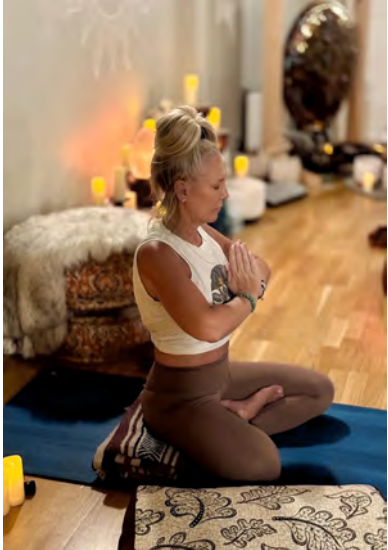




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The Power of Foundation



People often come to Thermal Horizons because they're looking for something. Sometimes it's greater strength. Sometimes it's relief from stress, a healthier body, a quieter mind, or simply a place to belong. While everyone's reason is different, I've noticed they all have one thing in common—they're looking for a foundation on which to build something better.

From the very beginning, our vision has never been simply to create a yoga studio. We wanted to build a place where people could establish a strong foundation for every part of their lives. For some, that foundation begins with physical strength or improved mobility. For others, it's finding stillness after a difficult season, learning to quiet an anxious mind, or discovering a community that welcomes them exactly as they are.



Life asks a lot of us. We move quickly from one responsibility to the next, often carrying stress, uncertainty, and expectations that leave very little space to reconnect with ourselves.

Somewhere along the way, we begin searching for solid ground again. Not perfection. Not performance. Just a place where we can breathe deeply, move intentionally, and remember who we are beneath the noise.

That is what I hope Thermal Horizons continues to be for our community.

No matter where someone begins, every practice builds upon the last.

One mindful breath makes the next one easier. One class becomes a habit. One moment of courage grows into confidence. Over time, those small moments become the foundation that supports healthier relationships, greater resilience, and a deeper sense of purpose beyond the studio walls.



This month, we're excited to begin a special series exploring Foundational Yoga through the unique perspectives of several of our instructors. Each teacher brings their own experiences, philosophy, and wisdom to these classes, reminding us that while every yoga journey is different, the importance of building a strong foundation is something we all share.

Whether you've been practicing with us for years or are considering your very first class, I hope you'll take this opportunity to slow down, embrace the basics, and discover just how transformative a strong foundation can be.

Because at Thermal Horizons, we believe the most meaningful growth doesn't happen by rushing toward what's next.

It begins by creating a place strong enough to support everything that follows.

See you on the mat,

Jaime



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Finding Strength in the Fundamentals

Why slowing down may be the most transformative practice of all.

There is a common misconception about yoga. Scroll through social media and you'll find gravity-defying arm balances, impossibly flexible bodies, and lightning-fast flows that can make the practice seem reserved for the naturally gifted or already experienced. But beneath every impressive pose lies something far more important: a foundation.

This August, Thermal Horizons begins a three-month exploration of Foundational Yoga, highlighting the teachers who guide students back to the heart of the practice. We begin with instructor **Lauren Whempner**, whose thoughtful approach reminds us that the strongest yoga practice isn't built on complexity—it's built on understanding.



Lauren spends her weekdays teaching high school art, digital art, and advanced art at Valencia High School, where she is preparing to begin her eleventh year in the classroom. Her students often recognize her around Santa Clarita, stopping to share college acceptances, career milestones, and life updates. Those unexpected reunions are among her greatest rewards.

"I get to work with teenagers in one part of my life and adults in another," Lauren says. "They're different communities, but they both teach me something."

That balance has shaped her teaching in profound ways. Her years as an educator have taught her how people absorb new information, how to break down complicated ideas, and how to meet each individual exactly where they are. Those same skills have become the cornerstone of her yoga instruction.

Ironically, Lauren is best known for energetic Vinyasa classes filled with creative transitions, mobility work, and playful arm balances. Yet when Thermal Horizons founders Ben and Jaime envisioned a class that could bridge the gap between

Gentle Yoga and faster-paced Vinyasa, they knew Lauren was the right person to teach it in the evenings.

