



## Newsletter – DECEMBER 2025

### A Season of Gratitude, Growth & Heartfelt Celebration

Dear Beautiful Humans,

As we step into December—a month that naturally softens the edges and invites us to breathe a little deeper—I've found myself reflecting on this year with a heart overflowing. There is a certain sparkle to this season, a gentle reminder to pause, look around, and truly take in everything we've created together here at Thermal.

And wow... what a year it has been.

#### ✨ A Community Recognition — For All of Us



A few weeks ago, I received Elite Magazine's Ultimate Female Fitness Professional award. While I am deeply honored, what moved me most was knowing that this recognition reflects you—our collective spirit, our shared work, and the incredible humans who show up day after day.

This community is the heartbeat of everything we do.

Your trust. Your courage. Your willingness to grow.

Your laughter, your energy, and the way you welcome one another with open arms.

This award belongs to all of us.

#### 🌿 Spotlight of the Month: Rhonda

This December, we celebrate someone who embodies the spirit of lifelong learning and wholehearted living: the extraordinary Rhonda.

At 72, she continues to say yes—to movement, to curiosity, to expanding what's possible in her body and

mind. She shows us that growth doesn't expire, and that vitality is as much a mindset as it is a practice.

Her enthusiasm lights up every room she enters. Her dedication inspires everyone around her. Her story reminds us to stay open, stay curious, and keep tending to ourselves with love. If you see her in the studio, give her a giant hug—from all of us.

#### 💛 A Holiday Wish From My Heart

As we move through the celebrations, the gatherings, and the inevitable swirl of the season, I invite you to give yourself one simple gift:

- Presence.
- Be where your feet are.
- Breathe deeper.
- Notice the moments that feel sweet.
- Learn something new.
- Let yourself be held by community.
- And allow gratitude to soften and guide your days.

#### 💛 Thank You, Community

Thermal Horizons is not just a studio. It's a sanctuary—a home, a heartbeat, a place where people rise together. Everything we've built this year has been shaped by you, and I am endlessly grateful.

- Thank you for your energy.
- Thank you for your trust.
- Thank you for your beautiful, brave, beating hearts.
- Here's to a new year filled with expansion, connection, and so much love.

#### 🎁 Psssssst... Something Magical Is Coming

Stay tuned, sweet humans...

Our Holiday Specials drop December 12th, and let's just say we've got some truly special prezzies tucked in for you.

✨ Membership opportunities

✨ Exclusive add-ons

✨ Gorgeous Thermal-style bonuses

All crafted with so much love to support your wellness journey this season and beyond.

With gratitude and warmth,



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### Featured Community Member: Rhonda



### A Life of Learning, Loving, and Staying Open

By Erica Brown

I walked into my conversation with Rhonda already knowing she had lived a full life. What I didn't expect was how much her story would feel like a masterclass in staying curious, staying teachable, and staying deeply alive. She is, as many at the studio know, one of the most educated yogis to walk through our doors, not simply because of her formal training, but because she approaches learning as a lifelong devotion.

Sitting with her felt like opening a treasure chest of history, resilience, humor, discipline, grief, and joy. And as we head into the holidays, a season that often asks us to stretch emotionally, spiritually, and physically, her story is the reminder we all deserve: the best gift you can give yourself and those you love is the choice to keep learning and tending to your own well-being.

#### A Lifetime of Curiosity

Rhonda's relationship with learning began long before yoga ever entered her world. In the 1970s, she fell in love with education in all its forms; researching in libraries, understanding the Dewey Decimal System, organizing information so others could access it. She would later become a library data technician, but even before that title, she lived like one: guided by a deep appreciation for how knowledge is built, categorized, shared, and passed on.

Her academic path also included anatomy, physiology, microbiology, and the rigorous sciences required of physical therapy tracks. This foundation shaped how she navigated movement, athletics, and eventually yoga.

"When I took my very first yoga class in college, I appreciated it," she told me, smiling. "But I didn't fall in love with it." At the time, stretching was simply something that complemented her sports—volleyball, gymnastics, crew, and eventually teaching skiing in the '80s. Yoga was interesting... but life had other plans.



#### Yoga Returns at the Right Time

What she didn't realize then was that yoga would circle back decades later and become an anchor.

In 1996, working full time and raising a family, Rhonda found a studio that offered a 7:30 p.m. class—just late enough to weave into the rhythm of a busy life. It became her daily exhale.

"The strength training, the breath work, the prayerfulness of the movement... it all gave me this beautiful closure at the end of the day," she said. "It was something sports never quite gave me."

She stayed with it, slowly unfolding a deeper appreciation for the practice. And, true to form, once her curiosity was sparked, she wanted to learn more. Throughout the early 2000s, she began enrolling in trainings; not to teach, but to understand. To follow her questions. To continue exploring. To feed her mind as much as her body.

She ended up completing the 200-hour training **SEVEN** times.

"Yes, I know that sounds like a lot," she laughed, "but I took them over ten years. And every time, I learned something different."

#### The Scholar's Path Into Yoga Philosophy

Around 2019, Rhonda realized she wanted to go deeper; not into the postures, but the history, language, and philosophy of yoga.

