



**Newsletter – MARCH 2025**

## A Season of Renewal & Growth



Dear Thermal Horizons Family,

The promise of spring is in the air—a time of renewal, growth, and fresh beginnings. With the changing season, we're excited to embrace even MORE opportunities to support your well-being in meaningful ways.

Our expanded studio is a dream realized, offering expanded ways to nurture your body, mind, and spirit. We are thrilled about our Pilates Reformers, which provides a powerful new way to build strength, flexibility, and alignment. Our immensely popular Far InfraRed Sauna Suites now have the perfect complement—**The Plunge All-In Commercial Max Cold Plunge**—ready to book for those seeking the ultimate in recovery and revitalization.

Wellness is more than just movement; it's about healing and balance. We're honored to welcome [Kennedy Mullen's Creating Alignment](#), offering Myofascial Release, Assisted Stretch Therapy, and

Reiki Energy Healing. Kennedy's own healing journey is truly inspiring—learn more about her in this month's Teacher Spotlight.

[Tiffany Morello and the House of Alchemy](#) are now providing expert skin care and lymphatic massage services, bringing even more depth to our self-care offerings.

And because feeling beautiful is part of feeling well, [Thermal Dry Bar](#) is here to offer luxurious blowouts.

This month, I want to express my deepest gratitude to all of you—our teachers, healers, and every single person who walks through our doors. Your energy, presence, and commitment to your own well-being make Thermal Horizons the special place that it is.

Thank you for being part of this season of renewal. Thank you for prioritizing your wellness, your community, and the exciting possibilities ahead.

With so much love and gratitude,

Jaime



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## Teacher Spotlight:



### Kennedy Mullen's Path of Love, Healing, and Expansion

As spring ushers in our season of renewal and growth, we are reminded of the importance of nurturing both body and spirit. It's a time for fresh beginnings, deeper connections, and embracing the path to healing. At Thermal Horizons, we are thrilled to welcome a new teacher whose journey reflects these very principles. Kennedy Mullen, a healer, yogi, and bodywork practitioner, has recently joined our community, offering a unique blend of yoga and healing modalities. Her story is one of self-discovery, trust, and an unwavering commitment to personal and collective well-being.

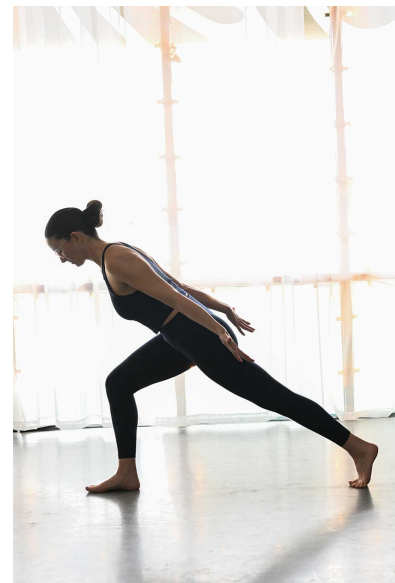
#### A Young Seeker's Awakening

Kennedy's path to yoga and healing began at a young age, shaped by an innate curiosity about the metaphysical. "Even as a child, I was fascinated by questions like, 'What are we doing here? What is this world?'" she recalls. Her early interest in exploring consciousness led her toward a quest for self-awareness and spiritual connection.

In her early twenties, Kennedy faced significant challenges, struggling with depression and anxiety. It

was during this time that she rediscovered Reiki, a practice she had been introduced to as a child by a Girl Scout leader. "Reiki became a sacred tool for me," she says. "Even if I wasn't fully aware of its impact, it kept me grounded in love and safety, preventing me from going down darker paths."

Her commitment to Reiki deepened over the years. "I describe Reiki as plugging into the light. If we're not connected, we may still function, but we're not fully illuminated." Through multiple attunements, Kennedy found herself increasingly in tune with her own energy and the energy of those around her, using it as a powerful tool for healing and transformation.



#### Stepping into the Role of Teacher and Healer

The journey toward becoming a teacher and healer was not immediate for Kennedy. "Yoga came into my life as part of my quest to move through the depression and anxiety," she shares. In 2019, she took her yoga teacher training with YogaWorks, receiving a scholarship that felt like a sign from the universe. Yet, despite her training, she did not begin teaching right away. "It took time for me to trust myself and my ability to guide others."

Over the years, Kennedy expanded her understanding of the body, incorporating knowledge of body mechanics, movement, and assisted stretch therapy. She worked at StretchLab, honing her ability to provide hands-on support, which deepened her confidence in working one-on-one with clients.



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But Kennedy's approach to learning and healing has always been dynamic. "I trust my intuition. If something no longer serves me, I let it go. I don't force myself to stick with something for years if it doesn't feel right." This openness to evolution led her to explore myofascial release, a modality blending bodywork with energy work. "I started offering sessions at home, and the feedback was incredible. I'd never felt more supported in an offering."

### Embracing the Fear

The pivotal moment came when Jaime, the owner of Thermal Horizons, experienced a session with Kennedy. "Jaime told me, 'I want this at the studio,' and my immediate reaction was, 'No way, I can't do that!'" Kennedy laughs, recalling her initial fear. But after sitting with the opportunity, she realized, "This is exactly what I've been asking for—to be supported in my bodywork. It was terrifying, but I knew I had to take the leap."

Now, just a couple of months into her journey at Thermal Horizons, Kennedy has found her rhythm. "Every big transition is met with fear, but then I have these moments of realization—I'm living the dream I envisioned years ago. I look around and think, 'This is what I asked for.'"

### The Power of Love and Trust

Kennedy's path is a testament to the power of trust—trusting oneself, the universe, and the process of healing. "There were times I fought my depression, journaling every morning, trying to support myself in any way I knew how," she reflects. "One of my biggest lessons has been learning to ask for what I want while remaining open to it manifesting in even greater ways than I imagined."

Kennedy's story reminds us that love begins with self-awareness, courage, and the willingness to embrace change. Through her teachings and healing sessions at Thermal Horizons, she invites others to embark on their own journey of self-discovery and trust.



### Looking Ahead

Kennedy's commitment to her path continues to unfold. She recently began massage therapy school, deepening her skills with the intention of supporting women in fertility, prenatal, and postpartum care. "Understanding my own cycle and learning to work with it instead of against it has been life-changing," she shares. "I want to help other women reconnect with their bodies in meaningful ways."

For now, Kennedy is embracing the present moment, teaching Slow Flow yoga classes on Monday, Wednesday, and Friday mornings at 8:15 AM. Her sessions are an invitation to slow down, listen, and cultivate awareness—essential elements in the practice of love and self-care.

### Join the Journey

Whether through yoga, Reiki, or bodywork, Kennedy's offerings at Thermal Horizons are an exciting part of our community's expansion. She is living proof that when we align with our truth and move through fear with love, the universe responds with boundless support.

This Spring, we invite you to explore what it means to love yourself deeply, to trust the unfolding of your growth, and to welcome healing in all its forms. Kennedy's journey is just beginning at Thermal Horizons, and we are honored to be a part of it.