



Newsletter – MAY 2024

Finding Freedom on the Mat



Dear Beloved Community,

As we gather on our mats, surrounded by the gentle hum of breath and the soft glow of inner peace, I am reminded of the profound journey we embark upon together. In the sacred space of our studio, we come not only to stretch our bodies but to liberate our minds from the burdens of attachment that weigh heavily upon us.

In yoga, we often speak of letting go—of tension, of stress, of that which no longer serves us. Yet, there is a deeper layer to this journey, one that extends beyond the physical postures and into the realm of the mind and spirit. It is a journey of releasing the grip of harmful ideas that bind us, causing suffering and discontentment.

I speak from my heart when I say that I have struggled with attachments—whether it be to an idealized version of myself, or expectations imposed by society. These attachments, though invisible to the naked eye, manifest in the form of frustration, resistance, and a pervasive sense of unease.

This community has taught me so much about releasing this struggle. I am in awe of each of you as you walk through our doors with such awareness and willingness to shine the light of mindfulness upon the shadows of your subconscious. I watch you bravely step onto your mats and acknowledge the ideas that hold you captive, understanding their origins and the impact they have on your well-being. You question the validity of your self-limiting beliefs, and you gain clarity and insight, recognizing that true freedom lies in letting go of that which no longer serves you. You are all so very brave and I thank you for sharing your bravery with me every day!

What you do every time you step onto your mat requires courage, vulnerability, and a willingness to embrace uncertainty. My dear yogis, I am so honored that together, we have formed a community of support and encouragement. In this newsletter, you will meet a community member who quite literally turns on the light here at our Shala. Paul is an excellent example of what it means to release a story that doesn't serve you. Enjoy!

With boundless gratitude,

Jaime



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ANNIVERSARY SPECIALS!



COME CELEBRATE WITH US!

Grateful Hearts BL 🌸🌻 M

Thermal Horizons is turning 2 🥳

Two years ago a small town, grassroots girl set out on a wild journey to create a space that would set your souls free, and build a community that answer the same calling!

This community has answered back every moment of the journey! THANK YOUUUU 🌻🌈🥳

A guiding light and force of nature in @jaimeannett and the dream weaver genius in @benbenedetti, Theeee MOST INCREDIBLE group of Teachers, and WE mean INCREDIBLE, and it wouldn't be home without all of you beautiful souls. Grateful for everyone who has walked through our doors.

Excited to crush year 3 together as we expand our space with wide open spaces and services that our community craves. 🌈

The little engine that could ...together we can do anything! 💖🥳

📺 Stay tuned for our community Birthday Celebration it's going to be epic! 🌻🌈

Y♥GA is love!! Take care of your thoughts, mind the earth, and remember who you are.

Namaste 🙏

Community Member Spotlight



Paul Rice

Paul's journey into the world of yoga began during his college years when Hatha Yoga first caught his attention. It wasn't until he found himself balancing the roles of a dedicated father and a thriving career in the entertainment industry that yoga became a central part of his life.



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Amidst the chaos of his busy schedule, Paul discovered the tranquility of early morning Yoga. Rising for 5:45 am practice became his anchor, providing a precious window of time for self-care and introspection before the demands of the day set in. Paul was with us when we started offering early morning classes on Mondays, Wednesdays, and Fridays, and helped us build momentum to offer early morning classes five days a week!

Crafting his Yoga routine wasn't easy. It required Paul to navigate the delicate balance between work, family, and personal well-being. When he first started early morning yoga, he was going to be with his kids. But through perseverance and determination, he found his stride, and waking up early has simply become part of his life.

Whenever he is in town, Paul is at our 5:45 am class - He literally unlocks the door! Then, he goes the extra mile to ensure that every early morning class is a welcoming and comfortable experience for all. He sets out candles (21 to be exact) and turns on the infrared heat to create a cozy atmosphere, allowing participants to immerse themselves in their practice.



In his dedication to yoga and our community, Paul has found more than just physical exercise; he's found a philosophy that resonated deeply with his life. Through the challenges of mastering yoga poses, he recognizes parallels with the trials and tribulations of everyday life. Through this journey, he learned a valuable lesson that he takes with him every morning: yoga doesn't necessarily make things easier, but it equips us with the tools to navigate life's difficulties with grace and resilience.

So, whether you're a seasoned yogi or a newcomer looking to start your day on the right foot, join Paul and our dedicated morning crew for a 5:45 am class at Thermal Horizons. Experience the warmth, both literal and figurative, as you embark on a journey of self-discovery and well-being all before breakfast!

Thank you, Paul!!!