"I knew I couldn't understand the educated conversations around yoga unless I studied the languages," she said. And so she began taking online courses taught by Harvard-affiliated professors, scholars, authors, and PhD candidates in South Asian Studies, Sanskrit, and World Religions.

The way she described these classes made me feel like I was listening to someone recount a long-awaited spiritual





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homecoming. No assignments, no pressure, just learning for its own joy. A platform full of recorded lectures. The freedom to review, reflect, repeat. Academic rigor paired with self-study.

“It was cost-effective and it fed my soul,” she said simply.

And this—this hunger to understand, this willingness to start fresh again and again—is where the heart of her story blooms.

### Loss, Healing, and the Return to Community



Yoga also carried her through love and loss. Her partner, who joined her for “yoga dates,” passed away from cancer. The grief, she shared, drained her strength. When she finally returned to her practice, she knew she needed more than movement. She needed connection. She needed community. She needed to rebuild.

That’s when she found Jaime, Ben, and the Thermal Horizons family.

“I fell in love with them from the moment they told me their mission,” she said. “Every motivation they have for this place... it’s pure. It’s for all of us.”

She started coming regularly: Elizabeth’s classes, fitness with Molly, Jaime’s transformational sound baths, and more.

And somewhere in the rhythm of showing up—day after day, class after class—her strength returned. Her energy returned. Her spark returned.

### Aging With Intention, Strength, and Joy

Rhonda is now 72. She lifts weights, practices yoga daily, and maintains the functional movement she needs to live vibrantly. She avoids acrobatics or deep backbends that could strain her joints, and instead embraces intentional, sustainable practice.

Her recent bone density test? Improved in every category.

When she shared that with me, I felt something almost electric: a living example of what happens when we choose ourselves—not once, but repeatedly over decades.

She uses light weights in class to protect her joints. She focuses on lymphatic movement. She embraces aging as a process that can be supported, shaped, and honored through mindful practice.

“It’s all good,” she told me. “After 35 years, every pose has something to teach you.”



### The Wisdom She Wants Others to Know

When I asked what she’d tell newcomers, especially those who feel overwhelmed, her guidance was simple and brilliant:

“Check your ego at the door. Functional range of motion is what matters. Not flexibility. Not poses you saw online. Just the ability to live your life fully.”

And then she added a line I’ve thought about ever since: “The body is the doorway to the mind and the soul.”

### A Gift for the Season

As the holidays approach, we often pour out our energy; giving, hosting, tending to traditions, holding space for others. Rhonda reminds us that one of the most meaningful gifts we can offer the people we love is the decision to care for ourselves.

To learn.

To grow.

To move.

To breathe.

To stay open.

To remain curious.

She is the embodiment of what it means to age with intention, with playfulness, with scholarship, and with heart. And in sharing her story, she’s given all of us a gentle holiday invitation:

**Choose yourself.**

**Learn something new.**

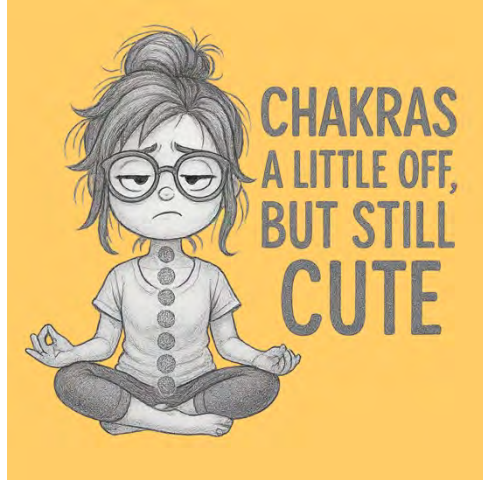
**Move your body with kindness.**

**Keep growing—for the long run.**



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### Trails and Triumphs of a Newbie Yogi



#### Episode 6: The Great Yoga Pants Incident

**It was a typical Tuesday... until her leggings betrayed her.**

Jill had grown confident—maybe too confident. She now had two yoga mats (both of which she still tripped over), a collection of herbal teas she didn't understand, and a playlist called "Breath & Bend" that made her feel very centered.

Today, she decided to debut a **brand-new pair of yoga pants**. High-waisted. Midnight blue. Bought on sale but "*squat tested*" according to the online review. Jill didn't usually trust influencers, but this one had a labradoodle and a discount code, so...

What could go wrong?

#### The Class Begins... and So Do the Sounds

Jill made it through the first half of class like a pro. Her Warrior II was strong. Her Tree Pose was... well, a shrub, but still.

Then came Chair Pose.

"Sink into your hips," said Skybeam, now sporting an ankle tattoo of a crescent moon. "Feel your thighs engage. Let go of tension."

As Jill squatted, *something popped*.

**Not loudly. But decisively.**

A small *rrrrriipppp*, like a mouse unzipping a sleeping bag.

She froze. Eyes wide. Not daring to move.

Surely that was... the mat?

She shifted slightly.

Rip.

Not the mat.

