



Newsletter – MAY 2025

Honoring the Past, Embracing the Present: 3 Years Together

Dear Thermal Horizons Family,

Three years ago, I opened Thermal Horizons with a simple but powerful intention: to be present with my mother, myself, and this community.

At the time, my mom was sick, and I was navigating the quiet heartbreak of knowing I'd one day have to let her go. She was the one who taught me to love tea, nature, and dancing barefoot under the stars. She was wild, wise, and full of wonder. Just before our doors opened, she walked through the studio and saw what we had created. It was a moment I'll never forget, filled with tears, pride, and the deep love between a mother and daughter.



That seed of intention—honoring her and creating space for connection—has grown into something more beautiful than I ever imagined. This studio has become a living, breathing expression of healing, resilience, and community. I feel my mother's strength in the mountains, her peace in the waves, and her spirit in every hug, every laugh, every breath we take together here.



As we [celebrate our third anniversary](#) and Mother's Day, I invite you to honor the powerful women in your life, including yourself. Make space for self-care. Come to class. Sit in stillness. Connect. Heal. Grow.



This month's newsletter includes a few anniversary specials to thank you for being part of this dream. We're also featuring a beautiful, funny, and deeply real spoken word piece from our own John Carter that captures the spirit of the studio in a way only he can. Don't miss it.

To everyone who's walked through our doors, thank you for making this dream real. I'm so grateful to be on this path with you.

With love,

Jaime



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Yoga: The Ancient Secret to Feeling Awesome (Without Breaking a Sweat... Most of the Time)

By community member John Carter



Let's be honest—modern life is exhausting. Between work, emails, doom-scrolling, and trying to remember to drink enough water, finding a moment of peace can feel as mythical as a unicorn sighting. But what if I told you there's an ancient practice that can help you feel stronger, calmer, and maybe even a little more flexible (so you don't groan every time you bend down to tie your shoes)?

Enter yoga. No, it's not just for ultra-bendy people who can fold themselves into pretzels. It's for everyone. And unlike most fitness trends that involve expensive gear, grueling workouts, or an unholy amount of kale, yoga is simple, accessible, and—dare I say—fun?

Still skeptical? Stick with me. Here's why yoga might just be the life upgrade you didn't know you needed.

1. Flexibility That Won't Leave You Feeling Like a Stiff Board

Ever tried to reach for something under the couch and realized, mid-stretch, that your body refuses to cooperate? Yeah, me too. Yoga helps loosen up tight muscles, making everyday movements easier and, let's face it, less embarrassing.

But it's not just about touching your toes—yoga also builds sneaky strength. Poses like Plank and Warrior II make you feel like a superhero (minus the cape, unless you're into that). Before you know it, you'll be standing taller, moving better, and impressing your friends with your newfound agility.

2. Stress? Meet Your Match

Life is stressful. Bills, deadlines, that one coworker who won't stop sending "urgent" emails at 11 PM—it's a lot. But yoga has a way of turning down the volume on all that mental noise.

The secret? Controlled breathing and mindful movement. Studies show that yoga reduces cortisol (a.k.a. the stress hormone), which means fewer anxious thoughts and more "I got this" moments. Plus, let's be real—when you're trying to balance on one leg in Tree Pose, it's pretty hard to focus on your to-do list.

3. Breathing: Turns Out, You Might Be Doing It Wrong

Most of us take breathing for granted, but fun fact: shallow, stressed-out breathing is a thing, and it's not doing us any favors. Yoga teaches better breathing techniques (called pranayama), which help oxygen flow more efficiently and make you feel energized instead of drained.

So if you ever find yourself sighing dramatically after a long day, try some deep belly breathing instead. Bonus: it might also keep you from yelling at the slow driver in front of you.

4. Fix Your Posture (Because Hunching Over Your Phone Isn't a Good Look)

We spend way too much time slouched over screens, and our backs are paying the price. Yoga helps realign the spine, strengthen the core, and undo the damage of too many hours hunched over your laptop (or let's be real—your phone).

Your future self will thank you when you're standing tall and pain-free instead of resembling a human question mark.

5. It's Like Cardio (But Without the Dreaded Treadmill)

Okay, yoga might not look as intense as running a marathon, but don't be fooled. Fast-paced styles like Vinyasa and Ashtanga get your heart pumping and improve circulation without making you feel like you just wrestled a bear.

Even slower forms of yoga help lower blood pressure and keep your heart happy. And unlike a high-intensity workout, you'll actually want to do yoga again the next day.



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6. Mood Boost? Absolutely.

Yoga isn't just about bending and stretching—it's also a mood lifter. When you move with intention and take time to breathe, you naturally feel lighter (emotionally, not just physically).

Ever walked out of a yoga class feeling like you just unlocked a cheat code for happiness? That's because yoga encourages mindfulness, gratitude, and a sense of calm that sticks with you long after you roll up your mat.

Plus, yoga classes are generally full of supportive, chill people who won't judge you if you accidentally fall out of a pose.

7. A Natural Immunity Booster (Because Nobody Likes Being Sick)

Regular yoga helps reduce inflammation, detoxify your system, and keep your immune system in top shape. Certain poses even stimulate lymphatic drainage—fancy talk for “helps your body fight off germs better.”

So if you're looking for a way to stay healthier without chugging vitamin-packed smoothies that taste like grass, yoga might be the way to go.

8. Focus and Concentration: Because Multitasking Is Overrated

Ever sit down to get work done and somehow end up watching videos of dogs wearing sunglasses? Yoga helps sharpen focus by training your brain to stay present.

Balancing in a tricky pose requires all your attention—no room for mental wandering. And over time, this skill translates into better concentration at work, home, or anywhere you need to actually get things done.

9. Pain Relief Without a Pharmacy Run

If you deal with chronic pain (or just wake up feeling like you got run over by a truck), yoga might be your new best friend.

Gentle movements and deep breathing help ease tension, improve circulation, and make everything feel a little less ouch. Whether it's back pain, arthritis, or just general stiffness, yoga offers relief without a long list of side effects.

10. The Ultimate Mind-Body Connection

Unlike other workouts that focus on just one aspect of fitness, yoga ties everything together—strength, flexibility, balance, and mental clarity. It's not about

chasing six-pack abs or punishing yourself for eating an extra slice of pizza. It's about feeling good in your body, moving with ease, and giving your mind a break from the chaos of daily life.

And the best part? There's no finish line. Yoga isn't about hitting a goal and calling it quits—it's a lifelong practice that adapts to you.

Final Thoughts: Give Yoga a Shot (Your Future Self Will Thank You)

So, if you've been on the fence about trying yoga, consider this your sign. No, you don't need fancy leggings, extreme flexibility, or the ability to stand on your head. You just need a little curiosity and a willingness to breathe, stretch, and maybe laugh at yourself when you wobble in a pose.

So roll out a mat, take a deep breath, and give it a try. You might just find yourself feeling happier, healthier, and way less stressed. And if nothing else, you'll at least get a good stretch out of it.

Namaste, my friend. Or, as I like to say, “May your hamstrings be ever flexible and your stress levels ever low.”

THERMAL TURNS 3 !



YOU'RE INVITED TO OUR ANNIVERSARY CELEBRATION
JUNE 1 | 12–4PM | THERMAL HORIZONS

[Free + Open to All — RSVP Required](#)

[JOIN US JUNE 1st](#)

We can't wait to celebrate this incredible community—and hug you in person