She was honored by the trust they placed in her.

"I realized that one of my favorite parts of teaching is helping people grow," she says. "Foundational Yoga gives us the opportunity to slow everything down and really understand what we're doing."

That slower pace is exactly what makes the class so powerful. Rather than moving quickly from pose to pose, Lauren creates space for curiosity. Students explore not only how to move but why they move. They discover what healthy alignment feels like in their own unique bodies instead of trying to imitate someone else's shape.



After all, no two bodies are built the same.

"Alignment doesn't look identical for every person," Lauren explains. "Our anatomy, our experiences, and our physical backgrounds are all different. Foundations is about learning how a pose should feel in your body."

Each class is intentionally designed around a central theme. Sometimes it revolves around a specific posture. Other times it explores a movement pattern, a mindset, or a principle of yoga philosophy. Lauren carefully prepares the body for that destination, allowing students to build confidence one step at a time.

Along the way, she introduces another layer that is often overlooked in modern yoga classes: context.

Students may learn the Sanskrit names behind familiar poses. They might explore the Yamas and Niyamas—the ethical principles that have guided yoga practitioners for centuries—or discover how breath, mindfulness, and movement intertwine into something far deeper than exercise.

For Lauren, these lessons are not extra material. They are yoga itself.

"Sometimes people come for the physical benefits," she says. "Then they stay for the mental benefits. Eventually they become curious about the philosophy and how these teachings can support everyday life."

That philosophy is particularly meaningful today, when yoga is often marketed primarily as fitness.



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Lauren acknowledges that as yoga has spread across the world, some of its traditions have naturally evolved. Yet she believes there is growing interest in reconnecting with its origins—not to make the practice intimidating, but to make it richer.

Foundational Yoga offers that opportunity without requiring any previous experience.

Whether someone has never stepped onto a yoga mat or has practiced for years, Lauren believes there is always something new to discover.

For beginners, the class removes the intimidation factor. Props become approachable tools rather than mysteries. Common poses are broken into manageable pieces. Questions are welcomed. Confidence grows naturally.

For experienced practitioners, slowing down often reveals details that fast-paced classes simply don't allow time to notice.

"There will always be something you can take with you," Lauren says. "Maybe it's more confidence. Maybe it's greater body awareness. Maybe it's learning how to breathe differently. Everyone leaves with something that's personal to them."

That spirit of accessibility is one of the defining characteristics of Thermal Horizons.



Lauren encourages anyone who feels nervous to introduce themselves before class begins.

"Your teacher won't bite," she laughs.

More importantly, she wants students to release the pressure of performing.

"So many people think yoga has to look a certain way because of what they see online. But yoga is meant for everyone. It's about meeting yourself exactly where you are that day."

Perhaps that is the greatest lesson of all.

Foundations are rarely glamorous. They aren't flashy. They often develop quietly, one breath, one movement, one mindful moment at a time.

Yet every balanced posture, every confident flow, and every lifelong practice is built upon them.

This month, Lauren invites our community to experience yoga the way it was always intended—not as a performance, but as a practice of curiosity, self-study, and connection. Whether you're stepping onto the mat for the very first time or returning to strengthen the basics of your practice, Lauren's **Foundational Yoga** classes offer a welcoming place to begin—or begin again. You can join her **Monday and Wednesday evenings at 6:30 p.m.**

Sometimes the most meaningful progress doesn't come from learning something new.

Sometimes it comes from returning to the beginning.

Coming Next Month: Our Foundational Yoga series continues with instructor **Elizabeth Done**, who will share her perspective on the therapeutic and anatomical benefits of building a strong yoga foundation. Discover how understanding movement, alignment, and the body's natural mechanics can deepen your practice while supporting long-term wellness. Until then, you can experience Elizabeth's thoughtful teaching style in Foundational Yoga on Monday and Wednesday mornings at 8:15 a.m.

SPECIAL EVENTS

We have numerous special events for all our members to benefit your mind, body, and soul.



Thermal Horizons
Yoga and Wellness Center

SOUND HEALING CEREMONY

September 5th, 2026 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 Amore, 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 enhance 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