



Newsletter – NOVEMBER 2024

November We are Rooted in Connection: A Look Back at Akumal and Forward to Gratitude Month



Dear Thermal Community,

This month, I'm filled with gratitude for the vibrant reflections of our teachers from our first yoga retreat in Akumal. Olga, Kenya, and Elizabeth have beautifully captured the magic that comes alive when we come together in such a deep way. The experience went beyond our daily classes and routines—everyone who joined opened their hearts to connection, growth, and new friendships. The result? It was a truly transformative week that resonated with each of us and one that I'll hold close for years to come.

I'm beyond thrilled to announce that, due to the overwhelmingly positive response, we're already planning our second annual retreat! Scheduled for September 2025, we're offering both 7- and 10-day options to allow even more time for immersion, relaxation, and community. As a thank you for your enthusiasm and early commitment, we're offering an early bird discount if paid in full by November 31, 2024. Secure your spot and take advantage of this

opportunity for reflection, relaxation, and personal growth in a beautiful setting.

As we enter our Gratitude Month at Thermal Horizon, my wish is to extend the spirit of community and togetherness from the retreat into our studio. I invite new clients to join us for "21 Days of Unlimited Wellness" for just \$99, a perfect way to engage in consistent practice, reconnect, or simply try something new. This offer allows you to dive deep into self-care and the healing practices our teachers so wonderfully bring to each class.

For me personally, the retreat was a dream realized—a manifestation of everything I've ever hoped for in our community. I had the chance to lead deep practices that felt like a blend of all the energies, dreams, and intentions that make Thermal Horizon such a special place. Seeing everyone's growth and joy reminded me why this community is so close to my heart and why it continues to inspire me daily.



Thank you for being part of this manifestation, for bringing your unique light to each class, and for helping to grow this beautiful community we're building together. I hope to see many familiar faces (and new ones!) joining us for another unforgettable retreat in 2025.

With all my gratitude,



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Thermal Horizon's First Yoga Retreat in Akumal Through the Eyes of Our Teachers



When Thermal Horizon's co-owners, Ben and Jaime, announced the studio's first yoga retreat in Akumal, Mexico, no one quite knew what to expect. A seven-day immersion in the Caribbean's tranquil beauty, the retreat brought together a spectrum of ages, backgrounds, and skill levels from Thermal's community. Fourteen eager students signed up for the all-inclusive experience, joined by three beloved instructors—Olga, Kenya, and Elizabeth. Together, they crafted a week filled with everything from dawn yoga sessions to exhilarating cliff jumps, blending relaxation with adventure.

The result was transformative: as Olga, Kenya, and Elizabeth reflected, this was no ordinary retreat. It was an awakening that strengthened connections, deepened practices, and revealed surprising truths for students and instructors alike.

A Cohesive Beginning

For Olga, a seasoned Vin-Yin and Vinyasa yoga teacher but a first-time retreat leader, it was the initial gathering that set the tone. "The opening ceremony was powerful," she says, recalling the moment the group convened for the first time. "We had students as young as 20 and as old as 80, with everyone from yoga novices to lifelong practitioners. Different languages and stories—yet everyone was open, respectful, and kind."



The diversity could have been a hurdle in some settings, but Olga felt the group fused almost effortlessly. After the first-morning yoga class, bonds started forming organically. "I saw people gravitating toward each other. Over the week, you'd see groups head out for excursions together or stay back at the resort for yoga or downtime," she explains. From snorkeling and visiting a turtle sanctuary to taking in the history of ancient Mayan ruins, students shared experiences that Olga believes were pivotal in building on the already deep Thermal Horizon community. "When we crawled through ancient caves or jumped off a cliff, the whole group was cheering each other on. We'd be laughing, then suddenly you'd hear silence as everyone reflected on how special this all felt."



Olga's favorite moment? Everything! "It was as if the Thermal community had been transplanted to this magical place," she says. "Teaching there with Kenya and Elizabeth—whom I've never had this much time to bond with—was incredible. I could see how this shared energy



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made our classes richer.” For Olga, that Saturday back in Santa Clarita, when the students returned to their regular classes, reaffirmed everything the retreat had fostered. “It wasn’t just a week in paradise. It was growth, trust, and a deep sense of belonging that came right back home with us.”

