



Newsletter – November 2022



I love this cooler weather! It's refreshing and gives us time to pause and be thankful for the little things like hot tea and fuzzy sweatshirts. This fall is particularly magical as I watch the pink sunrise to the sound of Thermal Horizon community members connecting and setting intentions on their mats. This fall is a dream come true, and it warms my heart more than you will ever know.

As we bask in the later dawns and earlier sunsets, Thermal Horizons is thrilled to offer members the healing powers of FAR Infrared heat in our Ha (Sun) Studio and Sauna cabins. Cold fingers and toes heating to the bone under these healing rays feels like a slice of heaven whether you're in Downward-facing Dog Pose on your Yoga mat or meditating in a private wood cabin infused with essential oils, mood lighting, and your personal playlist.

Infrared heat is an excellent way to combat seasonal affective disorder, which results from less exposure to the sun's healthy rays. We mimic this natural therapeutic environment in the Sun Studio and sauna cabins, producing long-wave infrared light that heats your body's core, not just the air, like traditional carbon heaters. If you are interested in the science behind FAR Infrared, read the *Wisdom for the Mind, Body, and Soul* section below.

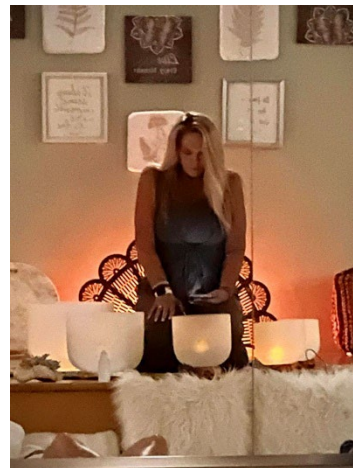
The warmth from infrared heat is delicious during these cooler months and can help with detoxification, pain relief, muscle tension, relaxation, circulation, weight loss, and more. Don't even get me started on how amazing it makes your skin look and feel. We've also added HALO

ONE™ Halotherapy units as an option to elevate your sauna experience. Imagine a gentle mist infused with Himalayan Salt swirling around your head as it eases respiratory discomfort and seasonal allergy symptoms. Bliss!

Warm up your hands, toes, and heart by booking your next Hot Yoga or FAR Infrared Sauna experience at <https://thermalhorizons.com>. If you're new to our community, sign up for a FREE Day Pass, invite a friend to do the same and immerse yourself in a full day of health, connection, relaxation, and warmth.

With abundant gratitude,

Jaime Annett,  
Studio Owner - Sound Healing Practitioner





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## Spotlight - New Class!

### iRest® Yoga Nidra



*Wednesdays at 6:15 in the Moon Studio (60 minutes)*

Integrative Restoration (iRest) is a version of Yoga Nidra, also called “yoga sleep,” which centers around guided meditation. The practice was developed by Dr. Richard Miller with Walter Reed Army Medical Center and the Department of Defense for soldiers returning from Iraq and Afghanistan suffering from Post-Traumatic Stress Disorder (PTSD). The practice is also helpful for anxiety, sleep problems, and chronic pain. It is accessible to anyone regardless of physical ability or experience with meditation.

In the large and softly lit Tha (Moon) Studio, with the support of props like traditional Mexican Yoga blankets, bolsters, and blocks, our trained iRest instructor will guide you through a gentle stretch and then meditation to relax the whole mind and body. Our focus is on your complete comfort and ease.

We are incredibly pleased to offer iRest to the community as we approach Veterans Day on

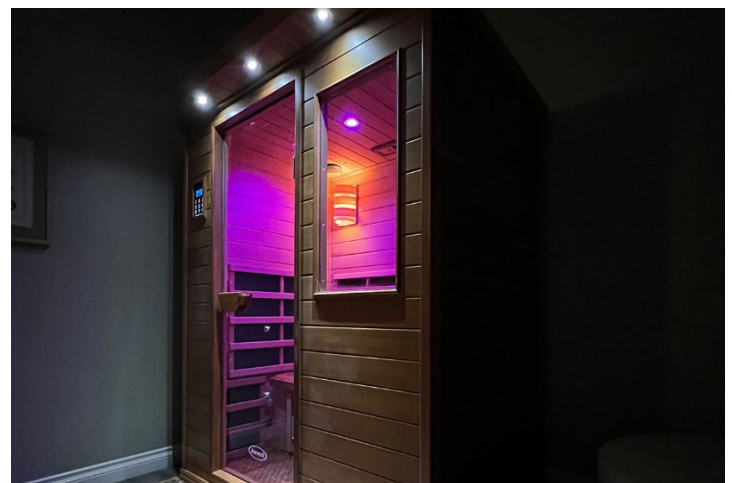
November 11. The practice is recognized by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury as an aid in treating PTSD. This disorder causes severe anxiety and affects too many men and women who have served in the military.

