



Newsletter – NOVEMBER 2025

The Practice of Gratitude

Hello Beautiful Souls,

As November unfolds, I find myself reflecting on gratitude — not just as a passing thought, but as a living, breathing practice. Gratitude softens our edges. It invites us to pause, notice, and appreciate the beauty already surrounding us. When we live in gratitude, even ordinary days begin to feel sacred.

At Thermal Horizons, my heart is full of appreciation for you — our incredible community. You bring such light and love into this space. Your laughter, your energy, your courage, and your willingness to grow have turned this studio into something truly special — not just a place to move your body, but a sanctuary for healing, connection, and joy.



To our extraordinary team of teachers — thank you for your heart, your passion, and your commitment to lifelong learning. You make each class an experience that nourishes mind, body, and spirit.

To our wellness partners — from acupuncture and skincare to therapy and beyond — thank you for expanding what's possible under our roof. You remind us that wellness comes in many forms, and every path of healing matters.

And to Ben, my partner in life and in this great adventure — thank you for being my steady ground. Your quiet strength, humor, and faith in what we're building keep me inspired every single day.

As you move through this month, I invite you to weave gratitude into your daily rhythm:

☀ Before your feet touch the floor, think of one thing you're thankful for.

📖 Each evening, write down a small moment that moved you.

💛 Speak your gratitude out loud — it grows when it's shared.

This month, we're shining a special light on someone who embodies gratitude in every breath — our longtime member, Willie Niner. Her radiant spirit, lifelong curiosity, and open heart remind us that gratitude isn't something we do once a year... it's how we live.

🌱 **Join Us in the Practice of Gratitude**

Let this season of thankfulness inspire you to fill your cup — body, mind, and spirit. Join us on the mat, in the sauna, or at a sound bath and reconnect with what truly matters.

✨ [Book Your Next Class](#)

🔗 [Explore Our Wellness Services](#)

🌸 [Invite a Friend — Share the Gift of Gratitude](#)

We can't wait to see your beautiful faces in the studio and share this season of gratitude together.

With love and endless appreciation,

Jaime ♥
Founder, Thermal Horizons Yoga & Wellness



Newsletter – NOVEMBER 2025

Member Spotlight: Willie Niner



A Lifelong Student of Light, Love, and Yoga

When Willie walks into Thermal Horizon, the energy in the room changes. Her presence carries a radiant ease, the kind that comes only from years of seeking, learning, falling down, and rising again. A long-time member of the studio and one of its earliest practitioners, Willie's warmth and enthusiasm are magnetic. She brings laughter and light to every class she attends, inspiring everyone around her to practice not just poses, but joy itself.



Finding Breath in the Quiet

Willie's yoga story began nearly 30 years ago during a difficult chapter of her life. Postpartum and overwhelmed, she followed a friend's invitation to try a yoga class. "It was ten dollars," she laughs, remembering that first day. "And I thought, I don't care what it costs — I'm doing this." What she discovered that day wasn't just movement but a moment of stillness that belonged entirely to her.

"It was the first time I could take a single breath without someone asking me for something," she says. That breath became a turning point. Though she initially came for the physical practice, what kept her returning was the

feeling of peace that emerged in the quiet, a calm she hadn't realized she'd been missing.



From the Mat to the Mind

In the years that followed, yoga became a constant companion, sometimes steady, sometimes distant, but always waiting. "There were times I fell away from it," Willie admits. "Life, marriage, raising children, it all pulls at you." But the practice never disappeared. Even when she wasn't in a studio, yoga lived within her.

She found her way back once again in 2018, and something shifted. She unrolled her mat, and hasn't missed a day since. "I haven't not practiced one day since 2018," she says with pride. "It became my anchor — my sanity."

When the pandemic began, Willie turned her commitment inward, completing her 200-hour yoga teacher training online. "That training saved me," she says. "It connected me with people around the world. We'd talk for hours about the science of yoga, the philosophy, modern practice. I love to learn, that's just who I am."

The Eternal Student

Willie has since earned multiple certifications, each deepening her understanding of yoga as both science and art. Her approach is grounded in anatomy and breathwork, a style she describes as "modern, mindful, and body-smart."

"My teaching is about alignment and awareness," she says. "It's not about forcing your body into a shape; it's about breathing properly and letting the mind catch up to the body."



Newsletter – NOVEMBER 2025



Her enthusiasm for learning led her to teach high-school students and athletes — introducing young people to yoga as a tool for balance and resilience. “It’s beautiful to see teenagers discover calm,” she says. “They learn how to handle pressure and emotions in a whole new way. I wish I had those tools when I was their age.”

Home at Thermal Horizon

When Thermal Horizon opened, Willie immediately knew she had found her community. “I was one of the original members,” she smiles. “From the beginning, it felt like home.”



Her loyalty to the studio runs deep, she attends classes whenever she’s in town and explores nearly every offering: yoga, acupuncture, skincare, vitamin therapy, massage, and more. “It’s like my wellness hub,” she says. “I come for everything. I tell my husband, ‘Bye babe, I’m going to the studio!’”

