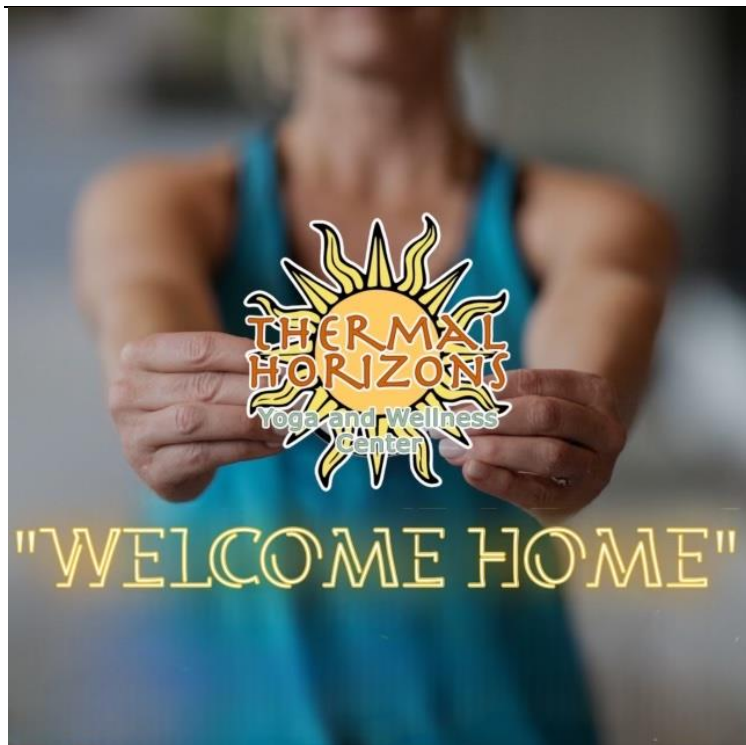




## Newsletter – SEPTEMBER 2023



### Looking to Change Your Life? The Hardest Part is Walking Through the Door!

Improving your physical, mental, and spiritual health happens with thousands of tiny daily choices. You must remember to drink the water, go to bed earlier, eat the vegetables, and breathe, to name a few choices! The hardest part about making these tiny choices is honoring yourself enough to think of them in the first place.

Our teachers often congratulate students at the beginning of class for simply making it to their Yoga mat that day. Our teachers recognize that carving out the time to practice, booking the class, driving to Thermal Horizons, and walking through the door is the hardest part of that tiny decision to improve your life. So, remember to celebrate every time you join our community to enrich your practice because our teachers are right – it is honestly the most challenging part! There are thousands of mental and physical roadblocks we must overcome to experience that moment of Zen on our mat, some of which are difficult. Here are a few we may all grapple with during our journey of self-discovery.

**Psychological Barriers:** Beginning or resuming a Yoga practice often means breaking out of your comfort zone and adopting a new habit, which can trigger feelings of uncertainty, self-doubt, and even fear of failure. The unknown outcomes and the potential discomfort can create psychological barriers that are difficult to overcome. If this

hinders you from committing to your internal peace, please feel free to grab me, Ben, or any of our teachers to discuss this genuine concern.

**Lack of Routine:** Humans are creatures of habit. When starting or resuming your Yoga practice, you're trying to integrate a new set of activities into your daily or weekly schedule. This disruption to your established routine can feel daunting and may lead to resistance. At Thermal Horizons, we offer a variety of classes throughout the day, seven days a week. Sometimes, you might be unable to make the class you had your eye on because life popped up. To help establish and maintain your routine, I suggest finding a class you can attend. You will learn something different about yourself while helping to reinforce your life-affirming habit.

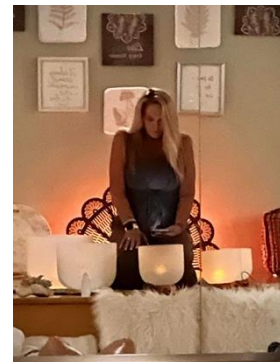
**Instant Gratification:** We live in a culture that often values quick results and instant gratification. However, the benefits of Yoga, such as improved fitness, decreased anxiety, and increased energy, usually take time to manifest. This misalignment between expectations and reality can lead to frustration and early abandonment of a routine. I can guarantee you will feel better after just one Yoga class. You will be more relaxed, content, and limber. However, if you can give your practice the time it needs to grow, I can guarantee your life will be different in ways far beyond the physical! If you are feeling stuck, please talk to me.

Overcoming these challenges requires a combination of mindset shifts, setting realistic goals, finding social support, and gradually easing into your new routine. It's important to remember that starting small, celebrating small victories, and focusing on the long-term benefits can help you overcome the initial difficulties and establish a successful Yoga practice.

Trying something new can expose you to new and beneficial healing modalities and encourage you to overcome the obstacles that might hinder you from making one of those small choices to better your life. In other words – knowing what you're in for will make walking through that door much less difficult!

So much love,  
Forever,

Jaime Annett,  
Studio Owner - Sound Healing Practitioner, Yoga Teacher





**Newsletter – SEPTEMBER 2023**

## IT'S OVARIAN CANCER AWARENESS MONTH!



My safe haven, my best friend, my beautiful hippy queen and Mother Joanne Carol Melton passed away September 1st 2022 of Stage 4 Ovarian Cancer.

September marks the beginning of Ovarian Cancer Awareness Month, a time to support current patients and educate the general public on ovarian cancer. Ovarian cancer is estimated to affect just under 20,000 American women THIS YEAR ALONE!!!

We manifested Thermal Horizons as a daydream to simply escape the cancer ravaging her body. We would sound heal for hours and visualize building a healing and wellness center where everyone was welcome to come as they are and practice healing modalities to ease pain, ease the heart and heal the spirit.

Her cancer worsened and the realization that my Mother was leaving this earth shattered my whole world. I made a decision to choose faith over fear, and took a leap putting my grief to work for me.

I felt a deep calling to take that beautiful dream and build a legacy of wellness in her honor. I put it all on the line on a wing, a prayer and a knowing that this dream we created was our last gift to one another.

Sadly she never got to see our doors open with the exception of one good day for a picture, a walk through with Palo Santo, a few tears, and a whole lot of love. Best day of my life!

A year later we welcome a beautiful community of 478 sweet souls and growing strong.

At Thermal Horizons, we recognize that in order to begin your wellness journey we must come from a place of embracing, and respecting the body, mind and spirit, where health and self-realization are reflections of the love, authenticity, and harmony within.



My Mother and I believed that building a safe haven where people can come as they are, leave their baggage at the door and embark on a journey to uncover, discover, and discard the things that no longer served them would be welcomed, embraced, and loved by all.

The best things in life are simple and at the end of the day we are all just walking each other home.

**For the month of September we will honor a few special membership opportunities in Joanne's name:**

**"DISCOVER YOU"**

**3 MONTH UNLIMITED WELLNESS MEMBERSHIP**

**\$99.00 MONTHLY**

**For New Clients**

**3 MONTHS - TO COME  
EXPLORE WHAT FEEDS THE SOUL!!**