



Newsletter – January 2023



Letting Go to Honor Yourself in the New Year

I don't make New Year's resolutions anymore. I have in the past and always seemed to come up short. I was setting myself up for failure every year when I would declare on January first something like, "I will give up sweets and carbs to lose ten pounds." By January second, I was making cookies with my mom, one of my all-time favorite activities, and all was lost.

It was my mom who suggested I try letting go in the New Year instead of setting self-sabotaging resolutions. 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 to be setting an intention.

It didn't always make sense, but I knew I didn't want to give up baking with her - those moments are some of my most precious memories. So, to discover what I needed to let go of, I took to my mat or meditated because we all know an intention is not always clear or even something you can describe with words.

This holiday season, I honored myself by sharing my mom's cookie-making tradition with my grandchildren. Even though she is gone, my Mother reminds me to honor myself each new year, and each day really, by doing the things that bring

joy and peace to my heart. For example, my Mother reminds me to make a special blend of tea each morning or to rest in child's pose instead of trying a yoga shape that hurts my body. Most of all, she reminds me to do this all with grace because that is what makes my heart light and provides a clarity that I understand to be my authentic self (I also tend to eat less sugar and carbs, but that's just a natural by-product of what I let go).

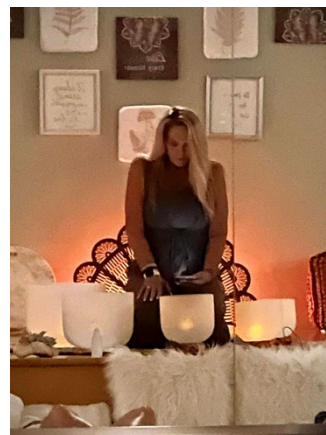
In moments of stillness at Thermal Horizons, our beautiful Yogi instructors often ask us, "What do you want to take with you, and what would you like to leave behind?" The answers often become apparent when you are honoring yourself on your mat in stillness. I welcome you to join me this New Year to uncover, discover, and perhaps discard the things that may no longer serve you and create new spaces for the spirit of opportunity to grow.

Wishing your mind, body, and soul, exactly what it needs this New Year!

With love and gratitude,

Jaime Annett,

Studio Owner - Sound Healing Practitioner





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Service Spotlight A Consistent Practice

Thermal Horizons prides itself on being something members can rely on. When you sign up for a class with a specific teacher, we aim to deliver on what you signed up for. Of course, there are times when we welcome a fantastic substitute teacher to guide you on your mat when our “regular” fantastic teachers are out, but we try to let practitioners know ahead of time on our app and website. Many community members have shared how important this consistency is in their practice. Not just the consistency in class times but in knowing who will guide their practice.



Whether you are new to yoga and meditation or have been practicing for years, the consistent return to your mat is key to physical, mental, and spiritual growth. We are proud to be able to provide a community you can count on with a variety of times and classes to enhance your practice.

As we continue to grow, we encourage everyone to take advantage of the Thermal Horizons app. Not only can members secure a spot in class days in advance (or weeks for those who really like to plan), but you can also see the number of students joining you and the instructor leading you.

Wisdom for the Mind, Body, and Soul Cupping

Have you noticed fellow community members with reddish-purple circles on their back or shoulders and wondered if they were alright? Not to worry!

Those round marks result from cupping therapy offered at the Natural Life Acupuncture Holistic Medicine center in Thermal Horizons.



NATURAL LIFE

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According to the Cleveland Clinic, cupping is a form of ancient Chinese and Middle Eastern medicine that has been used for thousands of years. The practice is used to ease symptoms of arthritis, asthma, gastrointestinal disorders, headaches, migraines, and more.

A provider places cups, typically glass, plastic, or silicone, on your back, stomach, arms, legs, or other body parts. Bamboo, ceramic, and metal cups can also be used. The cups are left on for several minutes. Inside the cup, a vacuum or suction pulls blood into the stretched skin. This suction force breaks tiny blood vessels (capillaries) under the skin, which causes the body to treat the cupping area like an injury by sending more blood to stimulate the natural healing process.

The practice produces a round bruise-like mark that will fade within a week or two. People with bleeding disorders, blood clotting problems, skin conditions, or epilepsy should not practice cupping.



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Member Transformation



Jackie Marquez

Jackie was an avid runner until she fell and injured her shoulder. The injury was a big blow to her wellness and state of mind. She'd found joy and peace in the running yet could not do it while she worked on healing her shoulder. As a result, she felt a bit of a void.

One day, while working with her physical therapist, she overheard a conversation about Yoga. The practice was described as “really hard” but one of the best things you can do, especially if you're working through an injury. Being a somewhat competitive person, the description of “really hard” intrigued her, and she decided to try it.

She'd always been naturally flexible, but the years of running had left her with very tight hamstrings, and she found poses challenging but also noticed that her hamstrings loosened a bit every time she got on her mat. She became fascinated with this loosening and how the practice increased her core strength and relaxed her simultaneously. Then, one day, she also noticed her shoulder was better!

Even though her shoulder was healed, and she could return to running, Yoga became Jackie's passion. She was intrigued by how it impacted every area of her life on and off the mat. According to Jackie, “Yoga makes everything better, but nothing makes yoga better than more yoga.” She was cultivating a dedicated practice with a small community at a studio when COVID hit, and she was forced to turn to Zoom meetings with her yoga instructors. Unfortunately, the community faded, and instructors would cancel classes for various

reasons. The inconsistency was disruptive, so Jackie stopped practicing with the community but continued her practice at home alone.

Her husband noticed that the lack of yoga instruction and community was impacting Jackie, so when he spotted Thermal Horizons on a drive home last spring, he told her about it immediately and brought her in for a tour.

That was when Jackie found a new home for her practice.

Jackie is serious about her yoga practice. She likes to schedule two or three classes in a day. What Jackie loves most about her new yoga community, aside from the kindness and welcoming environment, is the consistency. She knows if she signs up for a class, even days in advance, she doesn't have to worry about it being canceled. She can plan her schedule around her practice. Her comfort and faith in the community have even influenced her daughters to take up Yoga at Thermal Horizons.

Yoga provides an endless journey for Jackie. She finds a way to improve every pose in every class and takes what she learns on the mat into her life. She finds herself directing attention to her breath when driving, in stressful situations, and even when doing cardiovascular or weightlifting activities. In short, Yoga helps Jackie give people grace, including herself. Although she is competitive, she has learned to not compare herself to others, both on and off her mat. If she cannot find the full expression of a pose during class, she gets excited about trying it again next time. She simply loves the experience of learning more about herself, and there is no greater comfort for Jackie than knowing there will be a next time at Thermal Horizons.



*Jackie and her two daughters Aubrey and Kailey
(who are also clients at Thermal Horizons!)*

We are so happy to be here for her consistent and beautiful practice. Jackie truly honors herself with her open heart and desire to cultivate awareness.