



Newsletter – September, 2022 - Our First Official Newsletter

Thank you for daydreaming with me!

It's safe to say we've all done some daydreaming over the last few years. Many, myself included, continue to dream of good health, loved ones, adventures, and a feeling of peace. I believe the result of these collective dreams created [Thermal Horizons Yoga and Wellness Center](http://www.thermalhorizons.com).

For three months, we've had the opportunity to come together to pause. To allow our daydreams to surround us and maybe even balance us for a moment of true peace. I recently had the chance to share my daydreams with InsideSCV Magazine. You can read more about them on page 22 of the September edition here: <http://www.insidescv.com/Digital+Edition>.

It has been an honor to witness that balance in all of you when we come together on our mats. The balance is empowering; it comes from you. You bring that vibration to Thermal Horizons, and I know we are just getting started!

This month, I encourage you to bring a friend or family member to a free class, or a free day of classes, to experience a moment to pause. <https://thermalhorizons.com/>

Much love,

Jaime Annett,
Studio Owner - Sound Healing Practitioner



In Honor of Ovarian Cancer Awareness Month

Ovarian cancer encompasses cancers of the ovaries, fallopian tubes, and the primary peritoneum, the tissue that lines the abdominal wall and covers the abdominal organs. Combined, it is the fifth leading cause of cancer death in women in the United States. Unfortunately, the disease often goes undetected until it has reached advanced stages.



AS SEEN IN
insideSCV



HEALING, HOPE & HEAT

Thermal Horizons is a Yoga & Wellness Community Unlike Any Other
by Tara Evans

Ovarian cancer. Terminal. And yet hope - just like the undying love between mother and daughter - remains.

"During the pandemic, we'd lay on the floor together, just like when I was a little girl," recalls the owner of Thermal Horizons, the yoga and wellness center in Valencia. "We'd talk about what this place could be, right down to the tiniest detail. Thermal Horizons is a physical manifestation of the vision we created together as my mother fought Stage 4 cancer. My inspiration is leaving this earth, but what we made together will remain - and continue to serve the community we love."

Jaime and Joanne built the Thermal Horizons concept on one simple truth: "People are sick and tired of being sick and tired," says Jaime. "And they're more open to the idea that being 'well' doesn't have to look the same for everyone. The, 'Go to the gym, lift all the weights, take your pre-workout, grt' mentality can be limiting. When our clients discover that they don't need to kill themselves at the gym - that there are great benefits to gentle yoga, to therapeutic, to meditation - it builds a culture of wellness that heals, one person at a time."

At Thermal Horizons, the healing is hot - literally. FAR InfraRed Hot Yoga is held at a cozy 105 degrees, but Thermal Horizons guests don't leave feeling worn out. "It's a dry, gentle heat that makes you feel energized and relaxed. You've got the blood flowing, you're well oxygenated, you're ready to have the best day!" Visit their website at thermalhorizons.com to explore the over-60 weekly classes, 20 teachers and 4,000-square-foot healing space.

Hope & Homeostasis

Many of us are in a constant state of fight or flight, awash with stress hormones that keep us feeling anxious and off center - all while increasing our risk of illness, weight gain and a reduction in the quality of our lives. Classes at Thermal Horizons - from sound meditations to pilates and yoga - are designed to bring your body back to a space of mindfulness, presence and peace. "We're always 'doing all the things,'" says Jaime, owner and a certified sound healer. "But for the 75 minutes you're in one of our classes, you're in complete balance - homeostasis. This is where healing - emotional, physical, spiritual - happens."

Joanne Changed the World for the Better
"If wishes were fishes, what would you do?"

That hypothetical question was the root of a childhood game Jaime would play with her mom, Joanne - and it was the perfect prompt for the pair as they created a yoga and healing community unlike any other in Santa Clarita. At time of print, Joanne is in hospice and her family is steadying themselves for the transition to life without her. "I want to use this space to bring attention to ovarian cancer, which often goes undetected until it has reached advanced stages," says Jaime. "I hope that our experience encourages women who have had estrogen-only hormone replacement, have used fertility drugs, have a family history or mutations in the BRCA1/2 genes or have any of the symptoms, like bloating and back pain, to talk to their doctors. It's what my mom would want and it's one more way she's changing the world."

