



Newsletter – OCTOBER 2024

A Message of Growth, Hope, and Community



Dear Thermal Horizons Family,

I am beyond excited to share some wonderful news with you all as we step into this beautiful month of October! As many of you know, we've had our eyes on expansion, and the time has finally come—Thermal Horizons is growing! We have secured the space next door, and with this expansion, we are not only growing our physical space but also deepening the heart and soul of our beloved community.

One of the most joyful pieces of this expansion is the opportunity to welcome a remarkable teacher to a dedicated space within our new area—Kenya, our talented and deeply inspiring yoga therapist. You'll get to know more about her incredible journey in this newsletter, but let me give you a little preview. Kenya is not just a teacher; she's a breast cancer survivor, a warrior who transformed her life through yoga. Her journey of healing, resilience, and finding peace in the midst of the storm has touched my heart, and I know it will touch yours as well. We are so proud to announce that Kenya will be renting a space in our expanded studio to offer her unique talents as a Certified Yoga Therapist, and we are honored to have her here at Thermal Horizons.

October is also Breast Cancer Awareness Month, a time to reflect on the battles that too many of our loved ones have

faced and are still facing. As a community, we have lost too many heroes to this disease. This is why Kenya's story is especially meaningful to us. Her resilience is a beacon of hope and a reminder that there is strength and light even in our darkest moments. Through her yoga therapy, Kenya brings a unique blend of healing, care, and compassion that will be a gift to all of us. We celebrate not only her journey but the journey of every single person who has faced cancer with courage and grace.

This month, as we honor Breast Cancer Awareness Month, let's also celebrate the power of community—the way we lift each other up, support one another, and fight together. Our new space will be a sanctuary of healing, growth, and connection, and I couldn't be more thrilled to see how our community continues to evolve. Kenya's presence, along with the many other wonderful teachers who make Thermal Horizons the special place that it is, will ensure that this expansion isn't just about physical space. It's about expanding our love, our compassion, and our ability to hold space for each other.

Thank you for being part of this journey. Whether you've been with us from the beginning or you've just joined, you are an essential part of what makes this community so vibrant. As we open our doors to this new chapter, my heart is filled with joy, acceptance, and hope for the future. Together, we are building something truly special, and I can't wait to see where this next phase takes us.

With love and gratitude,

Jaime



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Teacher Spotlight



Kenya DeJarnette

Kenya's journey to becoming a Certified Yoga Therapist and beloved member of the Thermal Horizons community began in one of the most challenging periods of her life. In 2014, she was diagnosed with breast cancer—a diagnosis that not only impacted her body but also forced her to confront her struggles with anxiety, depression, and infertility. Her prognosis, though terrifying, became a wake-up call and a profound catalyst for transformation. Little did she know, it would also mark the start of her passion for yoga and a newfound purpose.

Her breast cancer diagnosis caused Kenya to channel all of her energy into fighting for her survival. It was during this storm that she was introduced to yoga, meditation, and the power of healing in community, thanks to Cancer Support Community Los Angeles. CSCLA became an oasis of healing where Kenya discovered the mind-body connection that would redefine her battle and eventual recovery with a greater sense of emotional balance and mental clarity.

Kenya fully embraced her recovery, which took place on the busy streets of West LA. Alongside medical treatments, she participated in a six-week program called Food for Life, which introduced her to the power of plant-based nutrition for cancer survivors. The program had a lasting influence on her

lifestyle, showing her that healing goes beyond the physical; it's a journey that integrates mind, body, and spirit. This holistic approach to recovery resonated with Kenya deeply, and it soon fueled her interest in yoga as a means to support and nurture others.

Kenya felt a growing desire to deepen her knowledge of yoga as her health improved. Encouraged by her yoga teacher, she began taking yoga classes at the community college in Antelope Valley, where she lived. It didn't take long for her to realize that yoga was more than just a physical practice; it was an avenue for self-discovery and emotional restoration. As an intensely curious person, she enrolled in yoga teacher training to enhance her personal practice and discover ways to use her newfound knowledge. Her teaching journey started modestly, leading classes at the local senior center, where she found immense joy in making yoga accessible to people from all walks of life. "Life be life-ing," she recalls, so "I look for ways to find joy in the midst of the storm."



