



## Newsletter – January 2026

### Welcome to 2026 ❤️

As this new year begins, I find myself feeling deeply grateful — not for the big, flashy moments, but for the small ones.

The quiet mornings.  
The familiar faces walking through the door.  
The way a single breath can soften an entire day.

I'm learning that when we do small things with intention, they stop feeling small at all.  
They become extraordinary.

This year, I'm choosing to start slowly, with a full heart. I'm letting go of the pressure to rush or reinvent, and instead paying attention to what already feels good, steady, and true. That intention — showing up with care, curiosity, and presence — is something I see reflected every single day at Thermal Horizons.

### A gentler truth about health & wellness

We've been conditioned to believe that health and wellness has a look — and that if we're not going hard, sweating more, or pushing faster, it somehow doesn't count.

But here's the truth the body teaches us over time:  
Wellness is an inside job.

We are not hunting for our food.  
We are not running from danger.  
And we don't need to train like we're surviving an apocalypse.

What most bodies need - especially in this season of life - is to work smarter, not harder.

Over decades of conditioning, many of us learned to:

- Judge our bodies by results instead of listening to signals
- Confuse exhaustion with effectiveness
- Override stress instead of regulating it
- Burn out and start over - again and again

The nervous system doesn't heal under pressure. It heals under safety.

This is why at Thermal Horizons, we focus on sustainable, functional wellness - the kind you can return to for decades, not just a season.

- **FAR Infrared Yoga** supports cardiovascular and adrenal health by gently warming the body from the inside, increasing circulation without overstimulating the nervous system

- **Yoga & Stillness** activate the parasympathetic nervous



system, improving focus, creativity, and overall brain health — stillness actually creates more productivity, not less

- **Mat Pilates** helps you reconnect to muscles you may not have felt in a while, building deep core strength, awareness, and control

- **Reformer Pilates** uses intelligent, spring-based resistance to build strength without joint compression, supporting balance, mobility, and longevity

- **Functional Movement** teaches the body how to move well for real life - squatting, hinging, rotating, stabilizing, and breathing with intention

This is wellness that supports your body, your brain, and your nervous system — from the inside out.

### A little whimsy, too

I'm also welcoming 2026 with a bit more playfulness.

Some of you may soon spot me around town in my yellow vintage VW Beetle, Magnolia. She's bright, imperfect, and joyful — and every time I drive her, I'm reminded of freedom, curiosity, and not taking life quite so seriously. Magnolia invites me to enjoy the ride and trust the journey.



### That same spirit lives right here in our community.

This month's story of Jill, Dawn, and Kylie captures it beautifully. Three generations. Three different seasons of life. One shared space where each is welcomed, supported, and seen.

Jill's determination.

Dawn's devotion and resilience.

Kylie's exploration and growth.

Together, they reflect what Thermal Horizons means to me — a place where strength looks different on everyone, where care is personal, and where community is built with intention.

As we move into this new year, my hope is that you find your own moments of freedom and ease here. That you move at your pace. That you feel held. And that together, we continue creating something truly special — one small, intentional moment at a time.

With so much gratitude and a very full heart,

Jaime ❤️

*Jaime*



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### Community Profile



### Three Generations, One Mat

On any given morning at Thermal Horizons, you might see a tiny woman with bright eyes step off a Dial-A-Ride bus, wave to the front desk, and make her way toward the studio with purpose. This is Jill (an octogenarian, a matriarch, and a self-described spitfire) arriving for yet another class she has no intention of missing.

Jill doesn't come alone to Thermal Horizons, not really. She comes as part of a living, breathing generational story, one that includes her daughter, Dawn, and her granddaughter, Kylie. Three women. Three stages of life. Three different reasons for stepping onto a mat. And one shared sense of belonging.

Their story is about family by blood, yes. But it's also about the family we choose, and the places that hold us through every season of life.



### Jill: The Go-Getter

Jill came to Santa Clarita in 1965 to start her family. Decades later, she's still building strength, just in a different way now. She didn't seek out yoga on her own. It was Dawn who nudged her through the door when Thermal Horizons first opened. "You need this for your anxiety," Dawn told her. Jill listened.

Her first class was with Molly. That was it.

"I'm pretty hooked on Molly," Jill says, laughing. "She's like your favorite teacher. The way she flows, the way she thinks—it's amazing. You don't even know you're being worked to death."

Jill now moves between functional fitness, Pilates, and yoga classes, adjusting her schedule only if Molly is away. What keeps her coming back isn't just the movement—it's the care. When a class cue doesn't work for her body, Molly finds another way. A block becomes a weight. A weight becomes a yellow ball. The goal is never perfection. It's participation, safely and thoughtfully.

She no longer drives, but that hasn't cost her independence. Dawn schedules her classes through the app and arranges Dial-A-Ride transportation. Jill loves the bus. And when it arrives, the Thermal team is watching.

If Jill isn't visible, they call. Ben steps outside. Someone walks her to and from the bus, even if it means meeting it halfway across the parking lot.

"It gives me peace," Dawn says. "I know she's safe. I know she's going to get home. I never feel like I'm bothering anyone. They just take care of her."



### Dawn: In the Middle

Dawn is in the thick of it, the invisible middle where many adults live. She works full time. She cares for aging parents. She nurtures a marriage. She keeps tabs on her adult daughters. Her days are full. Her nervous system often is, too. She tried yoga years ago for back pain and stopped during COVID. When she heard other moms talking about Thermal Horizons, she decided to try again.

"It felt like home right away," she says. "It felt safe."

