

We've Raised the Barre at Thermal Horizons



When you peek around the corner in the Moon Studio at Thermal Horizons, you will notice a new addition – a Barre! We now offer Barre classes! We are excited to include this unique blend of ballet-inspired movements, Pilates, yoga, and strength training techniques at the studio. If you are new to the concept of barre workouts (like most of us), here is a simple explanation to ease your mind and get you in the studio to have some fun during our Tuesday and Thursday classes.

Barre involves a series of low-impact exercises performed at a ballet barre. The workouts are designed to target specific muscle groups through small, controlled movements, isometric holds, and high repetitions. The exercise is perfect for everyone. Here's how it works:

- **Isometric Contractions:** Barre exercises often involve isometric contractions, which means holding a muscle in a static position without changing its length. These contractions are typically held for several seconds or minutes and are excellent for building strength and endurance.

- **High Repetitions:** One of the critical elements of barre workouts is the emphasis on high repetitions of each exercise. Participants fatigue their muscles by performing multiple repetitions of small, precise movements, increasing muscle tone and endurance without needing heavy weights.

- **Small Range of Motion:** Many barre movements involve small, controlled movements rather than large, sweeping motions. These small movements target specific muscle groups and help to sculpt and tone muscles without putting excessive strain on joints.

- **Targeted Muscle Groups:** Barre workouts target specific muscle groups, including the core, thighs, glutes, arms, and back. Each exercise is designed to isolate and engage these muscles through precise movements and alignment.

- **Incorporation of Props:** Besides the NEW ballet barre, barre workouts often incorporate props such as light hand weights, resistance bands, and exercise balls to add variety and intensity to the exercises. These props can further challenge muscles and increase the effectiveness of the workout.

- **Core Engagement:** Core engagement is fundamental to barre workouts. Many exercises require participants to engage their core muscles to maintain balance and stability, improving core strength and stability over time.

- **Flexibility and Stretching:** While barre workouts primarily focus on strength and endurance, they also incorporate elements of flexibility and stretching. Dynamic stretching and lengthening exercises are often interspersed throughout the workout to improve flexibility, range of motion, and muscle recovery.



By combining elements of ballet, Pilates, yoga, and strength training, barre workouts provide a challenging yet accessible fitness option for individuals of all fitness levels.

In addition to the new Barre classes, we are excited to offer ANOTHER NEW CLASS at 8:15 am on Mondays, Wednesdays, and Fridays called “**Lotus Morning Flow**” with **Kennedy Mullen**. This Level One class brings your body into balance with Hatha-inspired movements. You will be guided through a slow flow with power elements to support the body in alignment, mobility, and strength activations.

Either of these new offerings is a perfect way to weave wellbeing into your world. Speaking of weaving wellbeing, we are honored to have our dear community member, John Carter, share his loving thoughts about the subject in this newsletter. Enjoy!

So much love,
Jaime



Newsletter – MARCH 2024

200 HOUR YOGA TEACHER TRAINING



with Claire Hartley

Calling all students of Yoga!! NOW is the time!! Who's ready to explore a 200 hour teacher training with one of L.A.'s best?

Are you a passionate learner who wants to be a part of one of the most informative 200 hour teacher trainings in Los Angeles with one of the best movement practitioners in yoga? Then look no further and get ready because TH has some EXCITING news we can't wait to share with our community!!

First things first.. let's explore your why?

Maybe you want to deepen your own connection to your own yoga community by deepening your own knowledge and practice. We LOVE that and we love you!

Or perhaps you're ready to dive into exploring the life changing adventure of becoming a Yoga teacher or even aspirations of becoming the next jet-setting Yogi.

Let's manifest that!

WHEN, WHERE, WHO?? Can we get a drumroll and a long pause please...

We are excited, humbled and grateful to be able to introduce our next 200 hour teacher training beginning in July of 2024 with British born superstar yoga teacher and studio owner Claire Hartley in collaboration with Rising Lotus Yoga and their amazing teachers.

Claire Hartley has been a leading figure in the American yoga community since 1993, starting her journey at the Jivamukti Yoga Center in New York. Her move to Los Angeles in 2000 opened doors to learning from some of America's most esteemed yoga instructors, including time spent in the Iyengar world under the guidance of experts like Lisa Walford and Marla Apt.

Her path led her to open her own studio in 2006, during the early surge of yoga's widespread popularity. By 2008, she had developed a teacher training program and, more recently, has become a sought after movement rehab specialist. This progression culminated in the creation of her unique method, Structural Vinyasa.

