



Newsletter – April 2026

Awaken, Restore, and Rise This Spring



Dear Thermal Community,

Spring has a way of awakening what has been quietly waiting.

Each year, this season arrives with a sense of renewal — gentle, hopeful, and full of possibility. Here at Thermal Horizons, I feel that same energy moving through our space and our community in such a beautiful way. There is a freshness in the air, a sense of expansion, and a quiet reminder that growth often unfolds in its own perfect timing.

Lately, I have been feeling so much gratitude for the way Thermal continues to grow like the alive, beating heart it is. This community keeps welcoming new people, new offerings, and new opportunities for healing, connection, and transformation, and it is such an honor to witness.

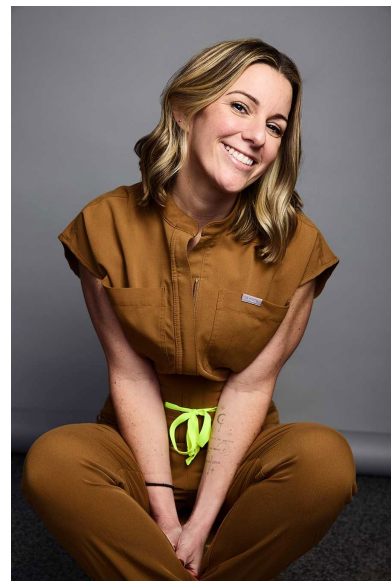
This season, I'm especially excited about the wellness experiences blooming here at the studio. We are thrilled to offer **FAR Infrared MAT Pilates on Sundays at 8:30 a.m.**, creating another beautiful way to move, strengthen, and support the body. We are also looking ahead to our **Yosemite Soul Escape Retreat** in May, a chance to reconnect with nature, stillness, and self, and to our **Route to Rise Retreat in Tulum** this October, which promises adventure, expansion, and soul-deep connection.

I'm also so grateful for newer practitioners like **Amanda Patey, RN**, who offers vitamin injections, IV therapy, peptides, and wellness support here at Thermal. Her presence adds another layer of care to our studio, and it has been beautiful to see how warmly the community has embraced her. Be sure to read all about Amanda and her offerings in this issue.

Thank you for being part of this space and for bringing your energy, presence, and heart through our doors. Thermal Horizons is what it is because of this community, and I feel so excited for all that is continuing to bloom here this spring.

With love and gratitude,

Amanda Patey, RN, Expands the Wellness Experience at Thermal Horizons



Ben and Jaime and the entire Thermal Horizons team have always believed that wellness means more than a single practice. It is the way movement, rest, healing, connection, and self-discovery come together to support the whole person. Our community is built around the belief that feeling well is not one-size-fits-all. It is layered, personal, and always evolving. That is why Amanda Patey, RN, feels like such a natural and meaningful part of the studio.



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Amanda's services add another dimension to the care and support available here. Through vitamin injections, IV therapy, peptides, and weight loss support, she offers clients another way to nourish their bodies, restore balance, and feel supported from the inside out. Her work complements the wellness routines so many in our community already value, creating another pathway for people who want to feel more energized, resilient, and in tune with themselves.



A Whole-Body Approach to Feeling Better

What makes Amanda's presence here especially powerful is how beautifully her approach aligns with the spirit of Thermal Horizons. She does not view wellness as a quick fix or a surface-level goal. Instead, she looks at the whole person and asks deeper questions: How are you sleeping? How are you moving? How are you managing stress? What is your body trying to tell you? That kind of thoughtful, whole-body care feels right at home in a space like ours, where healing is often rooted in both physical support and emotional awareness.

If you have met Amanda, you likely understand why people are immediately put at ease by her. She brings a rare blend of medical knowledge, honesty, warmth, and lived experience to the work she does. Whether someone is curious about trying vitamin therapy for the first time or is looking for more personalized support in their wellness routine, Amanda helps them feel informed, safe, and seen.

When someone comes to Amanda, she starts with a conversation about how they are feeling, what they hope to improve, and where they may be struggling. From there, she helps create a plan based on the whole person, not just one symptom. She looks at movement, sleep, stress, nutrition, immune health, and how the body

is functioning overall. In her view, wellness is never just one thing. It is the combination of daily habits, internal balance, and the right tools at the right time.

