



## Newsletter – JULY 2024

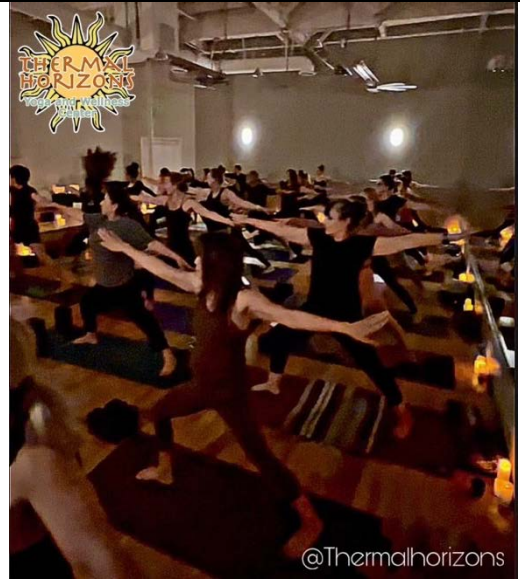


Dear Thermal Horizons Family,

As we embrace this summer season's warmth and energy, I reflect on the incredible friendships and connections that have blossomed within our studio. Thermal Horizons has always been more than just a place to practice yoga; it is a sanctuary where genuine relationships are nurtured and lifelong bonds are formed.



One of my greatest joys as the owner of Thermal Horizons is witnessing the camaraderie that unfolds within our walls. The moments before and after classes are some of my favorites, as members linger to enjoy a cup of tea, engage in heartfelt conversations, and explore our curated selection of wellness products and local art. These unhurried times of connection often spark the beginning of some of the most amazing friendships.



We encourage everyone to come early or stay a little later after class to partake in this special time. Our tea corner is always stocked with one of my unique blends (sometimes smelling like oatmeal cookies and sometimes s'mores), perfect for settling into a meaningful chat or simply savoring a moment of peace. During these quiet, shared moments, I've seen strangers become friends and friends become family.



There are countless stories of connections made at Thermal Horizons. I remember a lovely evening when two members, who initially bonded over their mutual love for yoga and tea, ended up planning a beautiful date that marked the beginning of a wonderful relationship. Another memorable instance was when a casual post-class conversation led to a collaborative business venture, combining the unique talents of two of our entrepreneurial members.

These stories are a testament to the vibrant and supportive community we've built together. In the hustle



## Newsletter – JULY 2024

and bustle of our daily lives, these simple, soulful connections ground us and remind us of what truly matters.



As we continue to grow and evolve, I invite you to take full advantage of the community spirit that thrives at Thermal Horizons. Whether it's sharing a laugh over a cup of tea, brainstorming ideas for a new project, or simply being there for one another, let's cherish these moments of connection and continue cultivating the positive energy that makes our studio so special.

Thank you for being a part of this beautiful journey. Your presence, energy, and friendship make Thermal Horizons a true haven of peace, love, and growth. Here's to many more shared cups of tea and the beautiful friendships yet to be forged.

With love and gratitude,

Jaime

## Featured Community Members



### Chuck and Gabriele Lyon

This month, Thermal Horizon is delighted to spotlight two exceptional members of our vibrant and supportive community: Chuck and Gabriele (Gabi) Lyon. Their journey with us has been an inspiring testament to the power of dedication, community, and the pursuit of well-being.







## Newsletter – JULY 2024

### Gabi Lyon: Embracing Yoga for Healing and Happiness

Gabi has always loved yoga, but her journey with Thermal Horizon began when friends recommended the studio. She was captivated by the positive and inviting atmosphere of her very first class. She found a new level of appreciation for yoga, especially after undergoing knee replacement surgery. The stretching and gentle movements have been instrumental in her recovery, providing both physical relief and emotional solace.

Gabi's favorite classes are functional fitness and gentle yoga classes. Finding instructors like Molly, Ahmie, and Andrea has transformed her attitude toward total well-being. The blend of strength, flexibility, and mindfulness has become a cornerstone of her weekly routine. Gabi's enthusiasm and commitment to her practice are genuinely inspiring, and she credits the supportive environment at Thermal Horizon for her continued growth and enjoyment.



### Chuck Lyon: A Coach's Journey to Lifelong Fitness

A retired College of the Canyons football coach, Chuck has always been the quintessential teacher, coach, and mentor. Being a lifelong fitness enthusiast, Chuck's retirement brought a new challenge: improving his core strength, balance, and flexibility to enhance his overall fitness level and golf game! On the advice of friends, he decided to try yoga.

Much to his surprise and delight, Chuck found the Thermal Horizon family the perfect fit with their incredible acceptance, relaxing environment, and challenging classes. He has been particularly impressed by the attention to detail and expert instruction by the staff at

Thermal Horizons. Shifting his focus to balance and core strength, Chuck has successfully integrated yoga into his lifestyle, benefiting not just his golf game but also his passion for the great outdoors.



### A Sanctuary and a Community

For Chuck and Gabriele, Thermal Horizon is more than a yoga studio; it is a refuge, a place where friends meet on their mats and share smiles and hugs. They have forged many friendships and feel a deep sense of belonging every time they step through our doors. The couple attributes the warm and inviting environment to the dedication of owners Jaime and Ben, who have created a space that feels like a second home.



### Gratitude for the Lyons

Thermal Horizon is incredibly fortunate to have Chuck and Gabi as part of our community. Their positive energy, dedication to Santa Clarita, love of the yoga practice, and kindness toward others enrich our studio immensely. We are deeply grateful for their presence and look forward to many more years of shared growth and connection.

**Thank you, Chuck and Gabi, for being such incredible members of the Thermal Horizon family. Your journey and contributions inspire us all.**