her classes her own which thrilled her since most corporate studios operate the complete opposite and require teachers to build their teaching around a class title.

In early August, she expanded her yoga passion and knowledge further with advanced teacher training in Thailand, where she continued to grow and learn about herself. In Thailand, she worked with 35 other teachers and shared stories about how Thermal Horizons operates and continues to evolve - the group of teachers was inspired by the studio and what it's built! Lauren's advanced studies highlighted what she already felt so strongly about when it came to yoga philosophy and personal growth, and she is excited to share her experience and the universal truths she learned with her students.