



Newsletter – December 2022



Feeling the Spirit this Holiday Season

When Thermal Horizons opened its doors six months ago, Ben and I knew we wanted to build a culture of wellness for our community. The studio's foundation is yoga and infrared healing; however, we wanted to grow by offering events and workshops with many therapeutic modalities that anyone could benefit from emotionally, physically, or spiritually. We have been honored by our community's depth, spirit, and desire for the fantastic growth we've had in six short months.

The spirit of our community (that means all of you) has cultivated a space of cultural health and wellness. Your loving curiosity and joyful open hearts drive it. Your understanding, awareness, and intrinsic respect for all aspects of diversity have helped us come together and heal collectively. As a result, we've grown, baby. Man, have we grown. If you've blinked in the last month, here's what you may have missed!

Natural Life Acupuncture Holistic Medicine by Chanel Barritt, L.Ac., MSOM

Chanel moved in! Having a wellness center providing onsite services like acupuncture, biofeedback, facials, meridian massage therapy, and a whole host of exceptional holistic services is a dream come true. You can read more about this fantastic center in the Service Spotlight below!

Reiki by Olga

Our beloved yoga teacher, [Olga Atkinson](#), is now providing personal Reiki experiences! Reiki is an energy healing technique that promotes relaxation and reduces stress and anxiety through gentle touch. You can dive deeply into Reiki's science and history in the Wisdom for the Mind, Body, and Soul section below.

New Retail Space

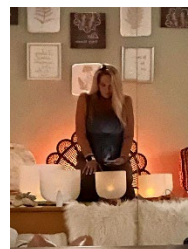


As we all know, Ben Benedetti, co-founder of Thermal Horizon, is handy. But have you seen the new retail wall? The man installed that! This area will showcase our sustainable lines of health and wellness products, including jewelry, essential oils, yoga mats, and even my secret tea blend! We will continue to add clothing and goods based on your interests!

I am so excited to have these new offerings for the community as we move into the holiday season, and I am sure there is more to come. Someone asked me the other day what else we plan to include in our culture of wellness. All I could say was this: The universe put us here, and we will have to wait and see what the spirit of opportunity sends our community next!

Wishing your spirit peaceful abundance and joy this holiday season,

Jaime Annett,
Studio Owner - Sound Healing Practitioner





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Give the Gift of Thermal!

We have an amazing Holiday Special: Our UNLIMITED Yoga, Hot Yoga, Fitness Membership for \$149 per month that includes **FIVE (5) InfraRed Sauna Sessions!** All Holiday Gifts can be wrapped for a lovely presentation - come by the studio to pick up!



Wisdom for the Mind, Body, and Soul Reiki

During a Reiki session, a trained practitioner will move their hands around your body to improve the flow and balance of your energy to support healing. They may touch you lightly or have their hands just above your body. You may experience sensations in the body such as heat or tingling. Some people report seeing visualizations such as colors or pictures or having memories appear. How does this work, and from where did it come?



The current practice of Reiki was developed by a Japanese academic, political, and spiritual leader named Dr. Mikao Usui. Born in the mid-1800s, Usui was raised as a samurai from childhood. Many Reiki masters and practitioners think that Dr. Usui developed the system due to a personal interest in Kanji characters, symbology, and mantras contained within ancient Sanskrit texts.

Reiki is a noninvasive therapy that works through clothing or blankets and can be used in conjunction

with many other treatments. Reiki is not affiliated with any religious dogma and is based on the direct experience of those that practice it. According to the Cleveland Clinic, Reiki promotes relaxation, stress reduction, and symptom relief to improve overall health and well-being. It can:

- Bring on a meditative state.
- Foster tissue and bone healing after injury or surgery.
- Stimulate your body's immune system.
- Promote natural self-healing.
- Relieve pain and tension.
- Support the well-being of people receiving traditional medical treatments such as chemotherapy, radiation, surgery, and kidney dialysis.



If you feel like investigating Reiki further, visit thermalhorizons.com to set up a consultation with Olga.

Member Transformation



Danielle Ireland

The other day, Dani was sitting on her mat at Thermal Horizons with her hands at heart center near the end of an early morning class when the instructor said, "The light in me honors the light in you," and something



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Member Transformation

(Continued...)

clicked. It was a saying she'd heard hundreds of times, but this time she felt it. She felt her heart open even more than it had in the last few months, and she understood the loving saying at a level much more profound than when she rolled out her mat just sixty minutes earlier.

Dani is a familiar face at Thermal Horizons, both on her mat practicing intense poses and assisting new members behind the desk in the front lobby. Her bright smile exudes a peaceful confidence that, surprisingly, has not always been there.

Dani struggled with weight gain, self-esteem, and eating disorders for thirty years. She never felt comfortable in her own skin, no matter how hard she tried through exercise or dieting. She felt lost and alone.

In 2020, suicide took her brother, and grief shook Dani to her core. She was a young mother to a beautiful baby boy and knew in that crisis that if she didn't address her health at both the physical and mental levels, she might not survive. She needed to heal for herself and her son.

She started therapy, breathwork and routinely worked out at a gym. She took a few yoga classes and noticed they felt different than other workout classes. She'd always assumed that working out was merely physical and should feel punishing to be effective. Worst of all, Dani had always thought personal fitness was supposed to be a solitary pursuit. But, on her mat, it felt different. She liked how her mind stilled, and that the movement was challenging yet gentle. She felt good and connected for maybe the first time.



Here is where Dani's story gets magical...

In the summer of 2022, Dani took a week off work, found childcare for her son, and went to the beach for a week alone. She felt so lost that she needed to retreat physically, but after twelve hours of sand and surf, she couldn't breathe and had a full-blown panic attack.

"What do I do," she wondered. "How do I help myself?"

In desperation, she remembered the feeling on her yoga mat, the calm and connection. So, she Googled the nearest studio and signed up for a last-minute class - a hot yoga sculpt class that was the most life-changing hour she'd ever endured.

She spent the rest of the week at that studio, taking three to four classes daily.

At the end of the week, she signed up for a three-day yoga retreat. She participated in a New Moon Ceremony, and clarity bloomed in her mind, body, and soul. You could say she was transformed.

The day she returned from her retreat Jaime from Thermal Horizons called to let her know her class pass had run out. She is now an annual member and in the best shape of her life – mentally and physically.



Dani has lost 100 lbs. and most of it in the last six months. She feels strong in her body and mind. After years of battling with her body, she finally found a space to love and be gentle with herself. Once she found herself in this space at Thermal Horizons, the weight came off easily. She could feel the light honoring her and the power of her heart honoring the light in others.

Dani recently had surgery to remove the extra skin resulting from her weight loss. She is happy to share her story with you if you seek a connection or a hug. Most days, you can find her at Thermal Horizons on her mat or in the lobby.

We adore Dani and will be here for her always!