



Newsletter – February 2026

From the Studio to the World - A Community in Motion

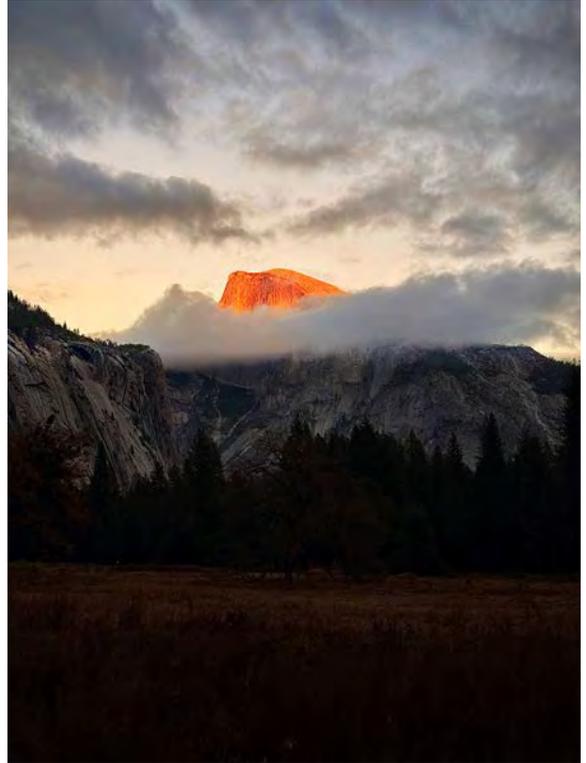


Dear Thermal Horizon's Community, February always feels like a gentle pause, an invitation to notice what's already working, what's already growing, and where love quietly shows up in our lives. At Thermal Horizons, I see that love every single day. It shows up in the way you step onto your mat or reformer, the way you greet one another, and the way this space holds both individual journeys and our shared one. Whether you're here for yoga, Pilates, FAR infrared, workshops, special events, or simply a moment of stillness, there is a deep sense of belonging that continues to grow. You support one another, cheer each other on, and create a community rooted in care, not comparison.



We're especially excited about all that's unfolding this year. Our calendar is full of opportunities to move, rest, learn, and explore together. This spring, members of our community will head to Yosemite for a yoga retreat surrounded by

nature, breath, and perspective. And this fall, we'll gather again in Tulum for a retreat focused on renewal, joy, and connection. These experiences are extensions of what already happens here every day: showing up fully and choosing yourself, with the support of others who are doing the same.



This month's newsletter reflects that spirit beautifully. You'll meet [Jennifer Kalamon, our new Lead Pilates Instructor](#), whose story is one of self-expression, resilience, and listening closely to what the body, and heart, need. Her journey is a reminder that caring for ourselves is not indulgent; it's essential. And when we do that work in community, it becomes even more powerful. Thermal Horizons exists because of you—the people who walk through our doors with openness, vulnerability, and curiosity. Thank you for trusting this space, for trusting yourselves, and for continuing to build something truly special together. Wherever you are in your practice, know this: you belong here. And we're so grateful to walk alongside you. With love and appreciation,
Jamie



Newsletter – February 2026

Meet Jennifer Kalamon Where Strength, Story, and Soul Come Together on the Reformer



Jennifer Kalamon didn't move to California with a tidy five-year plan. She drove herself cross-country—alone—in her grandmother's beloved Beetle, arriving on October 1, 2005, chasing a lifelong love of acting and an intuitive pull toward something more. What she didn't know then was that Pilates, first discovered years earlier in college at Florida State, would become not just a career, but a calling.

"I fell in love with Pilates immediately," Jennifer says. "And somehow, it kept finding me at exactly the right moments."

That pattern has defined her journey. Born in Louisiana, raised in Florida, and trained in journalism and media studies, Jennifer always imagined acting as her primary path. Pilates entered her life again almost accidentally, through a weekend receptionist job at a small studio. The pay covered groceries. The perk? Unlimited Pilates classes.

"That was it," she laughs. "You couldn't get me out of class."

Within months, the studio owner saw something Jennifer hadn't yet claimed for herself. She encouraged her to train as an instructor. Jennifer resisted—she was happy, focused on acting, not looking for a pivot. But that gentle insistence changed everything and it makes her emotional to this day.

"It's funny how people come into your life, see something in you, and say it out loud," Jennifer reflects. "And suddenly your

whole world shifts. I never imagined I'd love anything as much as acting, but I do. Pilates is that for me."



Pilates as Performance and Presence

If Jennifer's classes feel dynamic, expressive, and alive, it's no accident. Her background in theater deeply informs how she teaches. She reads the room. She feels the energy. She guides the experience.

Her teaching style blends clarity, challenge, and care. Jennifer describes herself as a "happy contemporary middle" on the Pilates spectrum, rooted in classical form and precision, while embracing strength, flow, and creative evolution. She's meticulous in her preparation, often spending an hour or more planning for each class block, and she's never taught the same class twice in 13 years.

