

Are You Ready to Declare Your Independence?

On the fourth of July, we come together to celebrate our nation's independence with friends and family. I'd like to invite you to extend the national celebration of our country by practicing personal freedom and liberation on an individual level with Yoga!



So many of us have felt stuck or held back by limitations in our minds, emotions, and physical bodies. Believe me when I tell you that Yoga can help liberate you from this and encourage a sense of inner freedom and the ability to make conscious choices aligned with one's true self – I've experienced it!

Are you ready to declare your independence at Thermal Horizons? Here's what I find helps!

Build self-reliance: Yoga encourages you to take responsibility for your well-being, growth, and transformation. Your practice can help you trust your inner wisdom and develop the tools to navigate life's challenges with resilience and self-confidence. Before each Yoga session, set an intention for your practice. It could be something related to your personal growth, inner strength, or cultivating a sense of freedom. By

consciously setting intentions, you direct your focus and energy towards specific goals, empowering you to take charge of your journey and create positive change in your life.

Connect to higher ideals: Independence Day reflects the values and ideals upon which our nation was founded, such as liberty, equality, and justice. Similarly, Yoga is rooted in philosophical principles that guide us toward self-realization, compassion, and interconnectedness. Take time to journal or contemplate after your practice. Get a little curious about your experiences, insights, and emotions that arise during and after your time on the mat. This self-reflection helps you better understand yourself, your patterns, and your desires, leading to greater independence in making decisions and choices aligned with your true self.

Embrace challenges with self-compassion: Yoga poses can sometimes present physical and mental challenges. Embrace these challenges as opportunities for growth and self-discovery. Cultivate a mindset of determination to explore your comfort zone. However, independence doesn't mean isolating oneself or being overly self-critical. Practice self-compassion during your Yoga practice and in your daily life. Be kind and forgiving towards yourself, acknowledging that transformation takes time and effort. Treat yourself with love, patience, and acceptance, nurturing a sense of independence grounded in self-care and love.

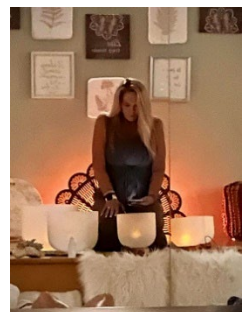
In this newsletter, we hear Molly's story and her remarkable declaration of independence! We are so lucky to have her as a leader in our community! Remember that Yoga is a personal journey, and each individual's path is different.

Be patient, kind to yourself, and open to Yoga's transformative possibilities - we are here for you every step of the way!

Forever,

A handwritten signature in blue ink that reads "Jaime".

Jaime Annett,
Studio Owner –
Sound Healing Practitioner



Community Member Spotlight



Molly O'Brien

Three years ago, if you had asked Molly O'Brien if she ever considered becoming a manager and fitness instructor at a Yoga studio, she would have laughed.

Although she'd always been a fitness enthusiast, Molly was a happy high school English teacher at the time.

Then COVID hit.

"Teaching from home and over a computer was really hard physically and emotionally," she said in the lobby of Thermal Horizons as students greeted her and checked in for class. "Working out during the lockdown became my sanctuary."

Like many of us, that strange time presented an opportunity for Molly to slow down, look inward, and consider if what she was doing as a career was what she wanted and needed anymore. Did she want to be a teacher anymore? Did she want to focus more on the happiness working out provided her? One thing she was sure of was that she wanted to commit to being more authentic to herself. Curious about what that was exactly, she decided to explore the idea and become a personal trainer. She loved it and instantly felt a melding of

teaching and fitness fuse that felt true and joyful.

As a natural introvert, she reveled in working one-on-one with clients. Molly was sure there was no way group classes would be her thing.

But then, another curiosity fell on her path. This time at a dog park.



"During COVID, I took my dog to the dog park all the time just to get out of the house," Molly recalled as a Thermal Horizon member approached her for a hug. "My dog Wallace became best friends with Allison Nelson's dog (now, for those of you who don't know, Allison is a fantastic Yoga instructor who was instrumental in helping to get Thermal Horizon off the ground!) "She asked if I would be interested in holding group fitness classes at a Yoga studio that was opening soon," Molly continued as a few students filtering through the lobby stopped to hear this exciting tale – hadn't Molly always been a fitness instructor? She's terrific at it. How could she have ever been anything else – were the thoughts on our minds.

Molly was searching for genuine authenticity in her life - she wasn't expecting to find that in a Yoga and Wellness studio because she had never been a Yoga enthusiast. However, she had been applying at "normal" gyms as a personal trainer and received a few offers. Still, she didn't find the environments in those trend-inspired fitness centers to be authentic in the least, so she

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decided to try Allison’s suggestion and went to Thermal Horizon to meet Ben and Jaime.

The rest is history (in the making).

“Ben and Jamie genuinely care and are passionate about what they do here. It felt like a perfect fit,” she concluded as community members smiled and commented how glad they were that she felt that way and how they agreed. “I am so grateful they were willing to take a chance on me.”



In her functional fitness classes, Molly challenges everyone to focus on themselves, not the person next to them. Her classes are inviting, and she meets each individual at their current level while combining high-intensity cardio and resistance training to improve cardiorespiratory levels and muscular strength. Her experience as a teacher makes her incredibly empathic. Molly understands the time and potential struggles encountered on a journey to fitness and well-being. It’s very similar to how she understood and appreciated the struggles of her young English students a few years ago; however, now, her teaching is aligned with her heart.

Working out with Molly opens space for personal growth because she is also on that journey! So, join her in connecting the dots of her curiosity and authenticity. Just remember to check your ego at the door because the last set is the best set!



Ben and Jaime knew that she was the perfect fit for Thermal Horizon the instant they met Molly. They were looking for precisely someone with a sense of curiosity and in search of authenticity to teach functional fitness classes at their studio.

Molly’s curiosity has opened up incredible growth in her life, physically, emotionally, and spiritually. “I feel so much more open-minded, even more than I already thought I was,” she said as students finished checking in and headed into the Sun and Moon Studios. “What moves me the most is how everyone here can let their guard down and fully and truly express themselves. I find that so liberating.”

**200 HOUR YOGA
TEACHER TRAINING**



FREE Q & A INFO SESSION + CLASS
July 29 // 12-1:30pm