



## A Warmth at the Core of Our Community

As we embark on a new chapter of wellness together in 2024, it brings immense joy to reflect on the warmth at the core of the Thermal Horizons community that has been there since our doors opened (in addition to our Yoga friends and family)! I am talking about the FAR Infrared technology, which has been a cornerstone of our practice, providing heat and a source of comfort and healing that we are eternally grateful for (especially when it's cold and rainy).

From the moment our doors opened, FAR Infrared became more than just a technology; it became the heartbeat of our community in our saunas and lovely Sun Studio. Its gentle and penetrating warmth has surrounded us in moments of stillness, guided us through challenging poses, and enveloped us in unity and connection.



If you have not heard me, go on and on about the FAR Infrared technology used at Thermal Horizons; it is an invisible light falls within the infrared light spectrum. Unlike traditional heat sources, FAR Infrared is a radiant heat that directly penetrates the body, raising its core temperature. This deeper heat penetration distinguishes

FAR Infrared therapy from other heat sources, making it an effective tool for addressing various health concerns.

### Fighting Winter Blues

Exposure to FAR Infrared light has been linked to the increased production of serotonin, a neurotransmitter responsible for regulating mood and promoting feelings of well-being. For individuals struggling with winter blues or SAD, incorporating FAR Infrared therapy into their routine may provide a natural and holistic approach to improving mood.

The body's circadian rhythm is heavily influenced by exposure to light. Winter months, characterized by shorter days and less sunlight, can disrupt the natural balance of melatonin, a hormone that regulates sleep-wake cycles. Infrared exposure may help regulate melatonin production, contributing to better sleep and improved overall well-being.



### Alleviating Aches and Pains

FAR Infrared heat penetrates deep into the muscles, promoting relaxation and reducing tension. This can particularly benefit those experiencing muscle stiffness or pain during the colder months.

Individuals with arthritis or joint pain often find relief from FAR Infrared therapy because the gentle heat can help improve blood circulation and reduce inflammation.

FAR Infrared heat stimulates blood flow and enhances cardiovascular function. This increased circulation can contribute to better oxygenation of tissues and faster healing of minor aches and pains.

If you are new to our loving community, be sure to incorporate FAR Infrared into your Yoga routine by booking a time in our private sauna rooms or joining the fun in a hot yoga class! The benefits are countless, and we only covered a few here - I am telling you, this warmth at the core of our community soothes tension and stress in both body and mind like you have never experienced!

## Member Spotlight



### Kelsey Sigle

A few months after Thermal Horizons opened, Kelsey tagged along with her sister to a Gentle Yoga class. Kelsey and her husband were now three months into what was supposed to be a two-week visit with her family. The couple had been swinging through California in May to see family before moving from Nevada into the dream home they'd recently purchased in central Michigan. And within days of their visit...

The dreamhouse, the move, and the fresh start fell apart. A home inspection after closing revealed almost a hundred thousand dollars in repairs were needed simply to move in. But they couldn't get insurance if they lived in the house before or even while the repairs were done. But, if they didn't have insurance, they'd lose their mortgage. It was an impossible scenario that the young couple was trying to fix from thousands of miles away.

After a few months of wallowing and worrying, Kelsey noticed her sister cheerfully returning to the house after coming back from a Gentle Yoga class at Thermal Horizons. She decided to attend a few classes at her sister's encouragement. The beautiful new studio was within walking distance of her parents' house and provided a calm haven from the storm otherwise surrounding her life.

"I'm not sure I can commit to an annual membership; we're probably going to be leaving any time now," she remembers telling Ben upon meeting him five minutes before signing up for the annual membership anyway. She was instantly drawn to his big smile and hearty laugh as they chatted, the cozy studio, and the welcoming smell of Jaime's tea brewing. Ben told her he was happy she could enjoy some Yoga before her big move.



