



**Newsletter – SEPTEMBER 2025**

## Healing and Connecting During Ovarian Cancer Awareness Month



Dear Thermal Family,

September has always been a meaningful month for me. As many of you know, my mother passed away from ovarian cancer, and much of Thermal Horizons was born from her light, her spirit, and her love of community. This month, I feel especially proud to honor her by offering [a special in recognition of Ovarian Cancer Awareness Month](#). I hope that together, we can lift awareness, support one another, and continue creating a safe space where healing and connection thrive.

### Ovarian Cancer Awareness: What Every Woman Should Know

Ovarian cancer is often called the “silent killer” because it’s usually diagnosed in later stages. Awareness and early action can save lives.

### Know the Signs:

- Persistent bloating or abdominal swelling
- Pelvic or abdominal pain
- Feeling full quickly or difficulty eating
- Changes in urinary habits

If these symptoms last more than two weeks, talk to your doctor. A Pap smear does not detect ovarian cancer. The most effective tool is a **pelvic ultrasound**, though it’s not routinely covered by insurance. Advocate for yourself—ask for the test, and seek a second opinion if needed.

Early detection saves lives, and the more we share this knowledge, the more we empower women to care for themselves and their loved ones.

As I reflect on this community, I am filled with gratitude for our extraordinary teachers, the vendors and supporters who believe in us, the friends who walk beside us, my partner Ben, and most of all, my mother’s spirit, which is truly woven into every corner of this space.

You’ll also find an interview with me in this month’s newsletter, where I share more about my personal journey and my mother’s lasting impact on the vision and soul of Thermal Horizons.

Let’s sit together this month and have real conversations about sickness, loss, and the healing that comes when we share openly. These are not always easy topics, but they are sacred ones, and when we talk about them in community, they lose their heaviness and turn into connection.

Thank you for being part of Thermal Horizons. This is more than a studio, it’s a family.

With love,

Jaime



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## **Jaime's Journey: Growth, Resilience, and the Legacy of Love at Thermal Horizons**

Three years ago, when the doors of Thermal Horizons first opened, Jaime stood at the threshold of two life-altering journeys. One was the leap of faith into co-owning a yoga and wellness studio, a space built on love, courage, and a desire to serve the community. The other was the tender, heartbreaking passage of her mother's final days with ovarian cancer. These journeys became entwined, shaping Jaime into the woman, leader, and healer we see today.

September, which marks Ovarian Cancer Awareness Month, carries deep meaning for Jaime. It is both a reminder of profound loss and a call to continue her mother's legacy, one rooted in compassion, service, and hope. As she reflects on how Thermal Horizons has grown over the past three years, Jaime sees how her life has transformed.



### **Learning to Pause and Open the Heart**

When Jaime considers her growth since opening Thermal, one word rises above the rest: patience. “I think I’ve become a lot more loving, tolerant, and patient,” she shared. “Everybody walking in here has a story to tell. I’ve learned the ability to pause—no matter what’s going on with me—and make the person in front of me feel valued, seen, and understood.”

That pause has created a sanctuary for healing. Jaime tells the story of a first responder, a “tough guy” on the outside, who began attending yoga at the studio. After several heart-opening classes, he was overwhelmed by emotions he couldn’t hold back. “He would sit right there in the hallway, unable to stop the tears. And I’d say, ‘I can tell you’re carrying a lot. I’m so glad you’re here. Welcome to a space where you can just be who you are.’” Moments like that have deepened Jaime’s belief that Thermal Horizons is more than a wellness studio; it’s a safe haven. “People walk in seeking something they may not even know they’re looking for. But once they feel safe, once they feel open, the deeper things surface. And that’s where healing begins.”

### **Discovering Resilience**

Looking back, Jaime admits she didn’t know just how resilient she was until Thermal tested her. “Things come up; financial challenges, member concerns, and I’ve learned I can stand tall and keep moving. I don’t think I had that kind of resilience when I was younger. But now I see that I do.” She realized resilience isn’t about having all the answers; it’s about taking one step at a time, even when the path isn’t clear. “It’s swallowing pride, swallowing ego, and putting one foot in front of the other. That’s been the biggest surprise about myself.”

### **Redefining Success**

In the early days, Jaime thought success might look like a balance sheet. But she’s learned that true





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success at Thermal Horizons is measured in lives touched.

“It’s not about money—it’s about the people. I’ve seen members walk through our doors broken by divorce or grief, and three years later, they’re not the same human beings. To be part of that transformation? That’s success.”