Her Story, Her Perspective

Amanda has been a nurse for 16 years and spent those years in hospital nursing. Alongside that demanding work, she began studying health, fitness, and nutrition, earning certifications that reflected a growing interest in understanding the body more deeply. At first, that learning was personal. She was curious. She wanted to understand what supports health, energy, and resilience. Over time, those studies became part of a much larger calling.

Three years ago, while still working in the hospital, Amanda started this business and realized she had finally found a way to bring all of her interests together. In her work today, she blends western medicine, functional medicine, movement, and lifestyle support into one thoughtful practice. It is not about choosing one lane. It is about using every tool she can to help people feel better in real, sustainable ways.

That mission became even more meaningful because of what Amanda experienced in her own life.

As a mother of two boys and a woman approaching 40, Amanda spoke openly about the identity shift that can happen in motherhood. Like so many women, she found that her own needs started falling to the bottom of the list. Work had to be done. Kids had to be cared for. Life had to keep moving. Over time, she began to feel physically depleted. She was exhausted, worn down, and frustrated that even with healthy habits in place, her body still did not feel right.

Eventually, Amanda learned that she has Hashimoto's, an autoimmune thyroid condition. But getting answers was not easy. For years, she was told her labs looked "fine," even while she felt anything but fine. She knew something was off. She was eating well, exercising, and trying to take care of herself, yet she still felt like she could barely get out of bed some mornings.

That experience changed the way she cares for others. Amanda understands what it feels like to be dismissed, to be tired of being tired, and to wonder why your body is not responding the way it should. She also understands how deeply stress affects wellness. Job stress, family stress, grief, hormonal changes, lack of sleep, and the constant pressure of daily life all take a toll. Because she has lived through those layers herself, she brings a very human kind of compassion to the people she works with. There is no judgment in her approach. There is curiosity,

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understanding, and a genuine desire to help people function better and feel more like themselves again.



Amanda encourages people to start simple. Even when someone is interested in weight loss support or other more advanced services, she often begins with the basics. She wants clients to understand that foundational pieces still matter. Sleep matters. Stress matters. Movement matters. Gut health matters. Her services are meant to support the body, not replace the everyday habits that help people thrive.

She also helps make the experience easier to understand. Injections and IV therapy allow nutrients to bypass the digestive system, making them more readily absorbed. IV therapy goes directly into the bloodstream, which can be especially helpful for someone who is depleted, recovering from illness, dealing with chronic fatigue, traveling, or simply needing support after a stressful stretch. For some clients, a simple vitamin injection may be the perfect place to start. For others, IV therapy offers a deeper level of replenishment.

Amanda describes it as filling the tank back up, and that image resonates. So many people are not broken. They are simply drained. They are giving to their work, their families, their responsibilities, and their routines, often without enough support coming back in. Sometimes wellness is not about doing more. Sometimes it is about receiving the right kind of care so you can move through life with more steadiness, energy, and clarity.

A Natural Fit at Thermal Horizons

Amanda found her way to Thermal Horizons the way so many meaningful connections happen in Santa Clarita: through word of mouth and community. It quickly became

clear that this was not just another place to practice, but a place where her services truly belonged. What may have started as an opportunity soon felt like something more lasting.

Amanda says both she and her clients feel the difference the moment they walk through the door. There is an energy here that is warm, welcoming, and deeply rooted in wellness. Because people come to Thermal Horizons with real intention around caring for their bodies and minds, Amanda’s offerings feel like a natural extension of that experience—organic, supportive, and right at home.



Built on Trust and Community

She has built relationships naturally, too, through conversations between appointments, through classes, and through the support of people like Molly, Ben, and Jaime, who help make others aware of what Amanda offers in a way that feels personal rather than sales-driven. That kind of trust matters, especially in a service where word of mouth can make all the difference.

