

Let Love Flow this New Year!

We're not big on "resolutions" here at Thermal Horizons. Ben and I had tried in the past to set these incredible-sounding goals ("I'm giving up sugar" was always a favorite) but felt disappointed when we inevitably came up short (usually on January 2 while making cookies with the grandkids).



Of course, it was my mom who helped us realize that lofty resolutions were just about a fear we had to let go of ("I am afraid people won't like me if my body isn't perfect" was an annual fear). She told me to let go of fear or hurt in my heart and the noise accompanying these blockages by looking inward and releasing what was not serving me. I understand this now as setting an intention ("I am loved" was always applicable).

For 2024, we are "resolving" to Let the Love Flow within our community. By opening our hearts and releasing what doesn't serve us, we have created the most loving community Ben and I have ever come across, and we invite you to lean into that with us. Let the support and love that surrounds you on your mat wash away your fears this year! Here is

what we have created together at Thermal Horizons to help hold you for the next twelve months:



Supportive Environment - In our Yoga community, there is a strong emphasis on supporting one another. Just as friends and family provide emotional and practical support, the Thermal Horizons community encourages and uplifts each other on their Yoga journey and beyond. Ben and I love hearing the cheering on fellow practitioners, offering guidance, or sharing personal experiences.

Inclusivity and Acceptance - Thermal Horizons is inclusive and accepting of diverse backgrounds, abilities, and experiences. Similar to a family that embraces its members regardless of differences, our community fosters an environment where everyone is welcomed and respected.

Sense of Belonging - Practicing Yoga together fosters a sense of belonging and connection among community members. This shared experience creates bonds beyond the studio or class, making us all feel part of something larger and meaningful.

Mutual Growth - Like family members who witness and support each other's personal development, we all contribute to each other's growth at Thermal Horizons. We've seen this in the physical progress in Yoga poses and personal and spiritual development.



Newsletter – JANUARY 2024

Rituals and Traditions - Palo Santo, tea, sound bowls, lavender-infused towels; our rituals and traditions at Thermal Horizons bring us together on a deep and relaxing level. They are experienced in group classes, workshops, in the lobby, and during events that create a sense of continuity and shared experience.



Our Thermal Horizons community has become a surrogate family for Ben, me, and all of our members! We invite you to let that love flow in 2024. Set your intention to leave your fear behind and let in the nurturing and supportive space for personal growth and well-being. You deserve it, and we're here to support you!

In this newsletter, you will be inspired by the words of our community member, John Porter. He perfectly captures the spirit of Thermal Horizons in 2024, and we are so proud to call him a dear friend.

So much love,

A SALE THAT BRINGS JOY!

Explore

Grow

Thrive

The Time Is Now

"WELCOME HOME"

3 MONTH MEMBERSHIP \$99.00

Come for the yoga + Stay for the tea!

Let's prepare for 2024 🌍 with something transformative!

👉 THE TIME IS NOW!!

For the month of January we are inviting NEW members to come and explore with us.

The best things in life are simple 🧘 and our New Year's Sale is no different!!

The ultimate form of "SELF LOVE" is SELF-CARE!! WE MADE IT EASY!! .. All you have to do is make a DECISION to love the most important person in the room.. YOU!!💕

👁️ Visit us at thermalhorizons.com or download our App in the Apple or Google Play store to take advantage of this limited time special opportunity!! 🌸

The Palo Santo is burning, the tea is brewing, and we'll have a lavender towel waiting for you in Savasana. We can't wait to meet you on the mat!



**NEW YEAR NEW
YOU SPECIAL!**

Member Shout Out



by **John Carter**

Yoga: More Than Just Poses, It's Building a Family of Friends!

Yoga isn't just about stretching and finding your inner Zen; it's like a big, warm hug that brings people together, creating a family vibe that's really special. Imagine a room where everyone, no matter where they come from, is there for the same reason – to enjoy yoga and feel great. It's like a mini melting pot where all differences just fade away, and everyone feels like they belong.

What's super cool about yoga is its whole "we're all connected" vibe. When you're in a yoga class, doing poses and breathing together, there's this amazing energy that makes you feel like you're part of something bigger. It's like being in a band, where every person plays a different instrument, but together, you create a beautiful harmony.

In yoga, there's also this sweet spot of being real and open. Sometimes, yoga can be challenging, and you might wobble or even fall over in a pose. But guess what? Everyone's been there, and there's no judgment – only heaps of support. It's like having a bunch of cheerleaders rooting for you, which is pretty awesome.



Then there's the yoga teacher – think of them as the cool aunt or uncle who not only shows you the moves but also sprinkles in some fun stories and life lessons. They make sure everyone feels safe and comfy, like a family dinner where everyone's welcome and the vibe is just right.

Yoga also has its own special language and traditions, like a family with its inside jokes and rituals. Whether it's a certain breathing technique or a favorite relaxation pose, these shared experiences are like the glue that holds this yoga family together.

And it's not just about what happens on the mat. Yoga studios often have all sorts of fun events, like weekend retreats or group discussions about wellness. It's like family get-togethers where you get to know your yoga buddies even better, sharing stories, laughs, and maybe even a few tears.

The coolest part? The friendships you make in yoga often stretch outside the studio. These are the folks who'll cheer you on when you're feeling low and celebrate with you when you're on top of the world. In a world where everyone's busy and it's easy to feel alone, having a yoga family is like a breath of fresh air.

So, there you have it – yoga is a magical way to not just stay fit but to build a family of friends who support and care for each other. It's about sharing, growing, and being there for one another, both on and off the mat. In this yoga family, everyone has a place, and that's something truly special.