Claire is a standout figure in the yoga world, dedicating over two decades to integrating the finest movement science. Her approach enables individuals of all capabilities to move gracefully, live without pain, and experience the profound benefits of yoga.

Known for her British wit and approachability, Claire ensures a learning experience that's as enjoyable as it is educational. This is particularly evident in her teacher training programs, where humor and wisdom create an unforgettable journey.

This teaching program has a reputation for excellence in Los Angeles, the capital of American yoga.

TUITION \$3500.00

First 10 students to sign up will receive a \$500.00 scholarship!!

JULY 19-21

JULY 26-28

AUGUST 16-18

AUGUST 23-25

SEPTEMBER 6-8

SEPTEMBER 20-22

OCTOBER 4-6

OCTOBER 18-20

This class cohort will SELL OUT and is limited to 25 amazing souls that are ready to have a life changing experience with one another and one of the best yoga practitioners in Los Angeles!

Explore the foundations, philosophy, and practice, and emerge as a confident and skilled yoga practitioner and instructor.

Elevate your passion, deepen your practice, and join us on this life-changing adventure!

Join us on for our **FREE Q&A** with Claire Hartley on April 6th at 2:00pm as we embark on a curriculum discussion and teacher training schedule.

Member Shout Out



John Carter

The Art of Yoga: Weaving Wellbeing into Your World

Welcome, friends, to the wonderful world of yoga! Whether you're just considering adding a touch of yoga to your life or you're ready to dive headfirst into this ancient practice, you're in for a delightful journey. Yoga is more than just a form of exercise; it's a pathway to enhanced wellbeing, a gentle guide to a more peaceful and joyous life.

Let's start with the heart of yoga: the union of mind, body, and spirit. When you step onto your yoga mat, you're not just embarking on a physical journey, but an emotional and spiritual one as well. Yoga poses, or asanas, aren't just about bending and stretching; they're about finding balance and harmony within yourself. Imagine yourself in a simple pose, like the Mountain Pose. You stand tall, your feet rooted to the ground, your arms reaching towards the sky. In this moment, you're a symbol of strength and stability. You're grounded yet aspiring, calm yet alert. It's a perfect metaphor for life, isn't it?

As you move through various poses, from the graceful arch of the Cobra Pose to the serene stillness of the Child's Pose, you're not just giving your body a workout. You're also learning to listen to your body, to respect its limits and appreciate its capabilities. This deepened body awareness fosters a sense of gratitude and self-love, key ingredients for overall wellbeing.

Breathing, or pranayama, is another pillar of yoga that works wonders for your wellbeing. In yoga, the breath is your life force, your vital energy. Through various breathing techniques, you learn to control and harness this energy. Deep, mindful breathing reduces stress, calms the mind, and invigorates the body. It's like hitting

a refresh button on your busy life, helping you to pause, reset, and proceed with renewed vigor. Yoga also invites you to journey inward, encouraging mindfulness and meditation. In our fast-paced world, our minds are often cluttered with thoughts and worries. Yoga offers a sanctuary, a quiet space where you can connect with your inner self. As you flow from pose to pose, you're encouraged to be present in the moment, to let go of external stressors, and to find peace within. This mindful practice can lead to improved focus, reduced anxiety, and a sense of inner peace. And let's not forget the community aspect of yoga. Joining a yoga class or online community can connect you with like-minded individuals, creating a support system and a sense of belonging. Sharing your yoga journey with others can be incredibly fulfilling and motivating. In conclusion, yoga is a beautiful, multifaceted practice that offers numerous benefits for your wellbeing. Whether you're seeking physical strength, mental clarity, emotional balance, or spiritual growth, yoga has something for you. So, roll out your mat, take a deep breath, and embark on this transformative journey. Namaste, and welcome to the blissful world of yoga!

SPECIAL EVENTS

**FREE
COMMUNITY YOGA**

**Thermal Horizons
Yoga and Wellness
Center**

Saturday March 9 4:00PM

Come to the Sun Studio (non-heated) for an inspiring asana practice that links breath to movement and creates the perfect flow of energy between afternoon and evening. In this class, students can expect to find a sense of inner balance, empowerment, and self-awareness as they move through creative and engaging sequences that promote connection between mind, body, and spirit. Students may use props such as blocks, straps, and blankets to support individual needs and to enable safe and stabilized movement through asanas. The class will begin with a gentle warm-up to prepare the body for a vinyasa-style flow and end with a sense of stillness and inner calm. Students will leave feeling invigorated and refreshed.

