



Newsletter – February 2023

love 

For the Love of Yoga

Yoga is a practice that cultivates balance in our lives. through this balance helps us connect to a quiet side within us, a part of us that is intuitive, joyful, peaceful, and grounded. A body with a capacity to be stable and strong yet maintain a quality of ease and comfort. Balance brings us breath that is smooth, even and the ability to navigate life's ups and downs from a more clearer perspective.

Yoga can also challenge you physically and mentally.

However, it can also be the most relaxing and peaceful. That is the dichotomy of the practice; you can take from it whatever it is you need. This is why so many of us absolutely love yoga, but here is a question that might blow your mind; do you think yoga loves you?

When you fall out of a pose, do you do so with joy in your heart or with frustration? Do you believe you have the right to attempt a pose, no matter what it looks like? Yoga calls for our individual gift of movement and breath because the love is mutual, and when you open your heart to that, it will fill with joy.

This could be considered arrogant to think you can be in love with yoga despite the shapes and sounds you make on your mat, but it's not. It's very pure and unconditional and takes practice to realize. However, once you can accept that love, use that prop, and make that modification with a sense of gratitude and joy, you will unlock an even more significant relationship with yoga and yourself.

Crazy things can start happening when you realize your yoga practice is in love with you. It starts remaking how you accept and love yourself and others. When you slip out of tree pose or maintain your steady breath rhythm when you modify a with a prop, you might smile like you would when you see a toddler learning to walk. It's pure and wonderful. In those moments, the love between you and yoga, the community around you, and even the world benefits.

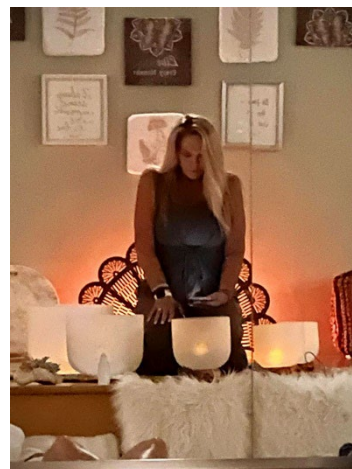
You are in a relationship with yoga. It adores you!

This Valentine's Day, make your loving relationship official!

With love and gratitude,



Jaime Annett,
Studio Owner - Sound Healing Practitioner





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Service Spotlight



Hug a Cow at The Gentle Barn Windsong Retreat

This special fundraising event to help support The Gentle Barn's mission to enrich the lives of abused animals worldwide is all about love! Join us on Saturday, March 18, from 10:00 a.m. to 2:00 p.m. at The Gentle Barn's picturesque six-acre paradise in Santa Clarita.

This unique yoga, meditation, and sound bath experience will take your journey inward to a higher level with private animal showings and hugs from these phenomenal sentient beings at every turn. Feel these gentle giants' warmth and slower heartbeats as you close your eyes and visualize the world through their pure and open hearts.

Being in the presence of peaceful creatures such as cows and horses is known to decrease cortisol and lower blood pressure. These animals can reduce feelings of loneliness, increase feelings of social support, and boost your mood. They are also just downright adorable and need our help.

Teacher Spotlight



Lori Schneider

Lori's Gentle Yoga with Therapeutics class at 10:00 a.m. on Friday was nearly full as she walked around the Moon studio checking in with her class of new and dedicated students. The Yogis faced the wall, not the mirror, which added a relaxing element for the students who enjoyed tea and quiet conversation.

Lori is soft-spoken and has been teaching yoga for twelve years. She is exceptionally gifted at reading the room and meeting the needs and wants of her students. As she walked around the room in colorful flowing pants that Friday morning, the diverse class of men and women checked in with her about injuries and intentions for the day. Lori, herself wearing a wrist brace, mentally took notes of the modifications she would need to introduce. "It actually takes a higher level of practice to honor your body and any injuries," said Lori. "You must develop wisdom and clarity to understand how to give your body what it wants and needs on and off the mat."

Gentle Yoga with Therapeutics is considered a level one class because the movements and shapes students do are accessible to all, but that doesn't mean the class cannot be challenging and



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a time to explore the mental and physical edges of your practice. Lori wants her students to find a sense of ease, peace, and strength when moving through the poses. The intent is to carry the feeling attained on the mat throughout the day. “I want students to be comfortable in class, but also in their own skin, and to develop the knowledge that this is not a competition, not with themselves or anyone else in the room,” said Lori.



As the class gets underway, this advanced thinking can be seen throughout the room. Students have varied numbers of props, and no pose looks the same from one mat to the other. Lori moves around the room, looking for signs of struggle or pain. She recognizes the looks of concern or tension on her student’s faces when a position does not feel absolutely right and immediately and very quietly provides a modification.

She never intended to become a teacher; she thought she was too shy. She completed over 500 hours of teacher training simply to educate herself about her practice - She was in love with the mental and physical challenge yoga provided her. But her yoga community relentlessly encouraged her to teach because of her calming voice, disposition, and empathetic nature. She started giving private classes, then a small gentle yoga class, and now she is at Thermal Horizons four days a week in full rooms like the Friday class. Teaching has now become a part of her own practice.

The entire room’s energy has shifted by the time class is over. There is a sense of grounding as students quietly approach Lori to thank her or ask questions. “I receive as much as I give during a class,” she said, and she gives a lot to her students! Her gentle, caring, and nurturing teaching method is like a breath of fresh air for all who experience her classes.

In addition to teaching yoga, Lori is a level four Reiki practitioner who offers private sessions to interested community members. Please inquire on the website or at the front desk.