



Newsletter – October 2022

My Sound Healing Journey

My mom was a total Hippy! She believed in the spirit of nature, made her own honeysuckle tea, and took me to festivals all over the country and powwows at our Chickasaw reservation in Oklahoma. There, we would dance and sing to the sunset. It was also there that I first heard the sweetness of sound bowls and chimes. To me, the experience was magical. The sounds created vibrant colors behind my closed eyes, and I felt a profound sense of peace when I stilled my body in the light and sound.

As I got older, my curiosity about this childhood magic grew. Finally, I found a sound healing mentor and studied brain entrainment or brainwave synchronization to understand the science behind my childhood experience. My curiosity delivered!

Brainwave entrainment is an assisted form of meditation using sound to stimulate brainwaves into altered states of consciousness (you can learn more about it in the *Wisdom for the Mind, Body, and Soul* section below). I acquired seven crystal singing bowls to practice producing tones that assisted in this meditation. Then, of course, my mom encouraged me to share the sounds with friends and family. The colors returned, and the sounds reminded me of the importance of returning to a state of being over doing.

Sound healing is a unique experience that I love to share. Some people feel a pleasant tingling, while others encounter beautiful emotions of letting go or resolution. At Thermal Horizons, we honor each month with a **Sound Healing Ceremony**. This is held on the first Saturday evening of each month. If you have not had the opportunity to spend the

evening with us, [I invite you to register for our November ceremony here](#). Spaces are limited! If you would rather have a private, tailored sound healing experience, I would be honored to craft a personal sound list for you.

If you are simply curious about sound healing, we also offer the **Warm Healing Flow and Sound Bath** class, which is half healing yoga and half sound bath. I would love the opportunity to share my sound healing journey with you - If you are new to our community, you can sign up for a free class or a free day of classes at <https://thermalhorizons.com/>.

Much love in sound and healing,

Jaime Annett,

Studio Owner - Sound Healing Practitioner





Newsletter – October 2022

Spotlight - New Class!

Warm Healing Flow and Sound Bath with Jaime and Allison

Ok, it's more newish than new, but **Warm Healing Flow and Sound Bath** was introduced last month to rave reviews! The mid-morning class is led by master yoga teacher Allison Nelson and Thermal Horizon owner and sound healer Jaime Annett. Held in our Sun Studio with warm, gentle heat (not hot), this class is designed around healing energy.

The 75-minute class opens with an easy yoga flow led by Allison. Gentle movements are intended to relieve sore, tight muscles with the soothing sensation of breathing deeply and fully. Our Sun Studio is gently heated with Infrared heat that will open your body, improve your circulation, enhance oxygenation, and relax your muscles. You will not sweat, so it is optimal for those needing to return to work or move directly on with their day after a well-deserved moment of peace.

This experience ends with a deeply healing sound bath performed by Jaime, as the body rests in restorative yoga poses. Class participants will be flooded with meditative sound waves that may feel like a deep nap or allow for visualization, enhanced creativity, or clarity. This is the perfect class to reset, restore, and recalibrate your body and mind!

Join Jamie and Allison for **Warm Healing Flow and Sound Bath** on Tuesdays and Thursdays from 10 to 11:15 a.m. Check here to book your spot!

Wisdom for the Mind, Body, and Soul

Theta waves: A deep-dive into the science of sound healing

Our brains are always active, and we know this because the electrical activity they constantly emit is displayed in the form of brainwaves ranging from swift waves to slow ones (beta, alpha, theta, and delta). For example, when the brain actively engages in mental activities like worrying or solving difficult problems, it generates beta waves – the fastest of the four waves that often leaves you feeling anxious, tired, and depleted.

When we are in deep relaxation, meditating, or in a twilight-sleep state, the brain generates theta waves. This is the sweet spot of brain waves that sound healing can also induce! Theta waves can leave you feeling relaxed, at ease, and even elated.

When the brain is in a theta state it opens up a free flow of creative and soothing thought that can occur without personal judgment, anxiety, or guilt. During a sound healing session, as the theta waves are flowing, a person's brain hemispheres are synchronized, and they can experience a whole brain functioning!

Benefits of theta brainwave states:

- Physical and emotional healing
- Stress and anxiety reduction
- Deep relaxation
- Boosted immune system
- Connects you to creativity
- Problem-solving and learning



Newsletter – October 2022

Theta waves: A deep-dive into the science of sound healing (Continued)

Founder of Thermal Horizons and trained Sound Healer, Jaime Annett, has studied how sound waves impact the brain. If you are curious about experiencing a flood of theta waves, consider reaching out to her for a personalized sound-healing session.

Teacher Spotlight



Olga Atkinson

You may have met Olga at our September **Sound Healing Ceremony**, where she treated participants to the healing powers of Reiki. Or, maybe, you've been delighted by her **Candlelit Soul Yoga Flow** on Friday evenings. Olga's mere presence relaxes and empowers!

Originally from the Netherlands, she has lived in Los Angeles for almost two decades and recently finished her 500hr certified Yoga Teacher Training (YTT) with YogaWorks. She is a Master Reiki facilitator and has added Yin

trainings and Trauma Informed Yoga workshops to her repertoire to offer well-rounded classes.

Olga believes yoga is for everybody and “every body” and aims to inspire people in their practice by weaving philosophy concepts, chakra teachings, and events from daily life into her teachings. Her classes at Thermal Horizons include **Vin/Yin** on Saturdays and the lovely **Candlelit Soul Yoga Flow** on Fridays, which is a perfect kickstart to date night or a girl's night out (or in)!

When you take a class with Olga you can expect safe asana alignment and flow-styled classes sprinkled with Yin and immersed in Reiki. Olga loves to show class participants how to customize their practice to fit individual needs. We guarantee you'll leave feeling joyous, balanced, and empowered — ready to take that feeling off the mat and into the world!

Join Olga on your mat!

Other Highlights

We now have another new amazing class Wednesday afternoon at 6:15PM. A Meditation Class! Join Us for [iRest® Yoga Nidra](#) lead by [Kate Cianci](#).

Based on the ancient teachings of meditation, iRest® Yoga Nidra is an evidence-based transformative practice that leads to psychological, physical, and spiritual healing and well-being.

iRest practice invites you to relax with gentle yoga stretches and then guided into a deep relaxation meditation while lying down or reclined with support.



Newsletter – October 2022

Other Highlights (Continued)

This practice is integrative as it heals unresolved issues and traumas present in your body and mind and restorative as it illuminates your innate wholeness and peace of mind that is always present amidst life challenges.

iRest provides you with tools to relax deeply, release stress and increase resiliency with greater mastery and control in life. You will feel nourished with joy, peacefulness, empathy, forgiveness, patience and lovingkindness toward yourself and others.

- People who practice iRest report experiencing
- Reduced depression, fear and anxiety
- Improved interpersonal relations
- Reduced chronic and acute pain
- Greater ability to relax and enjoy life
- Reduced insomnia and levels of stress
- Increased inner peace, joy and well-being

Meditation section is about 35 -40 minutes equivalent benefits to 2.5 hours of deep quality sleep

Our entire schedule continues to grow and evolve along with our community! Join us!