Kelsey has Ehlers-Danlos Syndrome, a connective tissue disorder, which causes chronic pain and impacts daily functioning. The symptoms can be exhausting. Kelsey uses "Spoon Theory," a common metaphor in the chronic illness community, to illustrate the amount of physical and mental energy she has available for daily activities and tasks. People with chronic illness often have less spoons available than healthy people, and if you overexert yourself (or use more spoons today than you have), you are essentially stealing from tomorrow's energy and will have to take extra time off to recover. She'd gotten very good over the years of cultivating her daily activities to maintain her spoon count. When dealing with chronic illness, conserving energy and prioritizing rest is essential!

Gentle Yoga required just a few spoons, and over time, she found it even began to add a spoon or two to her day, so she was happy to find the offering at Thermal Horizons. Ben encouraged her to enjoy that class while she was in town, and helped identify other classes to explore as her stamina grew.



As the housing debacle continued, Kelsey needed Yoga more and more to find an hour of peace. The calming ambiance at Thermal Horizons and the gentle guidance of the instructors provided an oasis of serenity amid the storm of her daily life. Yoga became her refuge—a sanctuary where she could escape the worries that haunted her.



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For a while, Kelsey chased this calming release on her mat religiously. Each day, Yoga became a ritual to unwind and find peace. The physical practice alleviated her stress temporarily, but as the demands of her life intensified, the relief she sought on the mat seemed to slip through her fingers. She would recall the encouragements of her Yoga teachers during hard moments, but often felt like peace, contentment, and calm were just out of her reach.

Recognizing the need for a more sustainable solution, Kelsey delved deeper into the philosophy of Yoga by signing up for Yoga Teacher Training. She meditated on the idea that Yoga was not just about contorting the body into various poses but a holistic approach to life that extended beyond the boundaries of the mat. The ancient wisdom in Yoga philosophy became her guiding light to help weather the difficulties of living with her husband at her parents' house while navigating a legal battle with the wealthy property management company that sold them the Michigan house.

Kelsey started embracing mindfulness, both on and off the mat. She created a website – MINDFUL KM – where she playfully inspects how mindfulness can bridge the gap between all sorts of higher-level information and organizations. She allowed herself to slow down, breathe, and savor each moment. In a recent blog post, <https://mindfulkm.com/2024/01/02/to-new-beginnings/>, she shares more about her talents, acceptance, and how the teachings of Yoga encouraged her to let go of the need to control everything and accept life's ebb and flow.

Kelsey noticed a profound shift as she incorporated Yoga principles into her daily life. The peace she once sought desperately on the mat started to permeate other aspects of her existence. The profound impact of Yoga philosophy on her well-being was evident to those around her. She radiated a sense of calm, drawing others toward her transformation.

As Kelsey delved deeper into Yoga philosophy, she found solace and guidance in specific principles that profoundly influenced her ability to care for herself. Her Thermal Horizons teachers, Ahmie and Olga, reinforced these concepts while she was on her mat:

**Ahimsa (Non-violence):** Ahimsa is the principle of non-violence, advocating compassion and kindness toward oneself and others. Kelsey learned to treat her body gently on and off the yoga mat. Instead of pushing herself to the limits, she embraced self-compassion, understanding that true well-being required a balance between effort and self-care.

**Aparigraha (Non-attachment):** Aparigraha teaches the art of non-attachment, encouraging individuals to let go of what is unnecessary. Kelsey applied this philosophy to her work and personal life, releasing the need for perfection and control. By embracing the flow of life and detaching from outcomes, she reduced the burden of stress and allowed herself the freedom to adapt to the ever-changing circumstances.



As Kelsey integrated these philosophies into her daily existence, she discovered a holistic approach to self-care. After over a year, the chaos subsided, and the lawsuit resolved. Kelsey and her husband decided to intentionally stay in California for some time to rest and recover. She joyfully renewed her annual membership to Thermal Horizons. Occasionally, she needs to re-evaluate what she is doing at any given moment to stay present but applying Yoga's guiding principles off the mat empowers her to navigate life's challenges with a deeper sense of well-being.

We at Thermal Horizon know that Kelsey's time at the studio was supposed to be a "quick stop," but we are delighted the universe had other plans – allowing us to get to know the talented and beautiful Kelsey Sigle.