Teaching became a revelation for Kenya. She thrived on her connection with her students and was fueled by the opportunity to guide others in finding peace and healing within themselves. This passion for teaching brought her into contact with Ben, one of the owners of Thermal Horizons. She first met Ben as a student in her Yoga Nidra class she taught in Canyon Country, and they quickly realized their shared vision of an inclusive and supportive yoga community. Ben and Jaime, Thermal Horizons' co-owners, became her champions and trusted friends.



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A Multifaceted Yoga Therapist

Kenya's passion for yoga inspired her to pursue more advanced training, allowing her to bring her students an even greater range of healing tools. She earned an M.S. in Yoga Therapy and became a Certified Yoga Therapist (C-IAYT) through the International Association of Yoga Therapists. Her comprehensive training includes Ayurvedic Lifestyle Consulting, Restorative Therapeutic Yoga, and y4c™ (Yoga for Cancer) Oncology Yoga. These credentials highlight her dedication to offering a holistic and compassionate approach to her teaching, one that emphasizes accessibility for all students. Whether guiding a Restorative class or leading an Oncology Yoga class, Kenya is committed to meeting people exactly where they are, as they are.

Her work as an Integrative Amrit Method™ Yoga Nidra facilitator further broadens her ability to help clients reconnect with their inner peace and healing potential. Yoga Nidra, a form of guided meditation, is especially transformative for individuals experiencing stress, chronic pain, or illness, helping them to release tension and invite deep relaxation. Kenya's teaching philosophy is rooted in the belief that yoga should be available to everyone, regardless of their physical or emotional challenges. She offers private sessions and small group classes tailored to meet the unique wellness goals of each individual, embodying the essence of yoga therapy—a person-centered, holistic approach that works on physical, emotional, and spiritual levels.

A Vision for Inclusive Wellness

For Kenya, yoga therapy represents a profoundly personal and highly transformative path to wellness. As a yoga therapist, she integrates yoga's ancient wisdom with modern therapeutic practices, helping her clients address a wide range of health concerns, from muscular and joint pain to mental health challenges like anxiety and depression. Yoga therapy goes beyond standard yoga by offering personalized assessments, goal setting, and evidence-based practices designed to optimize health and well-being.

Kenya explains that yoga therapy is about creating a space for self-healing customized to each person's unique circumstances. Whether her clients are facing cancer, chronic pain, or emotional difficulties, her aim is to provide a compassionate environment where healing can occur at its own pace. Kenya's goal is simple yet profound: to help people

find comfort and ease in their bodies and minds, regardless of where they are on their healing journey.

Finding a Home at Thermal Horizons

Kenya's connection to Thermal Horizons has been one of mutual support and growth. Ben and Jaime, who have fostered a nurturing, tight-knit community at the studio, welcomed Kenya into their circle with open arms. The studio's mission aligns perfectly with Kenya's vision of creating a yoga space that promotes accessibility, inclusivity, and healing for all.

At Thermal Horizons, Kenya leads a variety of classes, including Hatha Yoga, Restorative, Gentle Flow, and Yoga Nidra. The studio's warm, welcoming atmosphere is ideal for Kenya's compassionate teaching style. It's a place where students are encouraged to explore their limits, connect with others, and embrace their own healing journeys. As a breast cancer survivor, Kenya understands the importance of community in the healing process, and she has found a second home at Thermal Horizons, where she can continue to share her story and her passion for yoga therapy. When Thermal Horizons grows and expands, Kenya plans to rent space within the studio to offer her unique skills to the community!

The Heart of Community

When asked what makes the Thermal Horizons community so special, Kenya points to the relationships she's built with students and fellow teachers alike. "We support each other," she says. "Everyone here brings their own story, their own challenges, and together, we find ways to lift each other up." Whether through the gentle guidance of a restorative pose or the quiet reflection of a Yoga Nidra session, Kenya's classes offer her students more than just physical relief—they provide emotional and spiritual nourishment.

Kenya's journey from cancer survivor to yoga therapist is a testament to the power of resilience, self-care, and community. Her story reminds us that even in the midst of life's greatest storms, there is always a path to healing, growth, and joy. At Thermal Horizons, Kenya continues to light the way for others, sharing her expertise, empathy, and unwavering belief in the transformative power of yoga. We are thrilled and absolutely honored to have her gifts and light in our community.