Neetu Chawla was born and raised in Los Angeles, California and has practiced yoga for over 20 years in both the United States and India. As a woman of Indian and Hindu descent, she learned from an early age about the way that spirituality is interconnected with yoga asanas from her mother. She is a 200 hr RYT who completed her training from the Body of Light School of Yoga. For her, yoga represents the intersection of physical movement with breath, meditation, and spirituality that restores a sense of stillness, mindfulness, and balance to our busy lives. She is a former tennis athlete and dancer who brings a passion for physical fitness and dynamic movement to her yoga practice alongside a deep and personal understanding of working through injuries and optimizing recovery. While bringing these elements to her practice, she also approaches yoga with a sense of curiosity, joyfulness, and innocence. She believes that the journey which begins on the mat, leads each student to their innermost and highest self – a place of empowerment, depth, and self-evolution. In her classes, she invites her students to explore their own unique path towards spiritual, mental, and physical growth and engage with their own journey of self-discovery.

ON THE HORIZON NEWSLETTER

Thermal Horizons Yoga and Wellness Center

Newsletter – MARCH 2024

SPRING EQUINOX GODDESS WORKSHOP



CLEANSE YOUR ENERGY & AURA
RESET & CLEAR FOR NEW
BEGINNINGS & MANIFESTATIONS

Spring Equinox is the Astrological New Year, promoting energy cleansing, releasing stagnation, aligning w/ universal rhythms & what you are desiring to manifest this year. Come explore your energetics and aura through music, movement and goddess rituals focused on purification & rejuvenation that can usher in a fresh start for spring, new beginnings & a magical year.

3/7/2024
2:30p-4:30p
\$55 per goddess



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www.thermalhorizons.com

GUIDED BY LUNEA LYNN, MUSIC MEDICINE WOMAN
WWW.LYNN-ROEDER.COM
&

JESS CROCKER, ARTIST, INTUITIVE & SPIRITUAL LIFE COACH
WWW.JESSCROCKER.COM



FREE Q&A SESSION 200 HOUR YOGA TEACHER TRAINING with Claire Hartley APRIL 6TH at 2:00PM

Join us on for our FREE Q&A with **Claire Hartley** as we embark on a curriculum discussion and teacher training schedule.

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Join us on for our FREE Q&A with @clairehartleyyoga on April 6th at 2:00pm as we embark on a movement session, curriculum discussion, and teacher training schedule.

YTT Dates:

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TUITION \$3500.00
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Explore the foundations, philosophy, and practice, and emerge as a confident and skilled yoga practitioner and instructor. Elevate your passion, deepen your practice, and join us on this life-changing adventure!



YOGI BEANS Children's Yoga Workshop



Yoga and Wellness
Center

B.Y.O.M.
(Bring your own mat!)

Saturday at Noon
March 23, April 13, and May 18

Kids Ages 4-13: 12:00-1:30pm

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

or "Spring" into Yogi Beans with a 3-Pack – Just \$60

Sara Shaw became a certified children's yoga teacher because she knew all the benefits of her own practice, and deeply wanted to bring that into the lives of children. She teaches yoga currently at a local elementary school here in SCV. She is a mom to three growing girls and was an elementary school teacher before being a stay-at-home mom. She loves being active, animals, and of course yoga!



Natural Life Acupuncture and Thermal Horizons Acupuncture with Reiki Sound Healing Ceremony Saturday, April 6th - 6PM

Join us for this healing pairing of Acupuncture and Reiki with Sound Bath Meditation. We will be taking a remarkable opportunity for the body to re-set, allowing energy to flow easily, and igniting the healing power of your inner alchemy.



Mindfulness Meditation

Research has proven the benefits of mindfulness meditation on lowering stress levels, blood pressure, heart rate. People that regularly meditate report greater satisfaction with life.

Parasympathetic Activation

MRI imaging of the brain during acupuncture shows that treatments activate the brain's parasympathetic response, which is a deeply relaxed state. Combining these benefits with the relaxing and hypnotic effects of crystal sound bowls creates a deeply meditative and relaxing experience provided by **Jaime Annett**, Studio Owner, Certified Sound Healing practitioner and Yoga Instructor.

Stress & Anxiety Relief

Combining acupuncture and Reiki with the sound bath experience is a powerful treatment to reduce stress and lower levels of anxiety. Treatments provided by **Chanel Barritt** CA Board Certified Acupuncturist (L.Ac., MSOM) will be used to help encourage mental focus and clarity, calm racing thoughts, and boost mood. During the session enjoy Reiki provided by **Olga Atkinson**, Master Level Reiki Practitioner.

\$175 per person

Early Bird Discount just \$150 until March 9