We would like to invite veterans in the community to enjoy a complimentary iRest class as we pay tribute to you this month for your service and dedication to our country. Please call (661) 476-5372 or visit us anytime to schedule your class. We would be honored to meet you!

## Wisdom for the Mind, Body, and Soul

### Far-Infrared Therapy

*Used in our Ha (Sun) Studio  
and Sauna Suites*



According to the National Library of Medicine (NIH), Far-infrared Radiation (FIR) is a region in the infrared spectrum of electromagnetic radiation. Far infrared is often defined as any radiation or ray with a wavelength of 15



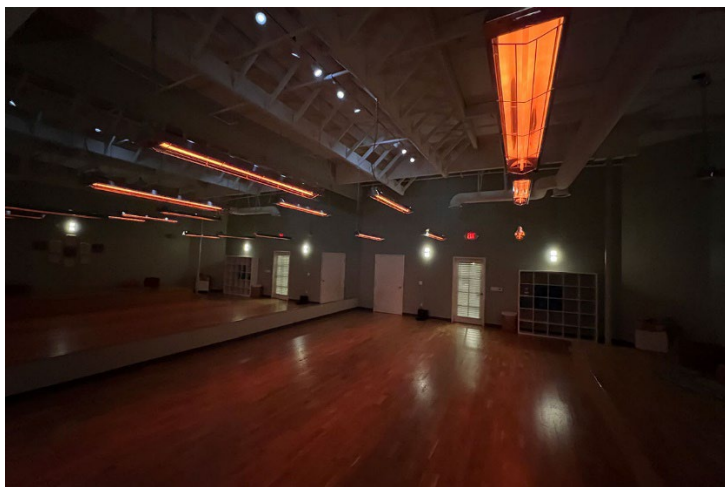
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micrometers ( $\mu\text{m}$ ) to 1 mm. Familiar natural sources are solar radiation and fire. Artificial sources include heating devices, lamps, and saunas used for health purposes (like Thermal Horizons).

Infrared light is heat; it cannot be seen, and more than half the Sun's power output is in the form of Far infrared. Unlike ultraviolet (UV) light which has damaging effects on the tissues and cells of the body, infrared light helps cells regenerate or repair themselves.

Sun therapy is a form of natural Far-infrared therapy since those rays are the invisible rays of natural sunlight with the longest wavelength. Far-infrared heat has similar benefits to the sun rays, minus the harmful UV rays, and the heat can penetrate up to 1.5 inches (almost 4 cm) beneath the skin!

If you feel like testing science, Hot Yoga starts as early as 6 a.m. on Monday, Wednesday, and Friday and our infrared sauna cabins are available all day!



## Member Transformation



**Ben Benedetti**

### **Thermal Horizons Co-Founder**

One of the first things you notice about Ben is his laugh. It's set deep in his chest and rumbles up like a wave. It's natural, uncontrollable, and whole. As you get to know him, you relish the laughter wave. You see it relaxes and resets him and those around him.

Ben has discovered over the years that he feels like his fullest authentic self when he can calmly and confidently be kind, loving, and compassionate in all of his affairs. In other words, when he is present. When you hear his laugh, he's there, in the moment.

For Ben, that feeling is a goal he strives for, and he often feels it when doing Yoga, meditating, and working with the community at Thermal Horizons. He admits that maintaining the feeling can be challenging. During his years of learning and self-discovery, he's embraced that he is naturally anxious and although that anxiety can provide



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a powerful push to propel him to be kind, loving, and compassionate, it can also tip the scales to worry and self-doubt. So, Ben works on the balance in all aspects of his life.

In the last few years, he's lost over 85 pounds through regular Yoga practice, daily meditation, physical fitness, and a complete nutritional makeover. He also fell in love with Jaime (Thermal Horizons' other Co-Founder) and their shared interest in personal growth and the challenges that Yoga helps them overcome. He and Jaime also got a dog!



*Ben and Captain Jack - Ben and Jaime's 9 month old 90 pound Labrador.*

Ben now loves feeling fit both in his body and mind. He is thankful to have Yoga, meditation, and the community at Thermal Horizon to keep him heading toward his goal. His determination has presented many revelations. First and foremost, opening a Yoga studio while the world still grapples with a pandemic is not always easy. Some days, Ben feels his anxiety getting the better of him, depleting him, and taking him out of the moment. It takes a certain level of insight to recognize when the scale has tipped and to understand you need rest. Ben is trying.

We wish Ben luck as he continues his journey. We also hope he'll have a weekend to go camping in the woods soon – that is his happy place outside Thermal Horizons' walls. His laugh can be heard for miles!

If you've had a transformation or have even felt slightly better during your time at Thermal Horizons, we'd love to hear from you! Yoga, meditation, and self-discovery are powerful things, and as a community, we love knowing that all of us are just trying to stay headed toward our goals. That in and of itself is a big step!