



## More than we ever dreamed

A year ago, Ben and I opened the doors to Thermal Horizons with the simple idea that many of us were looking for and needed a safe and loving community to heal and grow. It was a considerable risk that started as a daydream with my sweet mom, who passed just a few months after these doors opened. It was a dream of good health, connection, adventures, and peace. We made a leap of faith together that I will forever be grateful for.

Today, the connections, support, and love that have taken root in our little Shala are more than we ever dreamed possible. We have met and fallen in love with some of the most wonderful, creative, and courageous souls imaginable as we've come together to pause on our mats. These are friendships and members of a tribe that will remain for a lifetime. The connections forged within the walls of Thermal Horizons have built a community that supports and empowers us and allows our daydreams to hold us and balance us for a needed moment of true peace.

It has been an honor this last year to witness the peace in all of you when we come together on and off our

mats. The balance and support you provide me and one another is empowering; it comes from you. You bring that palpable vibration to Thermal Horizons, and I thank you from the bottom of my heart for taking that leap with us.

Forever,

Jaime Annett,  
Studio Owner - Sound Healing Practitioner



## Community Member Spotlight



### Amy Lohmann

Few people come into your life and make such an impression that even when they move thousands of miles away, their energy and impact make them part of your life and community forever – that is Amy Lohmann!

Amy discovered Yoga in the early 2000s while working on a master's degree. Her routine helped her focus and provided a sense of grounding she carried throughout two future pregnancies (she practiced Yoga the morning she gave birth to both children)! Yoga became the peaceful and centering place she could connect with whenever she needed it.

In 2019, she was diagnosed with stage III breast cancer, and she turned to Yoga daily, including the days of her 16 rounds of chemo and 23 rounds of radiation, to help her stay positive and focused on her recovery. Her practice and the community she found herself in helped her through five surgeries, including a bilateral mastectomy. Yoga drew her close whenever she felt an emotional need, and even during the pandemic and her illness, she embraced online classes and loving faces on her laptop screen to keep her spirit and strength up. In the end, she was 100 percent cured of cancer!

Last summer, Amy came to Thermal Horizons to return to her in-person Yoga practice. The doors to the beautiful studio had just opened, and she connected

with Jaime and Ben immediately. Amy admired their realization that after so many years of worldwide trauma, Santa Clarita needed a place to practice Yoga and heal together! The story of Jaime's mom battling cancer also resonated with Amy. So, she invited Jaime and Ben to participate in her gala last October to benefit the METAvivor organization, which funds stage IV MBC research through a scientific peer-review process. Its mission is to transition metastatic breast cancer from a terminal diagnosis to a chronic, manageable disease with a decent quality of life. Jaime and Ben were the first to sign up to sponsor the event.



Amy and her co-chairs, Bill Miranda & Eva Miranda Crawford, raised 179,000 dollars during the gala, but what amazed her was how her new friends of only two months jumped in to help during the event. As the gala began, Ben saw she was overwhelmed, admitting a long line of guests under the hot sun, so he just took over, sat down at her computer, and checked people in so Amy could focus on the guests and events. Then, when the Thermal Horizon auction winner was declared, Ben personally delivered the annual membership to the winner with that big warm hug Ben is famous for in our community. Amy was amazed. She'd found a new community!

Five days after the event, Amy's annual MRI scan showed a relapse of Metastatic breast cancer, and she is now battling stage IV.

Ben, Jaime, and the entire Thermal Horizon community were devastated. But Amy is a survivor who lives life with passion. She is a leader and one of those rare individuals who can meet a challenge head-on with surprising grace and clarity.



Her illness left her in severe pain, and she could no longer drive, so on March first, she packed up her family and moved to Texas to be close to her parents, who could help her. She practiced Yoga at Thermal Horizons until the day she moved. “It makes a difference in my health and emotions,” she said confidently. For Amy, the cumulative poses provide her the most relief – from pain and worry. She loves the healing feelings found in Savasana and during sound bath experiences. “Yoga provides a supportive community that we don’t even know we need,” Amy told us. She recommends the practice to anyone suffering from breast cancer or chronic pain. “The modality is super practical and provides tremendous healing benefits for physical issues.”

Everyone battling cancer is a fighter dealing with undeserving hardship, but Amy has elevated this status to a level that blows our minds daily. This brilliant and courageous community member is fighting for her life while continuing to be a seeker of peace. The day we spoke with her at her home in Texas, the sun was out, her nerve blocker was working, and that day’s radiation had made it possible to move her arm for the first time in many months. It was a miracle, so she was sitting outside, enjoying the warm breeze, breathing in and slowly out with a set intention to destroy all of her cancer.

She is now looking for a small Yoga studio to join. One with a diverse and safe community that will rally around her whenever she needs it.

Amy, we will always have your back and will hold you in healing whenever you need us.

## SPECIAL EVENTS

**YOGA WORKSHOP**

# Heal your Hips!

Finding a way to safely work with your emotions through movement and restorative yoga is the ultimate life changer!

**This class is for you if you desire to:**

- Soften tightness in the hips
- Relieve low back pain
- Feel more energy
- Live life as a fully expressed self
- Release unresolved issues, trauma, and accumulated stress.
- Engage in more mindful movement that relieves discomfort and pain.
- Improve mood
- Anxiety relief

Release Deep Emotional Stress, Get Flexible + Free Your Hips!



**What you need is to breathe life into your hips!**

In this class, Andrea will guide you into opening up the hips and relieve tightness with dynamic movement and gentle restorative poses.



Andrea Dill, RYT

Katie will guide you to rest and release stored emotions and stress with iRest Yoga Nidra "sleep yoga" leaving you feeling relaxed and restored.



Katie Cianci, LCSW

**Saturday, June 10**  
**1:00pm-3:00pm**  
**\$45 per person**






**YOGI BEANS**

**Children's Yoga**

**SUNDAY – JUNE 25**

**Kids Ages 9-13: 12:00-1:30pm    Kids Ages 4-8: 2:00-3:30pm**

Come "Kid Around" with us at our Yogi Beans class! Children ages 9-13 and 4-8 can expect to have fun and move their bodies. They will learn beginner meditation skills and take a trip to their Peaceful Garden. They will learn breathing techniques, practice many poses, sing, dance, and leave feeling calm and grounded. Come join us and become a new member of our Yogi Bean class!

**Parents stay and Play! (Current Parent Members FREE)**

During littles workshop, a separate All Levels Welcome Flexibility Yoga Class will be hosted for parents in our beautifully appointed Sun Studio.

**\$25 per Child - \$25 Parent Yoga**