



Newsletter – NOVEMBER 2023

Unlocking Your Dreams



Sometimes, when I tell people I manifested Thermal Horizons into being, they look at me strangely. But it's true. While my mother was sick, she and I would lay on the floor, dreaming of a place where our community could come and heal. To help her find peace, I would play my sound bowls for hours, and together, we would feel the overwhelming sense of love, gratitude, and peace that we envisioned for our wellness community. It was a difficult time, don't get me wrong, but during our practice, we were changing our thought patterns, beliefs, and behaviors to align with our goals and desires.

I understand today that this process, when done consistently, can significantly impact how your brain works, effectively rewiring it to support your aspirations because a few months later, we opened the doors to Thermal Horizons!

The Power of Belief

At the core of manifestation lies the profound belief that your thoughts and intentions can shape your reality. It all starts with faith. When you believe in something wholeheartedly, you send a powerful message to your subconscious mind and the universe that you're serious about your desires. This belief forms the foundation of manifestation, setting the stage for the rest of the process.



Positive Visualization

Visualization is a potent tool. Close your eyes and imagine yourself already living your dream life. Feel the emotions, see the details, and immerse yourself in the experience. Doing this regularly creates a robust and positive energy that attracts what you desire.

This is not just a woo-woo practice; this is science! The brain has an incredible ability to rewire itself, a phenomenon known as neuroplasticity. When you practice manifestation, you are creating new neural pathways. You're forming associations between positive thoughts, emotions, and actions, strengthening your brain's connections that support your goals. This rewiring makes it easier to maintain a positive, goal-oriented mindset.

Affirmations are positive statements that reinforce your belief in your ability to manifest your desires. These statements are daily reminders of your goals and help you maintain a positive mindset. Repeating affirmations like, "I am worthy of success and happiness," or "Abundance flows effortlessly into my life," can help reprogram your subconscious mind and attract your intentions.



Gratitude and Positivity

A grateful heart can work wonders in manifestation. Expressing gratitude for what you have creates a positive energy that attracts even more positivity. Start a gratitude journal where you jot down what you're thankful for daily. The more you focus on the good in your life, the better you'll attract.

Taking Inspired Action

While belief, clarity, visualization, and affirmations are essential, they are only part of the equation.



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Manifestation is not a passive process. It requires you to take inspired action. Once you've set your intentions, identify practical steps to lead you toward your goals.

Trust the Universe

A fundamental manifestation principle is the belief that the universe is on your side. Trust that the universe works in your favor, even when facing challenges or setbacks. These obstacles are part of the journey, helping you grow and learn. Our brains have a built-in negativity bias, so we tend to focus more on negative experiences and thoughts. Practicing manifestation and trusting the process helps counteract this bias by actively engaging with positive thoughts and affirmations. Over time, your brain becomes less prone to dwelling on negativity and more inclined to emphasize positive experiences and ideas.



Mindfulness and Self-Awareness

Cultivating mindfulness and self-awareness can enhance your manifestation efforts. Pay attention to your thoughts and emotions. If negativity or self-doubt arises, acknowledge it and then consciously replace those thoughts with positivity and self-assurance. Self-awareness allows you to recognize and change any self-limiting beliefs hindering your progress. You strengthen the brain's reward pathways when you consistently take inspired actions toward your objectives. These pathways become more sensitive to the satisfaction derived from progressing toward your goals, which motivates you to stay on course and achieve what you desire.

Consistency

Consistency is critical to successful manifestation. Make these principles a part of your daily life. Regularly practice positive visualization, affirmations, gratitude, and inspired action. Maintaining a consistent focus on your goals keeps the manifestation process active and ongoing.

