



**Newsletter – MAY 2023**

## My Mother is There

This month we celebrate the impossible beauty, strength, and love of mothers. What miraculous beings we are!!

My mother was the brains, brawns, and beauty behind the idea of this wellness center we all know and love today. She taught me to make tea, love nature, and dance under the moonlight. She passed away last September, but not a day passes that I don't feel her amazing mother's love. She was wild, and I miss her.



For all mothers, close and far, may you always remember your gorgeous and powerful beauty and how it means so much to those who love you. I hope you honor yourself this month and always with self-care and community!

I see my mother when I look at the mountains. Her strength gallops through the canyons on a fierce wind that bends trees. Her gentleness lifts delicate seeds to plant flowers at impossible heights.

I hear my mother when I listen to the ocean. Her peace stretches beyond the horizon, pushing me further than I

ever dreamed possible. Her unconditional love crashes onto the shore in a constant reminder of her support.

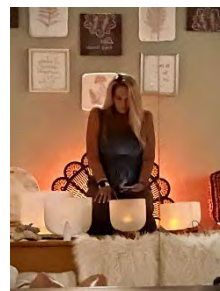
I feel my mother when I look at my children. Her warmth engulfs me, and when I close my eyes, her spirit is brighter than all others.



My mother is there. She is always there.

Happy Mother's Day,

Jaime Annett,  
Studio Owner - Sound Healing Practitioner






## Newsletter – MAY 2023

### BIRTHDAY BASH DROP

Let's celebrate together...

"Community is much more than belonging to something; its about doing something together that makes belonging matter." - Brian Solis


 The best things in life are simple and our ONE YEAR ANNIVERSARY CELEBRATION is no different.


We love surprises and anticipation, we're hoping you do too!!


We will be dropping all kinds goodies and surprises into our ONLINE store TODAY so TAKE A PEEP and grab them while you can!!


Super simple. Create an account by clicking link in bio, online at [thermalhorizons.com](https://thermalhorizons.com) or [download our AP from any device](#).

### NOW WE CELEBRATE

 [It's our ONE year birthday celebration!! New Clients Join TODAY for \\$1.00!! \(YUP you heard that right\)and our gift to you is a Manduka yoga bundle valued at \\$250.00!!](#)

 [Year in advance \\$1350.00 \( that's 3 months free y'all\)](#)

 [Come snag our popular 10 class passes valued at \\$189.00 for \\$140.00](#)

 Join us on June 1st and ALL drop in classes are just \$1.00

### FOR OUR MEMBERS

Who doesn't love a good scavenger hunt. Everyday for the Month of June we will have a GOLDEN TICKET hidden SOMEWHERE in the studio. With surprises enclosed in each envelope for you to enjoy. ( eeeeeek y'all know this is gonna be fun each day) GOOD LUCK!!

### BIRTHDAY BASH

## Friday - June 2nd!

We will be hosting a birthday celebration in studio for all our members from 6:00pm- 9:00pm with a [Black Light BUTI class](#) and [Sound Healing Ceremony in Sun Studio](#) to close out the festivities. Snacks, Mocktails, Photo Booth and Raffles for win for lucky winners.

 [SIGN UP ONLINE to attend](#) 



It's our ONE year birthday celebration at Thermal Horizons!!

 \$1

To Sign Up  
FIRST MONTH FREE

Join TODAY for \$1.00!! (YUP you heard that right)  
AND our gift to you is a FREE Manduka yoga bundle  
valued at \$250.00!!

OR take advantage of these other First Anniversary Offerings:  
Year in advance \$1350.00 (that's 3 months free y'all)  
Come snag our popular 10 class passes for \$140.00



## Teacher Spotlight



### Olga Atkinson

It's late Friday afternoon in Olga's Candlelit Soul Flow class as students take a collective breath to arrive in the softly lit Sun Studio. Candles line the walls, and soft music plays as Olga, Thermal Horizon's Yoga instructor and Reiki master, invites the class to take a moment and settle into the space. Practitioners follow her compelling voice as she reminds the class to honor their bodies in this space - to take what they need from the time on their mat and leave behind what no longer serves them.

Olga, originally from Holland, turned to Yoga years ago after a difficult divorce. Jokingly, she says she felt 'shipwrecked' as she could not leave the States because her children were here – yet she was alone and away from her family. She was stuck and felt like she'd hit rock bottom.

Her first introduction to Yoga was prenatal Yoga, and she enjoyed the calm it provided as a mother-to-be. It was the breathwork she remembered most and how it helped her through childbirth difficulties. Could it help again? She needed to try something. She decided to invest in a gym membership that offered yoga classes, and with each class, to her delight, she discovered parts of herself that felt true and lighter. She also found ways to let go of parts of herself that were no longer serving her. Most importantly, she found a community and a way of life that deeply resonated with her. "I found myself physically looking up for the first time in a long time," she said, which was the start of her new path.



Yoga profoundly impacted her mental and emotional recovery, so she decided it was worth taking very seriously. Hence, she began her 200-hour training and then 300-hour training, dug deeper into the philosophy of Yoga, and took Yin and Trauma-informed Yoga workshops. She was amazed at how so many of the principles of Yoga already aligned with much of her life. Learning about them was empowering and left her feeling renewed and more connected.

As the Friday Soul Flow class starts to flow, Olga describes the principles of Yoga as the class moves through Asanas. Her pull to these universal moral codes led her deeper into energy healing and the study of Reiki. She is now a Reiki Master.



## Newsletter – MAY 2023



Her flow classes have the perfect balance of power and ease. She finds this combination to be vitally important to herself and her students. “Too much intensity can bring out stress,” she relays to students after they complete a challenging flow and rest in Child’s Pose.

Olga first noticed during the pandemic that intense Vinyasa classes would often tip the scale as stressful for her. So she began incorporating Yin Yoga, a quiet, contemplative practice to balance the difficult with ease. Amazingly, Olga noticed many chronic aches and pains she’d felt during the pandemic recede. The tension in her neck and hips also diminished. She felt more balanced and calmer. Yin allows Olga and her students to sit with complicated feelings, let them come up, and work through them as a way to heal and grow. She sees Yin as a resilience practice that can be quite transformative.



Her Soul Flow class hits a peak with a standing balance. She likes to challenge her students and herself with these poses to help overcome fears. “You will fall out of a balance pose, and it’s not a big deal; it’s part of the practice. It is the practice,” she tells herself and her students. She has grown to understand this can be true on and off her mat.

Olga reads an excerpt from a favorite book as the sun sets that Friday and the class lies in Savasana. Her selection often relates to the brief descriptions of Yoga principles she shared earlier. Still, sometimes what she reads feels more personal, like an answer to a challenge Olga herself is working through, sharing, and relating with her community - with her family.

You can join Olga on Tuesday, Wednesday, Friday, and Saturday for Vinyasa and Yin Yoga classes. She is also available for private Reiki sessions. Please inquire at the front desk if you are interested.