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Weather



TODAY:
CLOUDY

HIGH OF 15
LOW OF 6



WEDNESDAY:
CLOUDY

HIGH OF 9
LOW OF 2



THURSDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 9
LOW OF -3



FRIDAY:
SUNNY

HIGH OF 10
LOW OF 2



SATURDAY:
CLOUDY

HIGH OF 15
LOW OF 6

THE SCOOP

First Thermal Connexion workshop in Potton: An inspiring immersion for body and mind

By Mable Hastings

On Sept. 20, Potton hosted the very first Thermal Connexion workshop. Thermal Connexion is a community wellness project that aims to cultivate mental and physical health and nurture human connection with a cold-water immersion experience, breathing exercises, and mental strengthening. The Thermal Connexion project has been initiated by a motivated group of volunteers including two animators: Facilitation and physical support, Audrey Blais-Label (kinesiologist) & Alexandre St-Onge (certified cold therapy practitioner). "Currently, our community offers several valuable services for seniors, young children, and people with disabilities, mainly thanks to the work of the Volunteer Action Center (CABMN). However, there remains a significant gap for 16-45-year-olds—Generations Y and Z—in the current community offering," explains Maryse Plouffe, an enthusiastic promoter of the project.

Maryse goes on to explain that this segment of the population is living in a time marked by anxiety, performance pressure, digital isolation, and a loss of bearings. The Thermal Connexion Project stems from a clear need: to create an event that fosters a sense of belonging, personal growth, and transformation for these young adults, using concrete tools from the Wim Hof method (cold showers and breathing) to cultivate their mental and physical well-being. The mission of Thermal Connexion is to create a unique and unprecedented event in the region, where young adults can:

- reconnect with themselves,
- strengthen themselves mentally and physically,
- collectively rise to a healthier, more resilient version of themselves.

At the first workshop held on September 20th, the participants in this inaugural immersion experienced truly special moments—feeling calmer, more energized, and deeply connected to themselves. Several have already begun to integrate the practice into their daily lives – a wonderful source of inspiration for our community!

Thermal Connexion "Connexion Thermale" is a newly founded non-profit organization based in the Eastern Townships, more specifically in the Missisquoi Nord region. Its mission is to promote well-being and mental health through thermal practices inspired by the Wim Hof Method – combining conscious breathing and cold exposure – all within a welcoming, inspiring, and accessible atmosphere, especially for Generations Y and Z.

Thermal Connection is more than an event. It is a community initiative aimed at promoting well-being, strengthening resilience and solidarity. By activating the Ambassadors Program, the group aims at sowing the seeds of lasting change, strengthening local engagement and ensuring the success of this unique experience. The courage to dive into yourself –by daring to brave the cold.

On Sunday, Oct. 26 from 9 a.m. to noon. Meeting place: at the Feather in the Wind Senior Centre of the CABMN located at 309 Principale in Mansonville (former Anglican Church hall), followed by a cold-water immersion in a safe and welcoming environment. Will be the second session to introduce others who may wish to become ambassadors. Places are limited. To register go to: <https://www.facebook.com/share/1aEEP5oeM/?mibextid=wwXlfr>

The project launch will reach its peak on Saturday, Nov. 22, 2025 with a Breathing workshop and mental



COURTESY

Thermal connection workshop participant takes a cold refreshing and beneficial plunge

preparation at Destination Owl's Head followed by a Cold immersion experience in the Lake Memphremagog open to all, 16 years old and up. Curious to discover cold immersion? Want to try something new, stimulating, and deeply rejuvenating, surrounded by experienced people? Now is the perfect time to dive into the world of conscious breathing and cold water immersion in a safe and welcoming environment.

For more information follow « Connexion Thermale » on Facebook and Instagram

Places are limited. To register for the Nov. 22 Destination Owl's Head Cold Immersion experience, go to: connexionthermale@gmail.com to request the registration form.

Organizers invite you to "Come live the experience!"

Please note that the Oct. 26 workshop will be conducted in French, to ensure a smooth and cohesive group experience. However, the organizers and facilitators are fully bilingual and will be happy to answer any questions or provide clarifications in English after the session.

Ben by Daniel Shelton