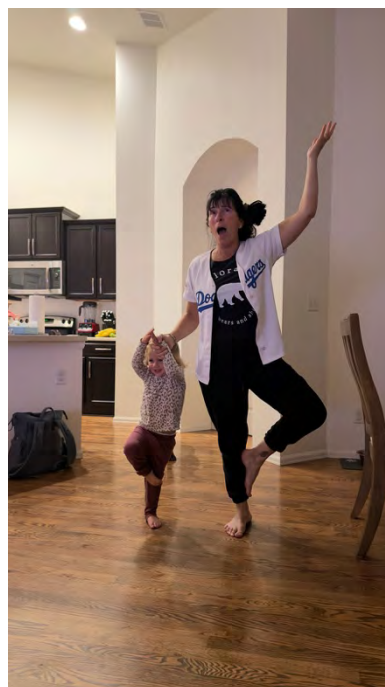
For Willie, the connection goes beyond services — it’s about the people. “Ben and Jamie are genuine,” she says. “They truly have hearts of gold. They care about every person who walks through the door. The teachers here are educated, compassionate, and intentional. That’s why I stay.”

A Philosophy of Energy and Grace

Nearly six decades into life, Willie moves with a grace that belies her age. “People say I look young,” she

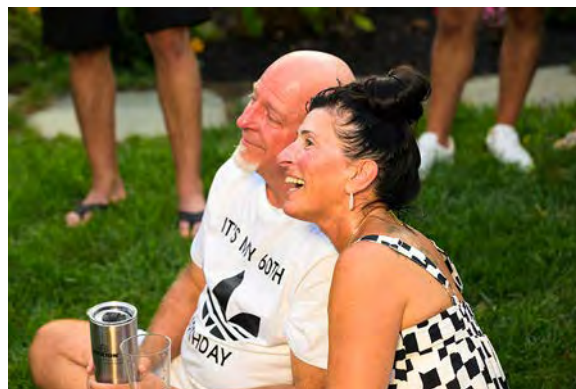
laughs, “but I think it’s energy. The practice keeps me young from the inside out.”

She’s also a proud grandmother — six grandkids, with another on the way — and finds joy in teaching them mindfulness. “I sit with them and do breathwork,” she says. “My kids talk about yoga with their kids. It’s a full-circle moment.”



Her nickname among them is Tete, and when they mimic her poses or breathing, she sees it as the continuation of her life’s purpose, spreading peace through awareness and love.

But what stands out most is her humility. “I used to practice because I wanted to look a certain way,” she reflects. “Now I practice because I want to feel a certain way — calm, centered, grateful.”



Her mantra now is simple: Listen, breathe, and feel.



Newsletter – NOVEMBER 2025

“The magic of yoga is in opening your ears and your heart,” she says. “If you can feel it, you’re doing it right.”

Grace in Evolution

Willie is quick to acknowledge that aging changes the body, but not the spirit. “Sometimes I can’t do what I used to,” she says. “And that’s okay. I refuse to get hurt or push past wisdom. My rule is to practice safely and with love for myself.”

That mindset mirrors Thermal Horizon’s philosophy: honoring each person’s limits while inviting growth. “That’s why I respect this place so much,” she says. “The teachers here are trained, mindful, and protective of their students. It’s not about ego, it’s about education and care.”

A Beacon in the Community

Willie’s story is one of resilience, curiosity, and joy. From a young mother seeking a moment of quiet to a grandmother guiding her family in breathwork, she embodies what it means to live yoga — to evolve, to soften, and to shine.

Her laughter fills the studio. Her wisdom grounds it. Her light, unmistakable and steady, reminds everyone that transformation begins with a single breath, and that it’s never too late to begin again.

“Yoga is my best friend,” she says. “It’s always there — through love, loss, and everything in between. And so am I. I’ll never retire from that.”

Big Things Are Blooming at Thermal Horizons

Dear Thermal Horizons Family,

Because of you, our community continues to grow in the most beautiful ways.

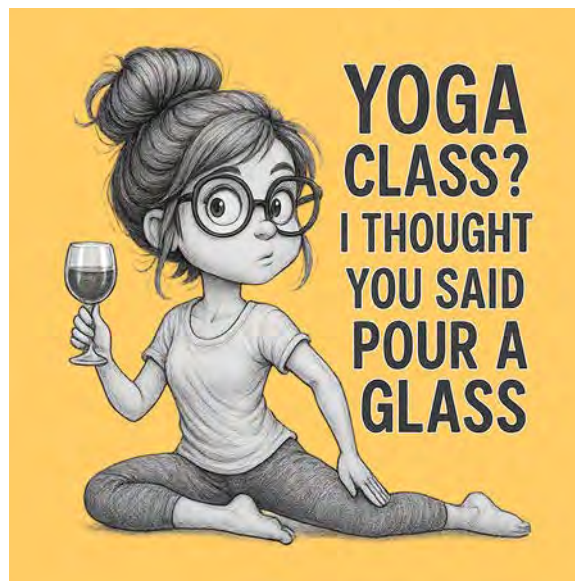
We’re expanding our Balanced Body Pilates studio to include more reformers and a few exciting surprises we can’t wait to share, while also expanding our infrared sauna and hydro therapy experiences to elevate your overall wellness journey.

