



Newsletter – September 2026

September Newsletter A Foundation Built on Love

There are some stories that become part of the foundation of a place. For Thermal Horizons, one of those stories is my mom's.

My mother died from ovarian cancer on September 1, 2022, and September—Ovarian Cancer Awareness Month—will always carry special meaning for me and for our studio. Thermal Horizons was a dream of hers, and I often think about how much of what we have created here began with her love.



A mother's love has a way of becoming part of your foundation. It teaches you, strengthens you, and continues to shape you long after you realize just how much of it you carry with you.

I see that same idea reflected in Thermal Horizons today.



Our studio was created as a place where people could build their own foundations—for strength, wellness, connection, confidence, healing, and whatever else they might need in a particular season of life. And one of the things I love most is watching those foundations grow through the simple act of consistently showing up for yourself.

That idea is at the heart of this month's continuation of our Foundational Yoga series.



In our feature, Elizabeth Done reminds us that foundations aren't necessarily about doing more. Sometimes they're about doing less, more intentionally. Slowing down. Learning how your body moves. Using the props. Breathing through discomfort. Becoming comfortable with modifications. Being willing to be a student.

And perhaps my favorite piece of Elizabeth's advice: "Be the slowest person in the room."

There is something powerful about that idea, especially in a world constantly asking us to move faster.



In honor of Ovarian Cancer Awareness Month—and the woman whose love helped create the foundation of Thermal Horizons—we are also offering a special opportunity to create a foundation of their own:

[Unlimited Yoga — \\$129/month](#)

[Unlimited Yoga + Reformer Pilates — \\$199/month](#)

Three-month commitment

Three months to move.

Three months to reconnect.

Three months to make showing up for yourself a ritual.

This offer is available for a limited time in September, and you can stop by the studio or visit the website to get started.



Newsletter – September 2026



Every person who walks through our doors becomes another small part of the story my mom helped begin.

And this month especially, that means more to me than I can say.

With love,
Jaime

The Strength in Slowing Down



Elizabeth Done believes the foundation of yoga isn't mastering the pose. It's learning to understand the body—and yourself—well enough to know what you need.

Walk into Elizabeth Done's Foundational Yoga class at Thermal Horizons and one of the first things you may notice is that nobody seems to be in a hurry.

That's intentional.

Elizabeth wants you to grab the blocks. Use the strap. Move slowly. Breathe. Hold the pose long enough to actually notice what's happening inside your body.

And perhaps most importantly, she wants you to become a student again.

"We do it all—breath work, stillness, stretching, strengthening, standing poses, movement," Elizabeth explains. "But we're working at a slower pace."

Don't mistake slower for easier.



Elizabeth has been practicing yoga for 30 years and teaching for 18, and she also teaches some of Thermal Horizons' more physically demanding flow and sculpt classes. Yet she considers Foundational Yoga one of the most important classes on the studio schedule.

The reason is surprisingly simple: when we stop rushing, we start noticing.

In a traditional Vinyasa class, breath and movement flow together as students transition from one shape into another. In Foundations, Elizabeth might ask students to stay in Warrior I or Warrior II and breathe there.

Suddenly, the pose tells you something.

You notice your feet. Your hips. The muscles working to hold you upright. You realize your shoulder doesn't love that particular position—or that you've been arranging your body a certain way for years simply because you were following the person beside you.

"I love breaking a shape down and really seeing people, sometimes for the first time, understand where their body is supposed to be," Elizabeth says.

It can make a deceptively simple class surprisingly challenging.

Elizabeth laughs about students walking out and telling her, "That was so hard."

Of course it was. There was nowhere to rush off to.



Newsletter – September 2026



Learning Your Own Anatomy

Elizabeth describes one of her primary jobs as a yoga teacher as learning to "read bodies."

She may enter the room with a carefully constructed plan, but the people in front of her ultimately determine what happens next. If they're exhausted, she adjusts. If they're ready for more, she challenges them.

And the longer someone practices with her, the more she understands their individual body—past injuries, tight shoulders, limitations, strengths and all.

