

## The Magic of Community



As the holiday season approaches, Ben and I like to reflect on the importance of community and the strength we draw from leaning on one another during this festive yet often challenging time of year.

Just as a tree relies on its roots for stability, we, too, can lean on our Thermal Horizons community to find the support needed to weather the storms of the holiday season.



One of the most beautiful aspects of our Yoga community is its diversity. Each individual contributes a unique set of experiences, traditions, and perspectives. This diversity enriches us all and allows us to learn from one another. As we navigate the holiday season, we can draw upon this

diversity to create a tapestry of shared experiences, forging connections that transcend differences and develop a sense of unity. Whether in class on our mats, gathering for a special event, or sharing laughter and stories over a cup of tea, the presence of others magnifies our collective joy. Conversely, during moments of sadness or loneliness, the support of our community provides a comforting embrace, reminding us that we are never alone.



Leaning on our community is not a sign of weakness but a testament to our shared humanity. We all face challenges and uncertainties; the holiday season can magnify these struggles. By reaching out to our neighbors, friends, and loved ones, we create a network of compassion and understanding that helps carry the burdens we may bear. By leaning on one another, we not only navigate the challenges of the season but also create lasting memories and a sense of belonging that enriches our lives. Together, we can make this holiday season, and any time really, a time of shared joy, support, and connection.

In this newsletter, you will hear from a fellow community member and how she's leaned on the Thermal Horizon Community during her spiritual growth. It is incredible to know that simply being on our mats together can spark an awakening. Together, we help each other soar.

We wish you a season filled with warmth, laughter, and the unwavering support of our community.

So much love,

*Jaimie*

## Community Member Spotlight Erica Brown



### A Woman Takes Flight A Tribute to My Yoga Community

As I clung to the edge of the proverbial granite monolith, the universe was suddenly less gentle in its attempts to pull my fingers from the brink. I'd been asking for the release in Yoga class for months through my intentions of abundance, trust, and self-worth. However, I wasn't expecting the delivery to be so intense.

As the wind whipped and burned my skin, the universe pried my fingernails off in quick success with tell-tale signs like losing my job, the death throes of my relationship, and major surgery. The barrage was so swift and forceful that finally, I could hold on no longer and let go.

Plunging feet first with my nose centimeters from the jagged rock, I began to cry. I sobbed in grief at what was, fear of what may be, and felt my body get heavier and heavier, which caused me to fall faster and faster. A slight sense of relief also caused the tears. I'd done it. I'd let go.

"I'm going to bump into some things," I said to brace myself in new resolve, and I started grasping at each and every crack and crevice that flashed before my eyes as I fell. The action hurt my hands and broke pieces of rock off, which pierced my skin and battered my bones. I believed my body, made strong on my time on the mat, could take the beating, and something would stick if only I grabbed hard enough. The problem was that I was reaching for things I didn't want but felt I deserved. The universe nudged me away with migraines, and I continued to fall.

During a Sunday meditation class at Thermal Horizons, about four weeks into my fall, clarity finally came.

"This wasn't the deal," the universe said. "You said you would trust."

With that, I timidly allowed the universe to tip me back ever so slightly so my face gazed at the soft golden sky instead of the passing of the dangerous rock. The wind and stones stopped whipping my skin, and the air was soft around me. My spirit animal, Pony, whom I met during a special event at Thermal Horizons the year before, placed her cool, wet nose on my forehead like a scented lavender cloth and asked, "What does your heart want?"

The pineal gland in the middle of my brain activated with explosions of color behind my eyes. My heart chakra glowed.

"I want to write a story with a heroine that gives me goosebumps, to be an expert on honeybees, to feel intense love, and to have a creative job that pays me beyond my wildest dreams."

"What else," Pony asked.

"I want peace," I cried on my mat.

And so, it was. I left behind the fear of the fall and the fascination with the granite monolith. I left it at the door.



I turned my heart towards my desires, and as I continued to fall, I started sweetly bumping into things that excited and delighted me. I outstretched my arms in joy to touch as many possibilities as I could.

In this act, my loved ones and spirit guides rushed in to place gentle fingers under me to make my fall as soft and peaceful as possible. The overwhelming amount of support and love that flooded me was breathtaking.

# ON THE HORIZON NEWSLETTER

Thermal Horizons Yoga and Wellness Center

Newsletter – DECEMBER 2023

I wrote a book on a whim about a brave superhero. I had zero expectations for it and only understood that it was falling with me and would land somewhere, which was all that mattered.



In Candlelit Soul Yoga Flow classes on Fridays, I gained the confidence to nudge myself to fall even closer to my desires. Within two months, I became a honeybee expert – you can ask me anything- and manifested my dream job. I wrote daily in my gratitude journal and practiced everything I'd learned and discovered on my mat. I leaned hard on my Yoga community and friends and always remembered to be gentle with myself – I was, after all, falling.

Until I realized I was flying.

## SPECIAL EVENTS

### Awaken Your Soul

### Yoga Retreat

**Akumal, Mexico October 10th-17th 2024**

Nestled in a paradise that holds a deeply cherished spot in our hearts, this 8-day, 7-night experience invites you to surrender and nurture your soul while immersing yourself in the beauty of this tropical healing sanctuary. **Grand Sirenis** is one of the few Caribbean resort locations in Akumal that boasts complete privacy. Away from any outside noise and light, a true private oasis on the Riviera Maya.

**ACCOMMODATIONS** - luxurious spacious balcony suites with panoramic beach front or jungle nature views. Tempurpedic, deliciously soft pillows & Luxury bedding.

**MEALS** - All Inclusive members only dining options with a wide array of choices including whole food options for you to enjoy including an expansive Vegetarian menu and plant-based options.

**OUTDOOR ACTIVITIES** Snorkeling in pristine tranquil waters with incredible sea life. Turtle sanctuary. Eco walks. Bike tours. Pickle Ball & Tennis Court. Fully equipped gym. Everything On-Site.

**RELAXATION** - Hydro Spa Therapy treatments daily. Cold water immersion. Hydration water lounge therapy. 5 saunas wet/hot. Two pools with multiple hydrotherapy treatments. 3 jacuzzies. Additional holistic treatments available see your concierge for booking.

Join our teachers for a week of caring for your body, soaking up the sun, and floating around with friends in the Mayan waves. Each day will begin with a yoga class and meditation in our thatched spacious hut on the beach followed by a morning swimming or a sunrise walk/run along the white-sand beach. Our evening yoga class will be in the Presidential rooftop penthouse with breathtaking views and consist of your choice of sound healing with gentle movement or if you wish float in the sounds of waves and vibrational healing in our private rooftop pool or sauna suite.

**\$4,200 Per Person\***  
**\$3,800 Early Bird Discount available for a limited time only!**  
**\$750 deposit required to book your spot today! \* Air fare *not* included**

