



Newsletter – March 2023



Weathering the Pauses Like a Pro

Yoga helps us navigate the twists and turns in life. We take the peace we feel on our mats into the world and meet unexpected events with a clearer sense and an open heart. But what happens when the twists and turns of life pull you away from your practice?

March is Women's History Month which gives us a perfect opportunity to remember and honor the work of women everywhere who, throughout history, have weathered twists and turns in life due to politics, childcare, illness, elder care, employment, unemployment, pregnancy, school, discrimination, marriage, divorce, you name it - like no one else!

Let us look to our fellow womankind for how we can weather the pauses in a Yoga Practice - be it a disruption to the commitment of one class a week or three classes a day. What can you do if that happens to you, and how can we as a community help?

Here is what [Jaime Annett](#), Founder of Thermal Horizons, and force of Mother Nature (not to mention a grandmother, daughter, and fantastic fiancée), has to say:

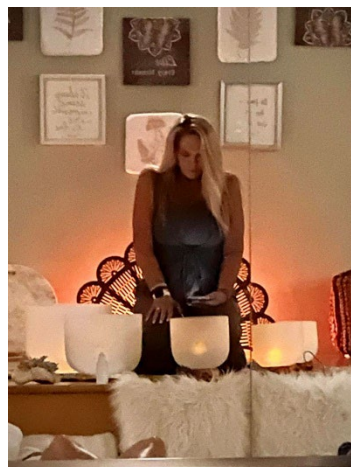
- First, when life happens, and you're suddenly unable to practice Yoga as often as your heart desires, the most important thing to remember is that you are not alone!
- Second, your Yoga practice is still there - you have not "lost" anything! Yoga just is. Like that trusted friend you have that you haven't seen in a few weeks, months, or even years, but in a moment you can pick up just when you need it most. The poses might look a little different, and you might bring a different experience to your mat, but when you close your eyes and breathe, it's just you and your mat. Perhaps this pause is actually part of your practice?

- Most importantly, while weathering a pause, know as your community we are always here for you! Thermal Horizons is a safe place of non-judgment. Every time you walk in the door, we are honored to have you here, just as you are, whenever you join us.
- When life lets up, and you can give yourself the time on your mat you desire, try something new to recognize your commitment to yourself. Based on what you are bringing to the moment, try a gentle class to remind you that self-love is the most important aspect of self-care, or maybe a special event to help you heal, or some sacred time in an FAR infrared sauna with a guided meditation to simply take a breath and unwind.

In this newsletter, we talk with another great woman and community member who recently weathered a pause in her practice due to pregnancy. We hope she will inspire you (as she does us) as we honor all the women in our lives this Women's History Month!

With love and gratitude,

Jaime Annett,
Studio Owner - Sound Healing Practitioner





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WOMEN'S MONTH SPECIAL NEW CLIENT MEMBERSHIP OFFERING

In honor of International Women's Month, we have an amazing opportunity for all new clients to become a part of our flourishing community. We have partnered with Manduka Yoga and we have put together a new client promotion which includes a **FREE** GRP Mat (valued at \$123.00)! Your first month is only \$10.00 and the following 11 months at \$149.00. This is an incredible offer and will only be available until March 31st

See all you sweet Yogi's on the mat!

Community Member Spotlight



Kaitlin Jones

When her son was born four years ago, Kaitlin and her husband were shocked by the emotional toll an emergency cesarian took on them. There was panic and worry at a time when they had expected only joy and love.

Four years later and 36 weeks pregnant, Kaitlin turned to the community at Thermal Horizons with the express goal of making the birth of her daughter different. She'd never done Yoga before but had heard of the mental and physical benefits and decided it was well worth the try. Her first class was the Warm Healing Flow and Sound Bath at 10 a.m. on Tuesdays and Thursdays. "I came every day after that until the day before my daughter was born!"

Kaitlin committed herself to breath work and gentle Yoga for a solid month. She and the instructors at Thermal Horizons made adjustments for her in every class, and after every experience on her mat, she felt more at peace and ready for the birth of her daughter. During her delivery, she utilized what she'd learned on her mat and enjoyed a natural birth where she and her husband experienced the joy and love they so wanted.



The mission was complete.

But the journey had just begun.

Kaitlin is hooked on Yoga!

During her six-week recovery, she deeply longed to return to the studio. "Because of my practice of just one month, my recovery was unbelievable, and I was excited to see what else my body could do," she said. So when her doctor gave her the all-clear to return to classes, she again committed to practice multiple days a week. She started with Gentle Yoga classes on Tuesdays and Thursdays and Functional Fitness classes Mondays, Wednesdays, and Thursdays.

"My husband raved about hot Yoga classes he took with Crystal, Ceci, and Gabriel, but I have to be honest that I was a bit afraid to try it," she said. But she did! "My first class was with Gabriel, and I felt like I was all over the mat, and I had to focus on not comparing myself to everyone else."

Once settled, she turned to her breath which Gabriel reminded her to do throughout the class. "When you breathe into the space to add length, it works!" Kaitlin

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Thermal Horizons Yoga and Wellness Center

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admitted. “I became focused on measuring the growth of my personal strength from one class to the next.” With each class, her balance improved, and she made more connections with community members. Now she can’t wait to try more advanced poses as her practice progresses.

“My favorite pose right now is Malasana [Yogi Squat] because I feel so grounded,” said Kaitlin. “I have dreams of floating off the ground into an inversion like the instructors do.” In hot Yoga, she has appreciated her strong lower body and is working on strengthening her upper body to match. She took a recent inversion workshop with Pennie and attempted her first headstand. She loved the confidence it gave her, that feeling of floating, as she describes it.



Kaitlin’s daughter is now four months old, and she and her husband have incorporated what they take from their mat into their home. “When I leave class, I feel myself bringing that peace back home to my children,” she said. “It has brought us so much closer, and there has been a shift in sweating the small stuff – that’s just gone.”



The smile on Kaitlin’s face as she sips a cup of tea and chats with fellow community members exudes this feeling. “I love it here; the people, the teachers, and all it gives me.”

We love you too, Kaitlin and can’t wait to watch you float!