



Newsletter – APRIL 2024

We're Expanding!



We're thrilled to share some incredible news with our beloved community. Thermal Horizons Yoga and Wellness Center is embarking on a remarkable journey of expansion, and we couldn't be more humbled and grateful for this opportunity.

Picture this: a serene sanctuary rooted in strength and beauty growing right next door. With an additional 5,000 square feet of space, we're crafting a haven that promises to elevate your wellness journey to new heights.

Step into our immersive new yoga space, designed to ignite your senses and deepen your practice. Inspired by the brilliance of a Van Gogh exhibit, expect an atmosphere that captivates with its beauty and tranquility. Sink into the soothing embrace of soundscapes, carefully curated to mimic the grounding vibrations of the earth.

But that's not all. Discover cozy corners for relaxation, including book nooks and inviting seating areas. Our Dharma Spot beckons with tantalizing nibbles and soul-nourishing tea, fostering connections and the art of conversation—a true oasis in our fast-paced world.

At Thermal Horizons, we're dedicated to nurturing profound self-love within each of you. Our expanded offerings include healing FAR Infrared spaces, where you can sweat out stress while immersing yourself in calming soundscapes. Afterward, plunge into tranquil ice baths, where every breath invites you to rediscover your essence amidst the juxtaposition of Fire and Ice.

But the journey doesn't stop there. Prepare to explore an array of holistic healing modalities, from our rejuvenating Himalayan Salt Grotto to extended acupuncture services and massages. Our inclusive offerings are crafted with care, ensuring everyone finds solace and renewal within our walls.

To our incredible community, we extend our deepest gratitude. Thank you for embracing us with open hearts, illuminating the challenging paths with your light, and reminding us that love is always present, even in the darkest moments.

Join us as we embark on this magical journey of expansion, where every corner is infused with intention, and every heartbeat echoes with the promise of transformation. Together, let's continue to nurture our spirits, cultivate connection, and shine brightly, illuminating the path for all who seek wellness and wholeness.

With boundless gratitude,

Jaime

Teacher Spotlight



Molly Atler

Molly's story is a testament to the transformative power of resilience, introspection, and the pursuit of authenticity. A dedicated high school English teacher, Molly's journey took an unexpected turn during the upheaval of the COVID-19 pandemic. She discovered solace in her unwavering dedication to fitness and made a career change to follow her passion. During this time, she also moved in with the man who would become her husband—a testament to the ages!

With her newfound sense of purpose, Molly began her career transition, seamlessly blending her

teaching acumen with her passion for fitness as a functional fitness instructor at Thermal Horizons. She was nervous at first because she knew little about Yoga. However, Ben and Jamie were excited about offering a variety of classes and absolutely loved Molly's energy.



Drawn by the promise of authenticity and guided by her innate curiosity, Molly seized the opportunity, stepping out of her comfort zone and into the unknown. She immediately found fulfillment in empowering others to achieve their health and wellness goals.

Over the years, Molly has crafted, altered, and continually improved the Thermal Horizons community's fan favorite - Functional Fitness classes. These strength-training classes are as



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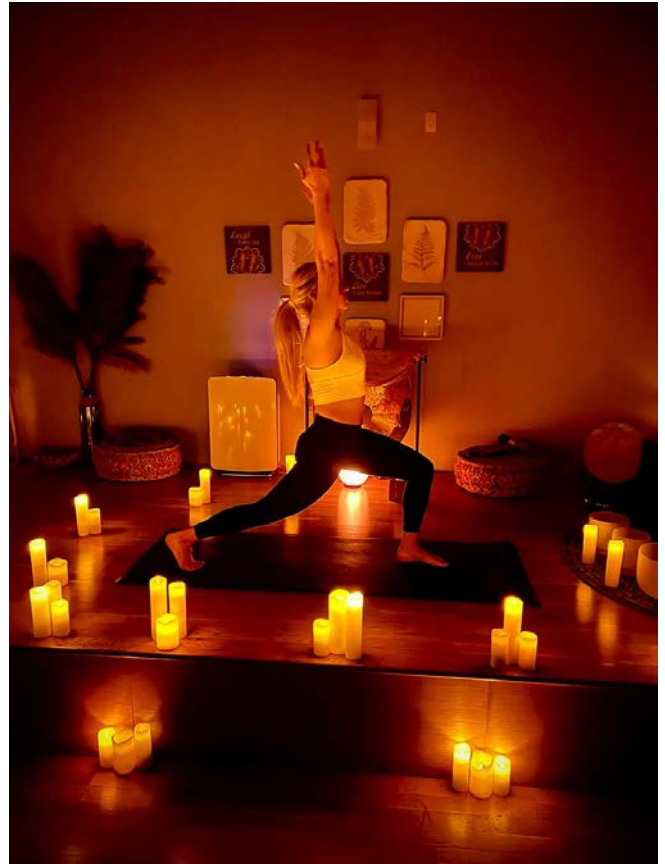
unique as Molly. Her goal during the one-hour sessions is for students to attain fitness for longevity through fun and safe movement.



Functional Fitness classes often involve weights, TRX bands, and additional props for students to strengthen muscles that assist them in life. While putting together her strength-training sets, she thinks about how to position your feet while lifting heavy items from a trunk, how to hold your core while roughhousing on the floor with kids and grandkids, and essentially training the body to develop muscles to support life's movements.

Right after her wedding last fall, Molly immersed herself in Yoga Teacher Training, embarking on a journey of self-discovery that would continue to shape the trajectory of her life and her knowledge of balancing physical strength with life. Through the rigorous training program, she cultivated her teaching skills and underwent profound personal growth, unlocking newfound depths of strength, knowledge, and resilience. In her classes, she

introduced stillness with breathwork and intention setting at the beginning of class.



She is excited to announce her new and first yoga class, resulting from her yoga teacher training experience: Functional Flow! This class incorporates her dedication to strengthening movement patterns of everyday life but with a focus on body weight and Yoga poses. It is a unique Vinyasa flow that students are going to adore!

Through her work at Thermal Horizons, Molly has transformed bodies and touched hearts, fostering an environment of growth, self-expression, and empowerment. Her journey is a powerful reminder that true fulfillment lies not in conforming to expectations but in embracing the unique journey of self-discovery and authenticity.

We absolutely love her!