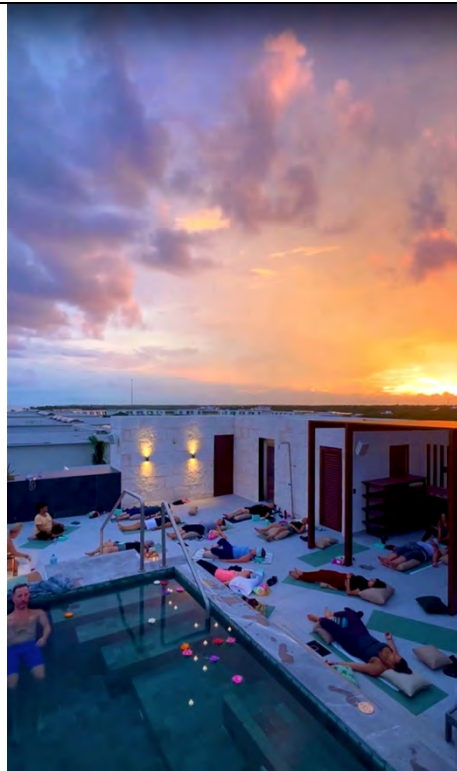
A Journey of Self-Realization

Kenya, known in the studio for her meditation and therapeutic yoga classes, entered the retreat feeling slightly reserved. A certified yoga therapist who recently completed her master's, Kenya was grappling with a sense of “imposter syndrome.” But by the end of the week, she’d come away with a more profound sense of purpose and community.



“Ben and Jaime created these great ice-breakers that really helped everyone loosen up from day one,” she recalls. “We had so much more time to get to know each other outside of class. Usually, we have a brief chat or share some tea, but this was a whole new level of connection.”

Kenya says her most memorable experience was the closing ceremony, an event she describes as “beautiful and deeply moving.” For Kenya, it was a healing moment that rekindled a sense of purpose. “I felt some self-doubt initially as this was my first time teaching at a weeklong retreat,” Witnessing these transformations, even within herself, helped her release those insecurities. “I realized how much we all just want to support each other. You don’t always know what others are going through, and we all have our own light inside that deserves to shine. For me, this retreat refilled my cup, which is essential as a teacher. We can’t give from an empty cup.”



Returning to Santa Clarita, Kenya plans to carry the week’s lessons into her classes, bringing a sense of openness and authenticity. “Yoga teaches us we’re whole as we are. Being fully immersed in that with this group made it real. I want to bring this sense of wholeness back and remind others of it, too.”

Strength and Connection Through Challenge

Elizabeth, who leads power classes focused on building strength, is no stranger to retreats. Yet she acknowledges that this one was different. “I’ve been on yoga retreats before, but nothing as diverse as this group,” she says. “I thought the range of backgrounds and abilities might complicate things, especially in class. But honestly, it made the experience that much more meaningful.”

In fact, the diversity made teaching and practicing more profound. “With everyone there 24/7, you’d see layers peel away as the week went on. There was this unspoken commitment to growth and self-love, which you don’t usually get when you’re rushing to or from the studio.” Elizabeth noticed that the questions students were asking about yoga philosophy and technique ran deeper each day, and as instructors, they could address them in ways that went beyond the typical class.

Elizabeth also gained new perspectives by participating in classes led by Kenya and Olga. “We got to build on each other’s strengths,” she says. “I usually don’t get a chance to



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take their classes, so it was amazing to learn from them. It felt like this fusion of styles.” She initially came prepared to focus on her role as a teacher, wanting to ensure students had a meaningful experience. But to her surprise, she ended up having just as much fun as they did.