**The pants. The brand-new, influencer-approved, "totally squat-proof" pants.**

#### The Escape Plan

Jill did what any reasonable person would do in a moment of panic:

She pretended nothing happened and shuffled into Forward Fold as if she'd suddenly become *very* committed to touching her toes.

From this angle, she could whisper to Rachel.

"Emergency. Pants. Rear breach."

Rachel, mid-downward dog, whispered back, "Oh no. Full moon?"

"Unknown," Jill hissed. "Could be crescent."

They both snorted. Jill tried to contain laughter and stress-sweat. Her entire yoga experience was now held together by prayer, cotton blend, and dignity.

#### The Kindness of Yogis

After class, Jill tied her hoodie around her waist like it was 1997 and she was hiding a Walkman.

She slinked toward the exit, trying not to flash anyone or make eye contact with The Winker (who, thankfully, seemed busy sniffing eucalyptus mist).

Rachel caught up with her and handed her a protein bar.

"You earned this," she said solemnly.

Jill nodded. "That was the most emotionally intense Chair Pose of my life."

They both laughed until they wheezed.

#### Takeaway

**True enlightenment is realizing your yoga pants might fail you, but your friends (and your hoodie) won't.**

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#### 💬 Rip Happens. Tell Us Yours.

Ever had a wardrobe malfunction during a workout?

Tripped, tore, or tumbled? Share your moment of fitness glory and we'll salute you—with empathy and a protein bar.



# ON THE HORIZON NEWSLETTER

Thermal Horizons Yoga and Wellness Center

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## SPECIAL EVENTS

### YOGI BEANS

Children's Yoga Workshop



**Saturday November 22**  
**Saturday December 20**  
**at Noon**

Kids Ages 4-13: 12:00-1:30pm 90 minutes

Come "Kid Around" with us at our Yogi Beans class! Children ages 9-13 and 4-8 can expect to have fun and move their bodies. They will learn beginner meditation skills and take a trip to their Peaceful Garden. They will learn breathing techniques, practice many poses, sing, dance, and leave feeling calm and grounded. Come join us and become a new member of our Yogi Bean class!

Parents Stay and Play!

(Current Parent Members FREE) During littles workshop, a separate All Levels Welcome Flexibility Yoga Class will be hosted for parents in our beautifully appointed Sun Studio.


\$25 per Child - \$25 Parent Yoga  
or "Spring" into Yogi Beans with a 3-Pack – Just \$60

B.Y.O.M.  
(Bring your own mat)

### FLOOR OF THE CORE™

Pelvic Floor & Yoga Integration Workshop

Two hours that will change how you move, feel, and live.




If you're not connecting your pelvic floor to your core – you're leaking your power! Your pelvic floor isn't a problem to fix – it's your power source. Learn to connect it, and everything changes.

#### What You'll Learn

- How to assess for tightness, weakness, prolapse, and other signs of dysfunction.
- Why breathing is the key to strength, balance, and pressure control.
- How to reduce pressure and move with greater ease.
- The missing link in your power chain: connecting the Floor of the Core™
- How yoga helps correct, connect, and activate the pelvic floor

Sat., Jan 10<sup>th</sup>, 2026  
2-4 PM  
@ Thermal Horizons

**\$50 - Spots are limited.**  
Sign-up today.  
Bring a yoga mat, and comfy clothes



**Dr. Debbie Reeves Wolpert**

Sports medicine, orthopedic, Menopause & Pelvic Floor PT with 30+ years of experience. She doesn't just teach healing—she teaches alignment, purpose, and the courage to live from the base of your power.

www.DrDebbieReeves.com  
www.ThermalHorizons.com




### SOUND HEALING CEREMONY

January 3<sup>rd</sup> 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" –*Janet Isenst, 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 any friends and community.

Just \$75 Per Person




### ZERO to Handstand: 4-Week Series

Dates: Thursdays — January 15, 22, 29 & February 5, 2026  
Time: 6:30-7:30 PM  
Price: \$150 (Early-Bird Rate – Register prior to 11/30: \$100)  
Capacity: 16 people

This 4-week progressive workshop series is designed to help students build the strength, balance, and confidence to explore handstands safely, whether you're just beginning or refining your inversion practice. Each week builds on the last, offering practical drills, mindset work, and take-home techniques to continue progress long after the series ends.

This series is made to meet you exactly where you are whether you've never done a handstand before or you're looking to break through to that next level.

**Week 1: The Foundations of Flight**

- Learn the essential alignment and anatomy of a safe handstand
- Shoulder and core activation drills
- Wrist mobility and conditioning
- Facing the fear of going upside down – mental and physical preparation

**Week 2: Building Strength & Stability**

- Wall-supported drills and variations
- Core integration for lift-off
- Understanding balance through micro-adjustments
- Safe exits and falling techniques

**Week 3: Finding Balance & Freedom**

- Transitioning from wall to free balance
- Shoulder stacking and body awareness
- Techniques for kicking up and floating
- Partner and spotting work for confidence

**Week 4: Integration & Independence**

- Flow-based entries into handstands
- Tips for maintaining a consistent home practice
- Building your personal progression plan
- Celebrate progress with a group challenge and reflection





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**BOOK  
HANDSTAND  
WORKSHOP NOW**