



ONE SOUL YOGA & WELLNESS CENTER

JUNE 2026

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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Facebook: One Soul Yoga Studio Instagram: One Soul Yoga

S	M	T	W	TH	F	SA
	1 8:30-9:30 am Active Vinyasa-April Summer Bingo begins! Grab your bingo card & play!	2 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-Clarice 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna	3 8:30-9:30 am Yin Yoga-Leah 12:10-12:50 pm: Lunch Yoga: Reset-April 6:00-7:00 pm: Active Flow-Clarice	4 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma	5 8:30-9:30 am Friday Yin on the Wall-April	6 9:00-10:00 am Saturday Flow-Jennifer
7	8 8:30-9:30 am Active Vinyasa-April 12:10-12:50 pm Sound Bites: Lunch Time Sound Bath-DeAnna	9 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-Clarice 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna	10 8:30-9:30 am Yin Yoga-Leah 12:10-12:50 pm: Lunch Yoga: Reset-April 6:00-7:00 pm: Active Flow-Clarice	11 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma 7:15-8:15 pm Pop Up: Aerial Yin Yoga-DeAnna-6 students max, advance registration highly recommended.	12 8:30-9:30 am Friday Yin on the Wall-April	13 9:00-10:00 am Saturday Flow-Clarice 9:00-5:00 pm 200 Hour YTT
14 9:00-5:00 pm 200 Hour YTT	15 8:30-9:30 am Active Vinyasa-April 8:00-9:00 pm New Moon in Gemini Ceremony- Clarice, free	16 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-Clarice 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna	17 8:30-9:30 am Yin Yoga-Leah 12:10-12:50 pm Lunch Yoga: Reset-April 6:00-7:00 pm: Active Flow-Clarice	18 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma 7:15-8:15 pm Pop-Up: Silent Meditation-Michele	19 8:30-9:30 am Friday Yin on the Wall-April	20 9:00-10:00 am Saturday Flow-Clarice
21 INTERNATIONAL DAY OF YOGA 9:00-10:00 am Pop Up: Summer Solstice Flow-Clarice 6:00-7:00 pm Restorative + Meditation-Rachel	22 8:30-9:30 am Active Vinyasa-April	23 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-Jennifer 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna	24 8:30-9:30 am Yin Yoga-Leah 12:10-12:50 pm Lunch Yoga: Reset-April 6:00-7:00 pm: Active Flow-Clarice	25 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma	26 8:30-9:30 am Friday Yin on the Wall-April	27 9:00-10:00 am Saturday Flow-Anne (YTT Student) 9:00-5:00 pm 200 Hour YTT
28 9:00-5:00 pm 200 Hour YTT 6:00-7:00 pm Restorative + Meditation-Rachel	29 8:30-9:30 am Active Vinyasa-April	30 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-Michele 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Full Strawberry Moon in Capricorn Ceremony+ Sound Sound Bath-DeAnna	BINGO SUMMER KICK OFF WITH ONE SOUL Summer Yoga Bingo all June & July Play for prizes all summer! Plus get entered to win the Ultimate Summer Basket just by starting a card or renewing or purchasing a pass. Grab your card and play until you win!			

SPECIAL EVENTS COMING UP:

SUMMER BINGO STARTS JUNE 1! Runs through July 31.

Sound Bites: Lunch Time Sound Bath-DeAnna 6/8 at 12:10 pm

Pop Up: Aerial Yin Yoga 6/11 at 7:15 pm, 6 students max, advance registration requested

New Moon in Gemini Ceremony-Clarice, 6/15 at 8 pm, free

Pop-Up: Silent Meditation-Michele, 6/18 at 7:15 pm

Full Strawberry Moon in Capricorn Ceremony & Sound-DeAnna, 6/30 at 8 pm, free

Sacred Soul Retreat for Women: Sept. 12 & 13, open registration starts July 1

Pass Options

Drop In (16+): \$15

Kids (ages 12-15 w/ adult): \$10

Unlimited Intro Pass (new students) 3 weeks/\$45

Recurring Unlimited Monthly \$85, no contract

Unlimited Month: \$95

Unlimited Three Months: \$200

12 Class Pass: \$125 (Good 120 days)

Unlimited One Year (classes only): \$785