



Newsletter – JUNE 2024



Greetings, Beloved Community

As we write this, our hearts are filled with gratitude and anticipation. This month, we celebrate a significant milestone at Thermal Horizons: our two-year anniversary! It seems like just yesterday we embarked on this journey, aiming to create more than a yoga studio, but a haven where people could unite, bond, and find solace in a chaotic world. These past two years have been a remarkable voyage of progress, healing, and transformation within our walls, a journey that has been possible only because of each and every one of you. It's truly been a labor of love, and we are excited to share a bit about our journey, and we have thrilling news about our future plans.

A Time to Celebrate

First and foremost, we want to extend our heartfelt gratitude to each and every one of you. Your presence, energy, and dedication have been the backbone of Thermal Horizons. To commemorate our anniversary, we are introducing a range of new classes, new teachers, and a series of special events, workshops, and surprises. These are our ways of celebrating the joyous journey we've shared. We warmly invite you to join us in commemorating this milestone and to reminisce on the beautiful memories we've co-created.



Smiles Bring Joy to the Heart

My journey with Thermal Horizons is deeply personal. Growing up, I didn't have much, but my mom was an amazing human who introduced me to the love of nature and the importance of experiences. She instilled in me the ability to recognize the difference between wants and needs, and it was through her guidance that I saw Thermal Horizons as a need for the community. The world was just coming out of the pandemic, and opening a studio where people met in person was a risk, but she knew, and I knew, that community was what people needed. I am so fortunate to have Ben as my partner to support me, and all of us really, as we grow in our mind, body, and spirit. He is our rock in forging our own paths and creating a unique and safe environment for our health and peace. This is our shared journey, and I am grateful to be on it with all of you.



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Exciting Expansion Plans

We are overjoyed to announce that we are expanding our offerings to include a range of natural healing modalities. In the coming months, we will introduce ice baths, salt grottos, and Ayurvedic massage spaces to our facility. These additions are not just about physical spaces but about enhancing your well-being. They stem from our deep belief in the power of holistic healing and our commitment to providing a diverse array of tools for your physical, mental, and spiritual well-being.

I am also extremely passionate about Thermal Horizons to be a pioneer in women's wellness. To support members in our community struggling with symptoms of menopause, cancer recovery, and life changes. These issues will no longer be something we whisper about in our community!

I am equally passionate about the men who find growth, safety, and love in our community. Ben will often tell me that it can be challenging for him to distinguish success in something bigger than himself. At Thermal Horizons, we aim to break through these traditional norms that suppress anyone's desire to grow and thrive spiritually, emotionally, and physically. Here, it is okay to be human and be exactly who you are with zero societal expectations or pressure.



The Lost Art of Communication

One of the future projects I am most excited about is our library and conversation area, where we hope community members will pour some tea, pick up a book, put down their phones, and strike up a conversation. This will be a safe and beautiful space with art and poetry for meditation, reflection, and networking that Ben and I are confident will help further connect and ground our magnificent community.

Our Journey Together

When Ben and I first envisioned Thermal Horizons, we dreamed of creating a place where people could gather to practice yoga, form meaningful connections, and support each other. We wanted a space without expectations from peers, where everyone could be their authentic selves and find joy in the simple act of being present. Over the past two years, seeing this vision come to life has been incredibly rewarding. We've watched friendships and relationships blossom, seen individuals find inner peace, and witnessed the collective strength of our community grow.



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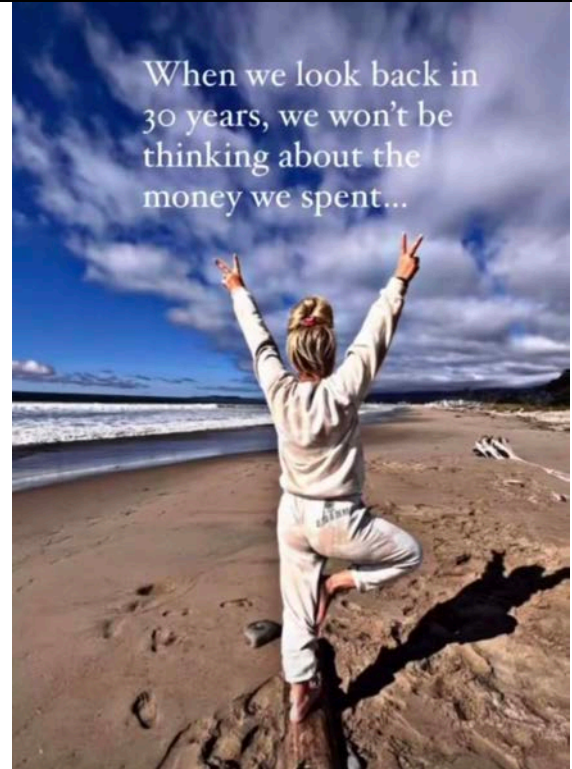


Building on Our Safe Space

Our journey hasn't been without its challenges. We've poured our blood, sweat, and tears into building this safe space. Each obstacle faced and overcome has only strengthened our resolve to make Thermal Horizons a haven for all who enter. We are immensely proud of what we've achieved together and remain committed to fostering an environment where everyone feels welcome and valued.



@ThermalHorizons



Looking Ahead

As we look to the future, our focus remains on nurturing our community's mind, body, and spirit. We are excited about the possibilities our new wellness modalities will bring and look forward to growing with you. The spirit of Thermal Horizons has always been about more than just physical practice; it's about creating a community where we all support each other on our individual and collective journeys. Because at the end of the day, we are all just walking each other home.

With heartfelt gratitude and excitement for the future,

Jaime

