

ONE SOUL YOGA & WELLNESS CENTER MAY 2024

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

Web: www.OneSoulYogaStudio.com Email: onesoulyogastudio@gmail.com

Facebook: One Soul Yoga Studio Instagram: One Soul Yoga

S M T W TH F SA

| | | | | | |
|--|--|---|---|---|---|
| <p>Summer Kick Off Starts in June: Summer discounts & Summer Yoga Bingo Summer Solstice One Day Mini Retreat: June 15 International Day of Yoga: June 21 Free classes plus Full Moon Ceremony & Sound Bath Details coming soon!</p> | | <p>1 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel</p> | <p>2 8:30-9:30 am ThursYay Yoga Flow-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Emma 6:00-7:00 pm Active Flow-Emma</p> | <p>3 8:30-9:30 am Fired Up Friday-Kim</p> | <p>4 9:00-10:00 am Saturday Flow-Jennifer 1:00-2:00 pm World Labyrinth Day- Meditation Walk, free, all ages welcome</p> |
| <p>5 6:30-7:30 am Sunday Sunrise Flow-April (outside, weather permitting) 6:00-7:00 pm Restorative + Meditation-Rachel</p> | <p>6 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel</p> | <p>7 8:30-9:30 am Flow & Glow-Clarice 12:10-12:50 pm Lunch Yoga: Move-DeAnna 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna</p> | <p>8 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel 8:00-9:00 pm New Moon Flow-Emma, free</p> | <p>9 8:30-9:30 am ThursYay Yoga Flow-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Kim 6:00-7:00 pm Active Flow-Jennifer</p> | <p>10 8:30-9:30 am Fired Up Friday-Clarice 6:00-7:00 pm Yoga y Meditación Comunitaria en Español -Elisa, free/gratis</p> |
| <p>12 11:00 am-12:15 pm Moms & Mimosas (Gentle Flow, Meditation & Mimosas)-\$20/person or \$25 for 2</p> | <p>13 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel 6:00 pm-7:00 pm Yin on the Wall-Libby</p> | <p>14 8:30-9:30 am Flow & Glow-Clarice 12:10-12:50 pm Lunch Yoga: Move-DeAnna 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna</p> | <p>15 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel 7:00-8:00 pm Soul Session: Loving Kindness Meditation & Sound-DeAnna</p> | <p>16 8:30-9:30 am ThursYay Yoga Flow-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Emma 6:00-7:00 pm Active Flow-Emma</p> | <p>17 8:30-9:30 am Fired Up Friday-Emma 7:00-8:30 pm Spring Chill: Sound Bath, Breathwork & Meditation-DeAnna, \$20-25</p> |
| <p>19 6:30-7:30 am Sunday Sunrise Flow-April (outside, weather permitting) 9:00-5:00 pm 200 Hour YTT 6:00-7:00 pm Restorative + Meditation-Rachel</p> | <p>20 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45pm Empower Hour-Rachel</p> | <p>21 8:30-9:30 am Flow & Glow-Clarice 12:10-12:50 pm Lunch Yoga: Move - DeAnna 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna</p> | <p>22 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel</p> | <p>23 8:30-9:30 am ThursYay Yoga Flow-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Emma 6:00-7:00 pm Active Flow-Emma 8:00-9:00 pm Full Moon Ceremony-DeAnna, free</p> | <p>24 8:30-9:30 am Fired Up Friday-Clarice</p> |
| <p>26</p> | <p>27 CLOSED MEMORIAL DAY</p> | <p>28 8:30-9:30 am Flow & Glow-Clarice 12:10-12:50 pm Lunch Yoga: Move - DeAnna 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna</p> | <p>29 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel</p> | <p>30 8:30-9:30 am ThursYay Yoga Flow-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Jennifer</p> | <p>31 8:30-9:30 am Fired Up Friday-DeAnna 6:00-8:00 pm Hello Sunshine Kids Yoga Workshop for ages 5 and up, \$20 for 1 or \$35 for 2 kids-Micki, advance registration required by 5/29</p> |

SPECIAL EVENTS COMING UP:

Summer Solstice Self-Care Mini Retreat: June 15
 World Labyrinth Day: May 4 at 1 pm, free
 New! Sunday Sunrise Flow 5/5 & 5/19 at 6:30 am
 New Moon (5/8) & Full Moon (5/23) at 8 pm, free
 Yoga y Meditación en español-Elisa 5/10/27 at 6 pm, free
 Moms & Mimosas Restorative 5/ 12 at 11 am
 Yin on the Wall 5/13 at 6 pm
 Soul Session: Loving Kindness Meditation & Sound 5/15 at 7 pm
 Spring Chill: Sound Bath, Breathwork & Meditation 5/17 at 7 pm

Pass Options

Drop In (16+): \$15
 Kids (ages 12-15 w/ adult): \$10
 Intro Pass (new students) 3 weeks/\$45
 Recurring Unlimited Monthly \$85
 Unlimited Month: \$95
 Unlimited Three Months: \$200
 12 Class Pass: \$125 (Good 120 days)
 Unlimited One Year (classes only):\$785
 **All-Inclusive Unlimited 3 Months: \$260
 **All-Inclusive One Year: \$945

NEW! Book your private tuning fork session with DeAnna online! See online schedule for available dates/times.