

Luminous Soul Retreat Information

The Luminous Soul Retreat is coming to One Soul September 10 & 11 and early bird registration begins May 23. Our spots will fill up quickly so make plans now to attend.

The Luminous Soul retreat at One Soul Yoga & Wellness Center is a ladies-only weekend retreat held at One Soul. The Full Harvest Moon is all about balance and abundance and a time for reflection and gratitude. Close to the Fall Equinox and on the night of the Full Harvest Moon, the Luminous Soul Retreat will give participants time to slow down and realign the mind, body and soul through reflection, release and celebration. This magical weekend will bring together both the feminine power of the Full Moon and the balancing energy of the Fall Equinox to help you connect within and build bonds with other women.

Some of the planned activities include:

- Yoga practices including Chandra Namaskar, Kundalini, Thai Restorative
- Meditation & Journaling
- Clearing & Cleansing Ceremony
- Triple Goddess Workshop
- Energetic Cleansing Sound Bath
- Fireside Circle & Moon Gazing
- Art with Jen Petty from The Pretty Details

and more to be announced!

Date: Saturday, September 10 through Sunday, September 11 (full day on Sat, 1/2 day on Sun)

Led by: One Soul Instructors: DeAnna McDearmont, Leah Conner, Libby Sharpe, Rachel Finney & Allison Martin

Location: One Soul Yoga & Wellness Center, 1008 Main St, Sulphur Springs, TX

Cost: For anyone who attended previous retreat May 16-23: \$150

Early bird: \$175 (5/23 through June 24)

Regular Price \$200 (after June 24)

Spaces are limited to 12 participants.

Read below for payment plan options.

The Luminous Soul Retreat includes:

- Full day of yoga and activities on Saturday and a half day on Sunday
- Light breakfast both days, lunch and dinner on Saturday, plus wine on Saturday evening and mimosa on Sunday
- Retreat shirt and small care package
- Optional (and free) sleepover at the studio-BYOB (bring your own bedding)

Payment Plan:

If you need to pay for your retreat in installments, we are happy to accommodate. We do ask for \$50 upon registering. You can then pay in increments of your choosing. Full payment is due 14 days (August 26) before the retreat.

Cancellation Policy:

If you choose to cancel between any time on or before August 26, you will receive a refund or account credit minus a \$25 processing fee.

No refunds or credits if canceled within 14 days (after August 26) of the retreat.

We know life happens so if there is an extenuating circumstance, please contact us.

If, for any reason, One Soul needs to cancel the retreat you will have a choice of a full refund or credit to your account.

If you have any questions prior to registering for the retreat, please email us at onesoulyogastudio@gmail.com.