With rising inflation and operational costs, and our continued investment in teachers and facility upgrades, **effective January 1st, memberships will increase by \$10/month.**

This adjustment supports the growth of our safe, inclusive, and luxurious sanctuary for movement, healing, and connection. ❤️

– Jaime, Ben & The Thermal Horizons Team

Trails and Triumphs of a Newbie Yogi



Episode 5: The Final Stretch – Looking Back, Laughing Forward

Six weeks in, and Jill had done the unthinkable: she’d bought a second yoga mat.

Not because her first one was worn out, but because it “wasn’t speaking to her anymore.” Whatever that meant. She’d become That Person.

Not a guru. Not a headstand master.

But someone who now said things like “I really need this class today.” And meant it.

From Flop to Flow

She used to trip over her mat. Now she rolled it out like a pro.

She used to hide in the back. Now she had a spot — next to Rachel, under the vent (optimal airflow, obviously).

She even stopped flinching when Skybeam (or whatever her instructor’s name was) said things like “inhale peace, exhale judgment.”

Sure, she still couldn’t do Crow Pose.

But she did try it... without immediately falling on her face.

Progress.



Newsletter – NOVEMBER 2025

A Collection of Mishaps, Miracles & Mild Injuries

Looking back, Jill realized her yoga journey was less about transformation and more about entertaining accidents and tiny victories:

- **Day 1:** Her mat tried to escape.
- **Week 2:** She fell into a retired handstand champion named Marge.
- **Week 3:** Accidentally winked back at The Winker.
- **Week 4:** Made friends over oat balls and shared trauma.
- **Week 5:** Felt calm for an entire Savasana. (Okay, most of one.)

And now?

She was laughing.

At herself.

With herself.

And occasionally with strangers in stretch pants.

What Yoga Really Gave Her

She didn't get abs of steel.

She didn't get enlightenment.

But she did get:

- A friendship with someone who owned three different brands of kombucha.
- A brain that worried a little less.
- A heart that forgave her own clumsiness.
- And a body that still couldn't touch its toes, but had stopped judging itself for trying.

Yoga didn't fix her.

It just made her feel a little more okay being a gloriously imperfect human in stretchy pants.

And honestly? That was enough.

Takeaway

Growth doesn't always look like balance or strength. Sometimes, it looks like falling over, getting up, and laughing louder each time.

☕ Your Journey Matters Too

Tried something new and lived to awkwardly tell the tale?

Drop your story to us! — yoga, zumba, fencing, unicycling, interpretive dance — we want the bloopers and the breakthroughs.

Let's laugh, stretch, and keep going.

SPECIAL EVENTS

YOGI BEANS

Children's Yoga Workshop



Saturday November 22
Saturday December 20
at Noon

Kids Ages 4-13: 12:00-1:30pm 90 minutes
Come "Kid Around" with us at our Yogi Beans class! Children ages 9-13 and 4-8 can expect to have fun and move their bodies. They will learn beginner meditation skills and take a trip to their Peaceful Garden. They will learn breathing techniques, practice many poses, sing, dance, and leave feeling calm and grounded. Come join us and become a new member of our Yogi Bean class!

Parents Stay and Play!
(Current Parents FREE) During littles workshop, a separate All Levels Welcome Flexibility Yoga Class will be hosted for parents in our beautifully appointed Sun Studio.

\$25 per Child - \$25 Parent Yoga
or "Spring" into Yogi Beans with a 3-Pack – Just \$60



SOUND HEALING CEREMONY

December 6th at 6:00PM

"I invite you to use the opportunity and time for sound healing to revitalize and re-harmonize our bodies with our minds. The synergy between the body and the mind is imperative to maintain a peaceful interaction with the world we find ourselves in" — Jaime Annett, Certified Sound Healing Practitioner

We created this sound healing collaborative with the sole objective of having a safe space, a healing space where sound, meditation, and breath work embrace the synergy between the body and mind.

It's okay to forget about the big problems or any mental weights that make it difficult to be still, easy so this is about what we need from ourselves in order to give and receive.

The entire sound healing ceremony is around 120 minutes. Come in comfortable clothing, hydrate before your session, and contemplate if there is anything you may be working on personally so we can be sensitive to your intentions. During the session enjoy Reiki provided by Olga Atkinson, Master Level Reiki Practitioner!

Please arrive 10 minutes before session begins for sage and incense and instructions to prepare for your experience.

We are honored and excited for this opportunity to give the collaborative into a healing event for my friends and community.

Just \$75 Per Person