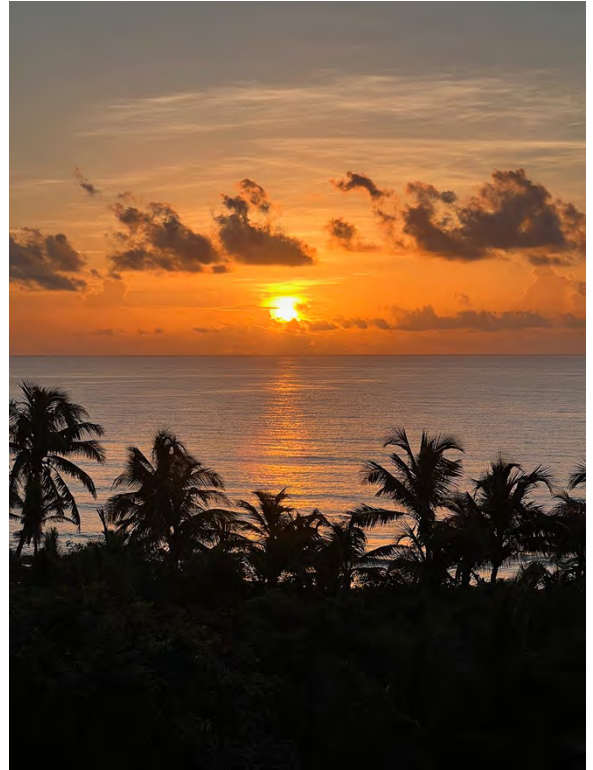
“I came away with friendships I might never have made back home. People were opening up to each other and having these raw, honest conversations.” For Elizabeth, who sees yoga as a journey into one’s “why,” the week showed her that sometimes the connections you build with others are equally valuable. “By the end, my why was about genuine friendship.”

Bringing It All Back Home

Returning to Thermal Horizon, Olga, Kenya, and Elizabeth hope to bring back the openness, resilience, and joy of their Akumal experience. Each instructor felt reinvigorated, and they’re excited to share that energy with their classes in Santa Clarita.

The retreat was a place to practice yoga, yes, but it also became a week of self-discovery, courage, and true community. For everyone involved, it was an adventure, and a homecoming rolled into one—a reminder that no matter how far you travel, you can always find connection and growth when you move through life together.

As Kenya says, “Yoga shows us we’re already whole. This retreat just helped us all remember that—together.”



Vibe and Thrive

Thermal Horizons
Yoga and Wellness Center

A Journey of Healing, Wisdom, and Transformation

Akumal, Mexico Retreat – September 2025

Join us in September 2025 for a rejuvenating 7-day yoga and wellness retreat (with an option to extend your stay to 10-days) inspired by the ancient wisdom of Mayan culture and the revitalizing power of yoga. Nestled in paradise that holds a deeply cherished spot in our hearts, we invite you to surrender and nurture your soul while immersing yourself in the beauty of this tropical healing sanctuary. Grand Sirenis is one of the few Caribbean resort locations that boasts complete privacy.

ACCOMMODATIONS - luxurious balcony suites with panoramic beach front or jungle nature views.

MEALS - All inclusive members only dining options with a wide array of choices including whole food options for you to enjoy including an expansive Vegetarian menu and plant-based options.

OUTDOOR ACTIVITIES Snorkeling in pristine tranquil waters with incredible sea life. Turtle sanctuary. Eco walks. Bike tours. Pickle Ball & Tennis Court. Fully equipped gym. Everything On-Site.

RELAXATION - Hydro Spa Therapy treatments daily. Cold water immersion. Hydration water lounge therapy. 5 saunas wet/hot. 3 jacuzzies. Additional holistic treatments available.

TWO SACRED EXCURSIONS: Explore ancient Mayan ruins, embark on a boat excursion with sea turtles, and immerse yourself in local culture and cenote adventures. (Our optional 10-day retreat includes a third excursion)

Join our teachers for a week of caring for your body and soaking up the sun. Each day will begin with a yoga class and meditation in our thatched spacious beachside palapa. Our evening yoga class will be in the rooftop penthouse suite with breathtaking views and consist of your choice of sound healing with gentle movement.

Sign up now for an early bird discount and secure your spot for this incredible retreat!

7 Days: \$4,200 (Deposit: \$1,000) - balance due by May 1st, 2025
10 Days: \$6,000 (Deposit: \$1,250) - balance due by May 1st, 2025

Pay in full by November 31st, 2024, and receive an additional 10% off your booking, for a savings of:
7 Days: \$420 savings or 10 Days: \$600 savings *Air fare not included

JOIN US SEPTEMBER 19th THRU 29th, 2025