"Thermal Horizons is a direct manifestation of *all the things in my childhood* that were beautiful and wonderful. My mother's JOYOUS SPIRIT will linger in these halls and we will continue to honor her and celebrate her legacy in this space."

community September 2022

If you have had estrogen-only hormone replacement, have used fertility drugs, have a family history of mutations in the BRCA1/2 genes, or have symptoms like bloating or back pain, please talk to your doctor.



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In Honor of Ovarian Cancer Awareness Month (Continued)

Jaime's mother, Joanne, is in the final stages of ovarian cancer, making Ovarian Cancer Awareness Month this September particularly touching. In honor of Joanne and all those suffering from this horrible disease, we are offering an [unlimited membership for \\$99 per month for new members](#) for the month of September (only!). Please stop in the studio for details. We hope the time with the community will help bring you peace.

Wisdom for the Mind, Body, and Soul



Welcome to Your Shala

We practice yoga as a community in spaces called Shalas. "Shala" is a Sanskrit term directly translated as "house," "adobe," or "home." Within the context of yoga, the term is interchangeable with "yoga studio" or "yoga space." Simply put, it is a place in which communities can gather to practice together.

Our Shala is a community that is a safe haven, with no judgments, restrictions, or requirements. It is a house of love, learning, support, and peace. In our Shala, you receive exactly what you need and are accepted exactly as you are.

Teacher Spotlight Allison Nelson



Very few teachers can transport people to a state of complete physical and emotional bliss in as little as 60 minutes. Allison is one of those few.

Her ability to walk into the studio and instantaneously connect with students while transforming the space with ideal lighting, sound, and chemistry seems magical to those of us sitting before her on our mats. For Allison, her magical ability comes from a journey of learning and a passion for putting all of her knowledge into practice for our benefit.



Allison's journey began in her early twenties in a quest for life-changing wellness. She began to run, swim, and explore healthy eating. She gained newfound empowerment within her daily routine from the strength and confidence she discovered. She moved from half marathon races to half Ironman competitions. She became fully invested in her insatiable love for athletics and became certified in cycling, strength training, group fitness, Total Body Resistance Exercise (TRX), and body pump.



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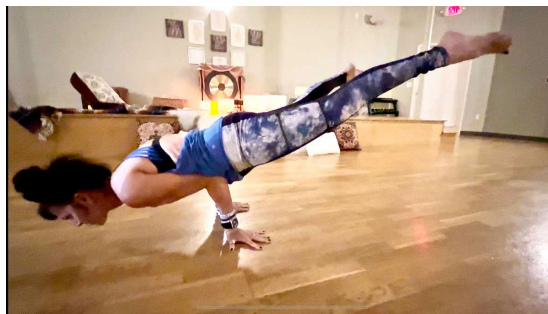
Teacher Spotlight Allison Nelson (Contuned)

In 2002, a fellow teacher “challenged” her to a yoga class...

Whoosh...

She found herself grounded and healing from the fast pace of her life while still experiencing the fulfillment of pushing her body to its physical limits. She was hooked, and she wanted to share.

She began exploring pranayama, yoga philosophy, chanting, and meditation with a focus on teaching all levels safely, thoughtfully, and with respect for the tradition



In 2006, Allison was chosen by one of her mentors and friends, Dani Ibarra, as one of the opening teachers for Yoga Works Valencia. She completed the 200- and 300-hour teacher training programs and a mentorship with Dani. In addition, she completed teacher training in therapeutic yoga with a mentorship to complement it. As a result, Allison has been fortunate to assist her teacher in three teacher training programs.

To expand her knowledge, she underwent an 18-month deep study on the yoga sutras of Patanjali and received her certificate in teaching meditation.

She puts together thoughtful sequencing in the studio while offering modifications and adjustments for all students. Allison’s teaching style centers on creating a space of safety and acceptance. She aims for her students to leave her class feeling nourished, present, and having learned something new about themselves or their practice. She pushes her students while

keeping them smiling and maybe even enjoying a laugh or two. That’s what makes her magical!