"These machines offer endless possibilities," she explains. "If you love what you do, you want to keep creating. You want to meet people where they are—and help them discover what's possible."





Newsletter – February 2026

Why Thermal Horizons Is Different

When Jennifer talks about Thermal Horizons, her voice softens. This is more than a studio to her; it's a space of trust.

"There's a depth here I haven't seen anywhere else," she says. "It's not about competition. It's not about physique. It's about the whole person—mental, emotional, spiritual."

She speaks openly about her own journey, including two major surgeries in the last decade. Pilates wasn't just something she returned to, it helped sustain her.

"The first time I got back on the reformer after my second surgery, I cried," she shares. "Movement is emotional. We carry so much. And here, people are allowed to show up exactly as they are."

That philosophy shapes everything she teaches. In Jennifer's classes, beginners, seasoned practitioners, and everyone in between move side by side—not to compare, but to inspire. "I love open-level classes," she says. "A great instructor can teach to all levels at once. The person who's been here four times gets to think, 'One day.' And the person who's been here 400 times remembers where they started."

Simple doesn't mean easy. Options are always offered. Breaks are encouraged. Progress is personal.



For Anyone Who Thinks Pilates Is "Too Hard"

Jennifer understands the intimidation factor—the machines, the vocabulary, the learning curve. Her advice is gentle and honest:

"Most worthwhile things don't come easy. One class isn't enough. Give yourself time. Try different instructors. It's a relationship, and sometimes it takes a few tries to find the right fit."

She reminds students that confidence grows through exposure, support, and consistency. And at Thermal Horizons, that support is built into the culture.

"You're not expected to be anything other than human here."



What's Next

As the new Lead Pilates Instructor, Jennifer's vision is twofold: to cultivate a diverse, collaborative team of instructors, and to deepen the client experience through continuity, care, and shared values.

"We're building something together," she says. "A place where instructors grow, clients feel seen, and Pilates continues to evolve—without losing its heart."

If you've been curious about reformer Pilates, hesitant to try, or ready to return to movement with fresh intention, Jennifer's classes offer an open door—and a strong, steady guide. As she puts it: "Things are only intimidating until you meet them."

We can't wait for you to meet Jennifer.

Trails and Triumphs of a Newbie Yogi



Episode 8: The Day Jill Tried Hot Yoga (And Almost Became Soup)

It all began with a coupon and a questionable decision.

Jill had been doing regular yoga for a few months. She still couldn't touch her toes, but she could now identify a bolster, a block, and what "flow through to chaturanga" meant (kind of). Then Rachel said the words:

"Let's try hot yoga. I have a 2-for-1 pass!"

Jill paused. "Hot... yoga?"

"You'll love it. It's like regular yoga, but spicier."

Jill liked spicy food. How bad could spicy stretching be?

Welcome to the Human Crockpot

The moment they entered the studio, Jill knew this was a mistake.

It was less "warm and cozy" and more "licking the inside of a humidifier."

The air hit her like a steamy slap. Within thirty seconds, her elbows were sweating. Elbows, for crying out loud.

The instructor—a lean, glistening man named "Ash"—greeted them with a single nod and pressed a button that somehow made the room even hotter.

"It's all about breath and surrender," he said, wiping his biceps with a towel that evaporated on contact.

Jill looked at Rachel. Rachel grinned. Jill considered walking out, but her pride was already sweating too.

Melting, Sliding, Dying

The class began.

Jill did her best to follow Ash's lead, but her yoga mat had turned into a slip-n-slide of despair. Every pose became a full-body battle against physics.

- Downward Dog? More like Dripping Drenched Disaster.

- Warrior II? Jill was pretty sure she blacked out halfway through.

- Camel Pose? Absolutely not. That was the devil's backbend.

At one point, Ash said, "Close your eyes and feel the fire within."

Jill tried. All she felt was the fire without. And under. And possibly in her soul.

The Towel Fiasco

Midway through the class, Jill reached for her towel—her only towel—and dropped it. It slid across the floor like it had somewhere better to be.

In her attempt to grab it, she slipped, rolled, and somehow landed in a puddle that might've been hers. Or Rachel's. Or communal. She didn't want to know.

She lay there, blinking sweat out of her eyes, wondering how humans didn't spontaneously combust in this environment.

The End (And a Cold Drink)

Finally, blessedly, Ash announced Savasana.

Jill collapsed onto her mat like a microwaved pancake. As she lay there, soaked and dazed, someone gently placed a cool lavender towel on her forehead.

She didn't know who it was. An angel? A kind soul? A hallucination?

Didn't matter. She wept silently in gratitude.

After class, she staggered to her car, clutching a bottle of coconut water like it was an Oscar.

Takeaway

Hot yoga: where you go in for a stretch and come out with new pores, a sense of survival, and mild heat trauma.

💬 Sweat It Out!

Tried a wild variation of yoga (goat yoga? beer yoga? interpretive yoga)?

Share your steamiest or strangest class experience.

We promise—we're here to listen... and fan you off.