



## Newsletter – NOVEMBER 2024



### Thermal Horizons 2024:

## A Year of Growth, Connection, and Oh-So-Much Yoga

As 2024 draws to a close, we pause to reflect on a year that was nothing short of extraordinary—a year where energy flowed freely, spirits lifted higher, and our beloved community expanded, growing deeper in both heart and soul. Thermal Horizons has always been more than a yoga studio; it is a sanctuary—a sacred space where every breath, every pose, and every shared moment weaves together a tapestry of connection, transformation, and love.



This year began with a powerful reminder from our dear community member John Carter, who so beautifully shared that yoga is a universal bond, a symphony of breath and movement that brings us into harmony—not just with

ourselves, but with one another. Stories like those of Kelsey Sigle, who found strength and solace in our Gentle Yoga classes while navigating life's uncertainties, remind us of the grounding power of this practice. Her journey of rediscovery, balance, and hope carried her to a new chapter in Michigan, yet her spirit remains forever a part of ours.



In June, we joyfully unveiled plans to expand our offerings—an evolution of our deep commitment to holistic well-being. From ice baths and salt grottos to Ayurvedic massages, these additions honor the diverse needs of our community. Whether it's navigating menopause, healing from cancer, recovering after injury, or simply seeking moments of rest, Thermal Horizons is here with compassion, openness, and zero judgment. These tools are more than offerings; they are opportunities to heal, grow, and step fully into the light of your life.



Summer brought us incredible stories of strength and unity. Chuck and Gabi Lyons, a dynamic husband-and-wife duo, showed us how yoga strengthens not only the body but the spirit. Chuck's practice enhanced his golf game and fitness, while Gabi found resilience and recovery after knee replacement surgery. Together, they embody the beauty of



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growing both as individuals and as a couple, on and off the mat.



Later in the year, we welcomed fresh faces to our teaching family. Lauren Whempner infused our space with vibrant energy, and Kenya, a breast cancer survivor turned Certified Yoga Therapist, inspired us all with her journey of healing, resilience, and transformation. Their presence reminds us that yoga's power lies in its ability to meet us exactly where we are, offering grace, strength, and hope.



The crowning jewel of 2024 was our first-ever retreat in Akumal, Mexico, a breathtaking week immersed in the beauty of the Caribbean. Under the loving guidance of Olga, Kenya, and Elizabeth, participants deepened their practice, built unbreakable bonds, and rediscovered the art of living fully in the present moment. The retreat was a sacred journey of connection, adventure, and profound transformation—a reminder that when we step out of the ordinary, we awaken to the extraordinary.

Now, as we prepare to step into 2025, we carry forward the lessons of this beautiful year: the strength we've found in ourselves, the love we've shared with one another, and the infinite potential that awaits us on the horizon. Thermal Horizons will continue to grow and evolve, expanding our offerings to serve you with even more tools for healing, joy, and well-being. Expect more retreats, new classes, transformative workshops, and unique experiences that nurture body, mind, and soul.

To our cherished community—you are the heartbeat of Thermal Horizons. Your stories inspire us, your presence uplifts us, and your dedication fuels this space we all call home. Together, we'll step into the new year with open hearts, strong bodies, and a deep sense of connection to ourselves, each other, and the world around us.

Here's to a vibrant, powerful, and transformative 2025—a year of limitless growth, love, and light. We cannot wait to share it with you.

With all our gratitude, love, and a joyful holiday season

Jaime

## 🌟 Holiday Specials 🌟

🌟 Year in Advance – Only \$1,350 (with 3 months FREE – that's like free yoga for half the year!)

🌟 New Members– Join Today First Month FREE + Manduka Yoga Bundle (valued at \$250) Because who doesn't love a good deal? Join Now and Elevate Your Practice – Claim Your FREE Month, \$250 Manduka Bundle, 25% Discount On All Class Packages!

🌟 10-Class Pass – Only \$140 (Regularly \$189 – cheaper than that ugly holiday sweater you'll only wear once!)