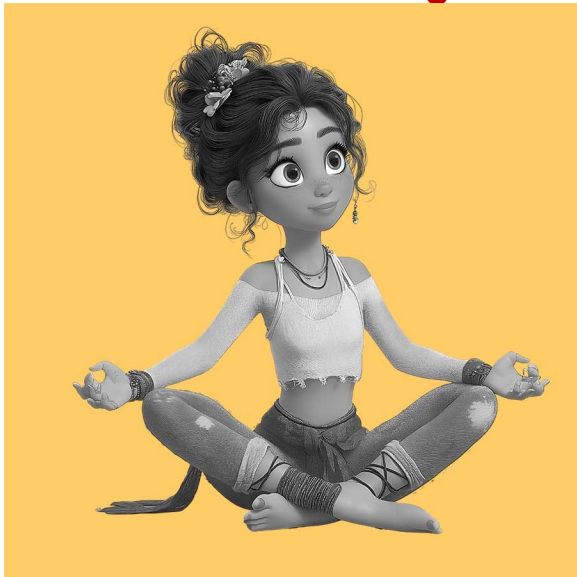
Amanda knows there can be hesitation around vitamin therapy, especially for people who have never tried it before. But she also knows that once someone has a positive experience, or hears about one from a trusted friend, the fear often begins to soften. That is part of what has made her offerings so well received here. The response has grown through real relationships, real results, and real trust.

We are so grateful Amanda is part of the Thermal Horizons community. Her work adds another layer of support for those seeking wellness in a deeper, more integrated way. She meets people where they are, honors the full picture of what they may be carrying, and offers care that is both informed and deeply compassionate.

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For those who have been curious about Amanda’s services, this may be the perfect invitation to begin with a conversation. Whether you are feeling run down, looking for extra support in your wellness routine, or simply wondering what vitamin therapy might offer, Amanda brings both expertise and empathy to the experience. At Thermal Horizons, we have seen how warmly the community has embraced her, and it is easy to understand why. Sometimes the first step toward feeling better is simply allowing yourself to explore what support might be possible.

**Trails and Triumphs
of a Newbie Yogi**



Episode 10: Yoga in the Park — Where Nature Judges You Silently

Jill thought outdoor yoga would be peaceful. Nature had other plans.

When Rachel said, “Let’s try yoga in the park — it’s magical!” Jill imagined sunlight streaming through trees, birds chirping gently, and a soft breeze fluttering through her ponytail like a shampoo commercial.

What she got: bees, wind, squirrels, and an audience of extremely judgmental ducks.

The Great Outdoors (And Greater Distractions)

They arrived early. The park was already buzzing with activity — joggers, dog walkers, someone doing tai chi in jeans, and an enthusiastic toddler chasing bubbles with the energy of a caffeinated chipmunk.

Jill rolled out her mat on what she *thought* was a patch of grass. It was, in fact, a patch of **wild nature booby traps** — sticks, twigs, and exactly one extremely pokey pinecone. Right under her spine.

“Find your grounding,” said the instructor, who wore a sunhat bigger than a satellite dish. “Connect with the earth.”

Jill connected alright. *Too much.*

Yoga with a Side of Wildlife

Ten minutes in, a squirrel sprinted across Jill’s mat. Bold. No eye contact. Just full speed, tail up, like it owned the place.

Five minutes later, a breeze caught the edge of her mat and **flipped it over mid-pose**, launching her into what can only be described as an unsanctioned somersault.

She came up covered in grass, hair full of leaves, dignity in critical condition.

Rachel mouthed, “*You okay?*”

Jill flashed a thumb up and a blade of grass fell out of her sports bra.

Nature’s Audience

By mid-class, Jill had a solid rhythm going — despite a bee doing recon near her ear and a dog named “Gary” who decided her leg was an excellent resting place during Warrior II.

And then... the ducks.

Three of them waddled over during Savasana.

They stared. Unblinking. Judging. Possibly plotting.

One gave her yoga block a peck. Another tried to nibble Rachel’s ponytail.

Jill remained still, breathing deeply, pretending she was one with nature — even though part of nature was now **sitting on her foot**.

After the “Ommm” Comes “OMG”

Class ended with the instructor offering fresh mint water and a reminder to “stay present.”

Jill was present. Presently itchy, sunburned, and somehow dirtier than when she’d gone camping last year.

But as she sipped her mint water and watched Gary the dog do a proud downward dog of his own, she laughed.

Maybe yoga in the park wasn’t peaceful... but it was definitely unforgettable.

Takeaway

Yoga outside brings you closer to nature... and nature very close to you. Be prepared for bugs, breeze, and ducks with attitude.

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🗨️ Tried Yoga Outdoors? We Dare You to Beat This Story

Windy mishaps? Curious wildlife? Stray frisbees? Tell us your weirdest or most wonderful yoga-in-nature moment. Bonus points if squirrels were involved.