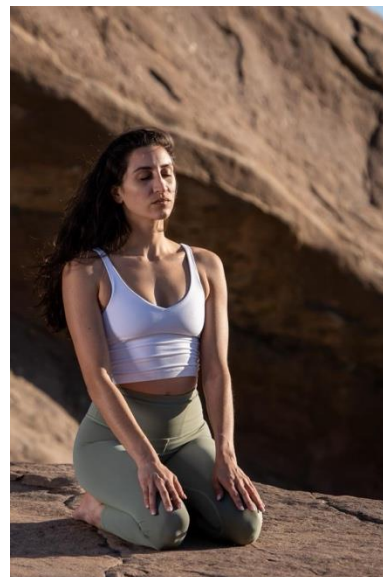
In this newsletter, you will be inspired by the incredible story of our beautiful teacher, Emily Safdeye, and how her trust in the universe, inspired actions, and self-awareness led her to Thermal Horizons!

So much love,

Jaime Annett,
Studio Owner - Sound Healing Practitioner, Yoga Teacher



Teacher Spotlight



Emily Safdeye

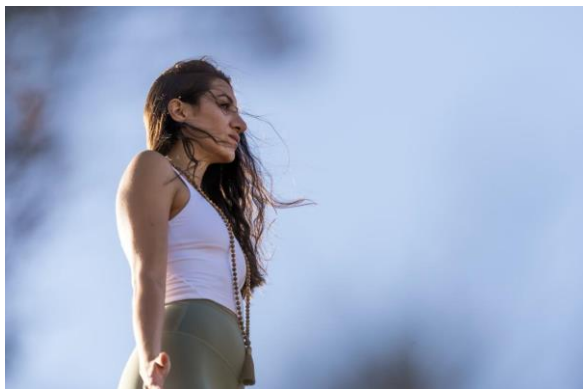


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Emily started practicing yoga after a shoulder injury and found value in incorporating yoga into strength training. Yoga has been a saving grace for her in handling difficult transitions throughout her life.

With a BA in clinical psychology, Emily focused her last year of university on studying mindful meditation and its effects on stress levels in the human body. She saw a dramatic drop in stress levels after a 5–10-minute daily meditation practice in herself and her study participants. Shortly after finishing university, Emily started teaching Lagree Fitness (strength-based workout using variable tension), which led her back to wanting to learn more about yoga.

In 2019, Emily found herself looking for “more space.” She walked into Yoga Works, and although she was not taking classes there, she signed up for teacher training. She knew it was where she needed to be. However, COVID had other ideas, and Emily fulfilled all of her initial training online.



At first, she was angry because she longed for a sense of community during her training. Still, as her teacher began leading them through the philosophy of Yoga, Emily worked through a deep and personal trauma that was being stirred. The extra space online training provided allowed her to go deep within and evolve as a person. She had manifested her desire for “more space”!

The online element of her training also had a fantastic effect on her teaching because she realized that without physically touching her students, she would need to perfect her verbal cues to keep her students safe. Because of this, her voice is precise in her classes, providing reassurance and calm for everyone in her class.

Through training and her practice, Emily found the value and importance of the breath (prana) and its essential place for any yoga class. Her classes incorporate directing the breath to specific areas of the body to build strength, break free of any constrictions (physical and mental), and feel lighter by the end of class, no matter what style it may be.

At Thermal Horizons, Emily has found the community element she needed. She firmly believes that Jamie and

Ben’s dedication to kindness and love shines in all corners of the studio, and she is grateful for the value they see in their teachers and staff. “It’s rare to work somewhere and know in your heart that your boss truly wants what is best for you,” she said.



In addition to teaching flow and restorative classes, Emily offers practitioner-assisted stretching every Wednesday evening. This remarkable healing technique is entirely hands-on and takes place in the privacy of one of Thermal Horizons’ beautiful sauna suites. The result resembles a full-body massage because Emily does most of the work as muscles melt, release toxins, and reset. “It feels like Shavasana,” Emily says when describing it. “It provides a total physical and mental release.

Emily believes that a good Yoga practice or personal stretching session requires an element of vulnerability – when you are most likely to have a profound moment of discovery. Those light-bulb moments are when students can manifest their own space or desire!

Filled with empathy and loving energy, Emily encourages you to step out of your comfort zone and take another step toward your soul.

If you have questions about practitioner-assisted stretching, stop by the front desk and ask!