She also finds joy in watching her team grow—teachers and practitioners who’ve built their dreams within the studio walls. “Seeing Molly, Tiffany, Kennedy, Kenya, and others thrive has been amazing. Abundance grows when the right people support each other. That’s where my cup gets filled.”

### **A Mother’s Spirit in Every Corner**

Jaime’s mother is woven into the fabric of Thermal Horizons. A free-spirited woman of Native American heritage, she raised Jaime in a community—composting before it was trendy, practicing yoga in the yard, teaching her child to play barefoot in the earth.



“My mom taught me that the best way to get out of yourself is to get into service for someone else,” Jaime said. “Even in the hardest times, she would turn her light on by helping others. Miracles always followed.”

That ethos shapes Thermal today. “This place isn’t about me. It’s about service, about walking each other home. My mom’s spirit is everywhere here—in

the Palo Santo we burn, in the music, in the love we pour into every detail. She is infused in this space.”

### **Ovarian Cancer Awareness: A Call for Early Detection**

September is Ovarian Cancer Awareness Month, a cause Jaime is passionate about because of her mother’s story.

“Ovarian cancer is often diagnosed late,” Jaime explained. “My mom had a clean Pap smear six months before being diagnosed with stage-three ovarian cancer. She had complained to her doctor, but she wasn’t taken seriously until we went to the ER and they found a 3 ½-pound mass.”

Jaime believes the key is early detection, which requires awareness. “Insurance companies don’t routinely cover pelvic ultrasounds, yet that test can save lives. A Pap smear isn’t enough. I want women to know: advocate for yourselves, ask for the ultrasound.”

By speaking openly, Jaime hopes to break through the silence around ovarian cancer and empower women to listen to their bodies, push for answers, and support each other through the uncertainty. Grief, Healing, and a Vision Born at Sunset The birth of Thermal Horizons itself was intertwined with Jaime’s grief. During the final months of her mother’s illness, she and Ben went camping to find clarity. Driving home, as the sun set over Fillmore, Jaime had a sudden vision. “The name came to me right then—‘Thermal Horizon.’ It was like my mom, the universe, everything was telling me this was the path.”

Not long after, they walked into what is now the Sun Studio. “I didn’t love the entry at the lobby, but when I opened the door to that studio, I felt it. There’s a special energy in that room. I knew in my heart this was where I was supposed to be.”

Thermal Horizons became a way to honor her mother’s spirit while creating a place for others to heal. “It was born not from fear, but from love. Every piece of this space carries that intention.”



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## Inviting Others to Share Their Stories

One of the most powerful outcomes of Jaime's openness about her mother's journey is how it has encouraged others to share their own.

"When you're vulnerable, you create a space for others to be vulnerable too. I've had countless members tell me their stories of loss or resilience because they know this is a safe space." In many ways, Jaime sees herself as simply holding the door open for others. "It's not about me—it's about letting people know they are not alone."

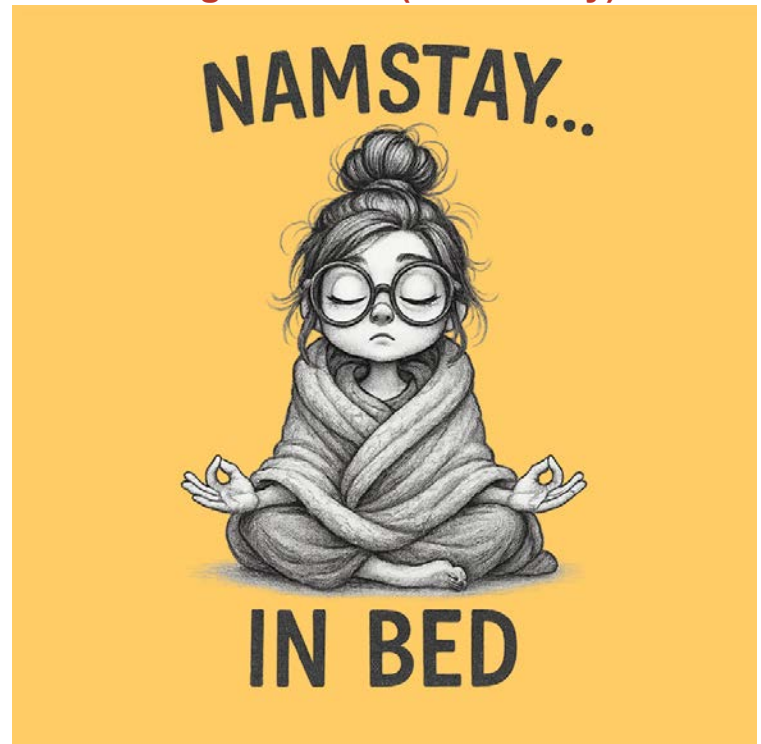
## The Next Chapter

Looking to the future, Jaime doesn't have a rigid plan for Thermal Horizons. Instead, she trusts the universe to guide the way.