That's important because foundational yoga isn't about creating a room filled with identical-looking poses.

It's about discovering the version that works for your body.

Elizabeth is quick to use herself as an example. After three decades of yoga, her shoulders remain tight. Certain heart-opening poses simply don't look the way someone might expect them to after 30 years of practice.

Good.

She wants students to see that.

"Use the strap. Use the prop," she says. "Stop trying to be perfect, trying to nail it, and just have an hour with yourself."

In Elizabeth's classroom, a prop isn't evidence that you can't do something.

It's evidence that you're paying attention.

"Using props is not a weakness," she says. "It's a strength. You can go deeper with props."

That philosophy extends to modifications, too. Elizabeth gives students choices because bodies—and lives—change.

Her rule is straightforward: pain means stop. Discomfort may be something you can breathe through. Learning the difference is part of learning yourself.



The Muscle Above the Shoulders

For all Elizabeth's attention to anatomy, she's equally interested in another part of the body: the mind.

She jokes about taking care of "the muscles below the shoulder" and "the muscle above the shoulder."

That's where slowing down becomes about much more than alignment.

Her morning students sometimes arrive at 8:15 after school drop-offs, already carrying the frantic energy of the day. Elizabeth understands it; she's a mom, too. So they begin with breath work.

Gradually, the room changes.

The breath slows. The body settles. Attention returns to the present.

Elizabeth wants students to understand why they're doing these things. Why this breath? Why this stillness? Why this pose? More importantly, how can any of it help when you roll up your mat and walk back into the rest of your life?

"How are you going to take this breath work and use it out there?" she asks.

It's a question Elizabeth understands differently today than she did earlier in her own practice.

For nearly three decades, her personal yoga practice was intensely physical. Over the past two years, however, something shifted. She found herself drawn increasingly toward meditation and stillness.

Twenty minutes of meditation, she says, can completely reset her.

After decades of teaching movement, that evolution has given her a new appreciation for what a yoga foundation actually needs to support: not just a stronger practice, but a changing life.



Newsletter – September 2026



A Foundation Worth Showing Up For

That idea carries particular meaning at Thermal Horizons during September.

Ovarian Cancer Awareness Month is deeply personal to the studio. Thermal Horizons exists in part because of the love and legacy of owner Jaime Annett's mother, whose life was lost to ovarian cancer and whose dream helped inspire the community that exists here today.

Her story is part of the studio's foundation.

And perhaps that's why the idea of showing up for yourself resonates so strongly here.

Elizabeth puts it plainly: "How important is your self-care? Take the leap of faith. Don't say no. Say yes and just see what happens."

This September, Thermal Horizons is inviting the community to do exactly that, with a special three-month wellness opportunity honoring Ovarian Cancer Awareness Month and the woman whose legacy helped inspire the studio.

Three months to move. Three months to reconnect. Three months to turn showing up for yourself into a ritual.

Because foundations aren't created in a single class.

They're built through consistency. Through paying attention.

Through discovering when to push and when to modify.

Through strength and stillness. Through returning to the mat even when life outside the studio feels anything but steady.

And sometimes, they're built through community.

Elizabeth sees that happening in her Foundational classes all the time. A newcomer walks through the door uncertain about what to do, and another student quietly helps them find what they need. People of different ages, abilities and experience levels practice beside one another without needing to compete.

"Be the slowest person in the room," Elizabeth tells her students.

It's wonderfully Elizabeth: blunt, practical and deceptively profound.

Because maybe that's what foundation really means.

Stop chasing.

Slow down enough to notice.

Learn the body you're living in.

Breathe.

And build from there.

Practice with Elizabeth: Elizabeth teaches Foundational Yoga every Monday and Wednesday morning at 8:15 a.m. Her classes are non-heated and designed for students of all experience levels.

Coming Next Month: Our three-part Foundational Yoga series concludes with Olga Atkinson, as we explore yet another perspective on what it means to return to the foundations of a lifelong yoga practice.