That feeling is what convinced her this was the right place for Jill. A commercial gym, Dawn worried, wouldn't offer the individual attention her mother needed. At Thermal Horizons, she saw teachers watching closely, adjusting thoughtfully, and prioritizing safety over speed.

For Dawn herself, the benefits run deeper than physical strength.

"When I don't take classes, I'm more short. More on edge," she admits. "It's not just the exercise—it's the slowing down."



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The end of class—shavasana—is her favorite part. A pause. A breath. A reminder that it's okay to stop.

Thermal Horizons has given Dawn something she can carry with her: the ability to notice her body, to slow her breath, to remember that wherever she is in that moment is enough. She doesn't always remember to use it, but when she does, it changes everything.

"It helps me not blow up at stuff," she says simply.



### Kylie: Finding Her Way

Kylie is in her twenties, juggling work, classes, and the early stages of independence. She lives with Jill now, continuing a family tradition of generations sharing space. Over the years, the house has been remodeled to make room for daughters and granddaughters—a quiet testament to the family's commitment to staying connected.

Kylie has only been coming to Thermal Horizons for a few months. She started because her mom and grandma loved it. She stayed because it felt right in her body.

"I can feel myself getting stronger," she says. "I used to be a dancer, so the classes make sense."

She's still exploring, sampling different classes, building flexibility, figuring out what resonates. There's no rush. No pressure to define herself yet. Just space to move and grow.



### Family, Expanded

What binds these three women together at Thermal Horizons isn't identical routines or shared goals. It's trust. Trust in the teachers. Trust in the space. Trust that they will be met where

they are, whether that's an 80-year-old adapting exercises, a middle-aged woman regulating stress, or a young adult discovering her strength.

Thermal Horizons becomes, for them, an extension of home. A place where independence is supported, not taken away. Where care doesn't feel clinical. Where community doesn't feel performative.

As Dawn puts it, the advice is simple: ask the front desk. Ask Jaime. Let them guide you. Try what they suggest. Everyone starts somewhere different, and everyone gets something different out of it.

That truth lives in Jill, Dawn, and Kylie—three generations, three paths, one shared mat.

In a new year that often pressures us to become someone else, their story offers something gentler: an invitation to belong exactly as you are.

### Trails and Triumphs of a Newbie Yogi



### Episode 7: The Great Breathing Disaster

**It was supposed to be calming. It was not.**

"Today," said Skybeam, floating into the studio like a cloud made of chamomile, "we'll be exploring pranayama — the sacred practice of breathwork."

Jill perked up.

Finally! Something simple!

She'd been breathing her whole life. How hard could it be? (Spoiler: very.)

#### Inhale, Exhale, Panic

Skybeam instructed everyone to sit tall, close their eyes, and begin Nadi Shodhana — alternate nostril breathing.

"You'll use your thumb and ring finger to block each nostril in turn," she said.

Jill's brain immediately panicked.

She held up her hand like she was taking an oath in court.

"Wait... which finger? Which nostril? Is this a secret handshake?"

She tried.

Thumb on one side, inhale through the left... or was it the right?



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She exhaled out of her mouth by accident. A woman across the circle coughed in disapproval. Jill whispered, "Sorry," and dropped her hand like it was contraband.

### The Sneeze Heard Round the Room

Skybeam guided them deeper.

"Breathe in for four... hold for four... exhale for eight..."

Jill began counting in her head.

One... two... three... SNEEZE.

A sneeze so sudden, so powerful, it nearly unseated her from her bolster. Her hand flailed. She accidentally slapped her thigh and gasped.

Rachel's eyes popped open.

"You good?"

"I think I just launched a chakra into the ceiling."

### Lion's Breath: Jill's Loudest Moment Yet

Next up was **Lion's Breath**, which apparently involved sticking out your tongue and roaring like an actual lion.

Jill was dubious.

"I feel like I'm being punked," she whispered.

But Skybeam demonstrated — full tongue out, eyes wide, breath WHOOSHED out like a fireball.

The whole room followed.

Jill did too, albeit nervously.

"Haaaahhhh!"

Only Jill, forgetting herself, added sound effects. It came out more like a sneeze-bark-honk hybrid.

Silence. Then giggles. Then the whole class lost it.

Skybeam smiled. "That," she said, "was the most honest Lion's Breath I've ever heard."

### Strangely... It Worked

Somehow, through snorts, chaos, and minor respiratory confusion, Jill actually felt better.

Lighter.

She was laughing. Breathing. Present.

Her face was red. Her eyes were watering.

But for once, **her mind was quiet**.

### Takeaway

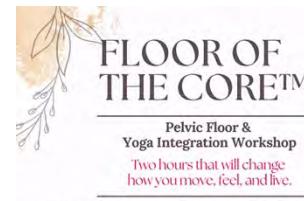
**Breathwork is like life — sometimes you follow the rhythm. Sometimes you sneeze on a stranger. Either way, keep breathing.**

### Let's Hear Your Breathing Bloopers

Ever tried a "calming technique" that turned into a comedy routine?

Tell us. We'll breathe through it together — with or without nostril coordination.

## SPECIAL EVENTS



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



**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](http://www.DrDebbieReeves.com)  
[www.ThermalHorizons.com](http://www.ThermalHorizons.com)

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

**ZERO to Handstand: 4-Week Series**

Dates: Thursdays — January 18, 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 for students to 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 • Facial and mental prep 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

**Week 4: Integration & Independence**  
• Floor-based entries into handstands • Tips for maintaining a consistent home practice • Building your personal progression plan • Celebrate progress with a group challenges and reflection