"I'd love to see Thermal in more places, but it can't just be replicated. It's a feeling, a spirit, that only comes alive with the right people. If expansion is meant to be, it will be. Until then, I'm staying open, walking the path, and letting abundance unfold." What she knows for certain is that her mother would be proud. "She would see this community, this love, and say, 'Yes—this is what you were meant to do.' She'd want me to bring even more of our culture into the space, and one day I hope to honor that too." "In the end, we're all just walking each other home," Jaime said softly. "That's what my mom believed, and that's what Thermal Horizons is about. We're here to walk with each other—through the joy, the grief, the healing, and the growth. That's the gift my mother gave me, and it's the gift I hope to keep giving through this space."

# Trails and Triumphs of a Newbie Yogi

## Episode 3: The Social Stretch – Making Yoga Friends (Awkwardly)



Jill had survived slipping, sliding, and nearly sitting on Marge. Now, it was time to face her greatest fear yet: talking to people. She wasn't antisocial exactly—just selectively awkward. If small talk were a yoga pose, she'd be stuck in Turtle-with-a-WiFi-problem Pose. Today, she was determined. Her mission: **make a yoga friend**. Her method: **absolutely unclear**. **The Namaste Gauntlet** The instructor floated in with the kind of calm that said she had never once spilled coffee down her shirt while yelling at her GPS. "Let's begin by turning to the person next to you and offering them a smile," she said, beaming like a human sunrise. Jill turned. **Immediate panic.**





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To her right was a man with a beard that could house small birds. To her left—oh no, it was **Mat Winker**. The same confident ankle-holding guy from Episode 1. He smiled. Again. **He winked. Again.**

Jill gave a stiff nod that said, *“I acknowledge your existence but do not encourage it.”*

### The Social Pretzel

After class, the studio offered tea. Jill stood near the tea table pretending to inspect a chamomile packet like it held ancient secrets. Around her, people chatted easily:

- “How’s your crow pose?”
- “Have you tried goat yoga?”
- “I’m really into sound baths now.”

**Sound baths?** Jill barely survived regular ones.

A friendly-looking woman with a bun the size of a basketball approached. “First time here?”

“No! I mean yes. Well, sort of. Technically third. Not that I’m counting.”

Why was she like this?

Bun Lady smiled. “I’m Rachel. I slipped on my mat last week and took out a houseplant.”

**Success. A real-life yoga human! With humility!**

They chatted. Jill learned Rachel also couldn’t touch her toes and once accidentally joined an advanced class labeled “Yoga Blast: Fire Edition.” Jill liked her immediately.

### The Circle of Sweat

Suddenly, Jill wasn’t just the flailing newbie. She was part of something—a group of imperfect stretchers, breather-ers, and occasional fallers. They laughed about poses they hated (“Pigeon is a crime against hips”), shared favorite instructors, and debated the best post-yoga snacks (banana chips = divisive).

Someone invited Jill to a Sunday morning yoga-in-the-park session.

“Just bring water, bug spray, and your sense of humor,” they said.

**She had all three.**

### Takeaway

**Making yoga friends is a little like doing a difficult pose—you feel awkward at first, but with a little balance and breath, you just might find your people.**

☕ Stretch Your Social Muscles!

Ever made a surprising friend in a yoga class—or anywhere fitness meets flailing? Tell us your story, awkward intros and all.

## SPECIAL EVENTS

**SOUND HEALING CEREMONY**  
**SEPTEMBER 6<sup>th</sup> 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 Ansett, 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, more 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 instruction to prepare for your experience.

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

**Just \$75 Per Person**

**BLACK LIGHT BUTI GLOW**

**OCTOBER 25**

**5:00-7:00 PM**

JOIN US FOR A HALLOWEEN-THEMED FLOW FILLED WITH PRIMAL MOVEMENT, PULSING BEATS, AND HIGH-VIBE ENERGY. COME DRESSED IN YOUR GLOWING BEST—COSTUMES, BODY PAINT, AND ALL THINGS MAGICAL ARE WELCOME.