

ONE SOUL YOGA & WELLNESS CENTER

SEPTEMBER 2025

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
	1 LABOR DAY NO ACTIVE VINYASA 7:00-8:00 pm First Monday Kid's Yoga-Micki, \$15	2 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-DeAnna 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 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-Jennifer 8:00-9:00 pm Reiki-Infused Nourish & Restore-Starr	5 8:30-9:30 am Friday Yin on the Wall-April 6:00-7:00 pm First Friday Mocktail Flow-Clarice	6 9:00-10:00 am Saturday Flow-Heather (YTT) 9:00-4:00 pm 200 Hour YTT
7 9:00-5:00 pm 200 Hour YTT 6:00-7:00 pm Restorative + Meditation-Rachel 8:00-9:00 pm Full Harvest Moon in Pisces-Clarice, free Card reading giveaway!	8 8:30-9:30 am Active Vinyasa-April Surprise discount posted this morning on our Facebook! Celebrate our birthday with us all week 9/7 to 9/13!	9 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-Sally 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Six Years of Soul Sound Bath Celebration-DeAnna Tuning Fork Session giveaway during class.	10 8:30-9:30 am Yin Yoga-DeAnna 6:00-7:00 pm: Active Flow-Clarice \$5 drop-ins today!	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-Jennifer 8:00-9:00 pm Reiki-Infused Nourish & Restore-Starr Reiki Session giveaway during class tonight! Bring a friend free all day!	12 8:30-9:30 am Friday Yin on the Wall-April 6:00-7:00 pm Soul Session: Yin/Yang: Flow & Hold-DeAnna Surprise discount posted this morning on our Facebook!	13 9:00-10:00 am Saturday Flow-Jennifer 10:00-5:00 pm 300 Hour YTT Free Saturday Flow today! Open to all!
14 9:00-5:00 pm 300 Hour YTT	15 8:30-9:30 am Active Vinyasa-April 6:00-8:00 pm Soulful Silence: Quiet Meditation & Reflection Time with Hammocks or Mats (\$15 or included w/ pass)	16 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Move-Starr 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 Yoga & Meditation-Starr	17 8:30-9:30 am Yin Yoga-Leah 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-Starr 6:00-7:00 pm Active Flow-Jennifer 8:00-9:00 pm Reiki-Infused Nourish & Restore-Starr	19 8:30-9:30 am Friday Yin on the Wall-April	20 9:00-10:00 am Saturday Flow-Micki
21 6:00-7:00 pm Restorative + Meditation-Rachel 8:00-9:00 pm New Moon in Virgo Flow-Starr, free	22 8:30-9:30 am Active Vinyasa-April 6:00-7:15 pm Pop Up: Flow into Fall Ground & Center-Rachel	23 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-Sally 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 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-Jennifer 8:00-9:00 pm Reiki-Infused Nourish & Restore-Starr	26 8:30-9:30 am Friday Yin on the Wall-April	27 Boundless Soul Retreat No Saturday Flow due to Boundless Soul Retreat
28 Boundless Soul Retreat	29 8:30-9:30 am Active Vinyasa-April 7:00 pm 2026 200-Hour YTT Info Meeting, free to attend-DeAnna	30 8:30-9:30 am Active Vinyasa-Clarice 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 Chakra Series: Root (1 of 8)-DeAnna	<div>  <p>IT'S OUR BIRTHDAY MONTH! ONE SOUL TURNS 6!</p> <p>9/7 Free Full Moon + Giveaway 9/8 Surprise Discount posted on Facebook 9/9 Birthday Sound Bath + Giveaway 9/10 \$5 drop ins 9/11 Bring a friend free + Giveaway 9/12 Surprise Discount posted on Facebook 9/13 Free Saturday Flow</p> </div>			

SPECIAL EVENTS COMING UP:

Candlelight Immersion Chakra Series starts Sept. 30!
 No morning class on Labor Day but join us for First Monday Kid's Yoga at 7 pm!
 Birthday Week Sept. 7-13: Specials all week!
 Full Harvest Moon in Pisces-Clarice, 9/7 at 8 pm, free
 Six Years of Soul Birthday Sound Bath 9/9 at 8 pm
 Soul Session: Yin/Yang: 9/12 at 6 pm with DeAnna
 Soulful Silence Quiet Meditation & Reflection: 9/15 at 6 pm
 New Moon in Virgo-Starr, 9/21 at 8 pm, free
 Pop Up: Flow into Fall: Ground & Center, 9/22 from 6:00-7:15 pm, Rachel
 2026 200 HR YTT Information Meeting: Monday 9/29 at 7:00 pm, free
 Harvest Moon & Broom Workshop: Friday, October 4 at 5 pm, \$25
 Stay tuned for info on our spring retreat set for April 25-26!

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



SPECIAL EVENTS COMING UP AT ONE SOUL

DETAILS & REGISTRATION: [ONESOULYOGASTUDIO.COM](https://onesoulyogastudio.com)

1. **SATURDAY & SUNDAY, SEPTEMBER 27 & 28:
BOUNDLESS SOUL WEEKEND RETREAT: JOIN THE WAITLIST!**
Ladies, sign up for One Soul's fall retreat, Boundless Soul scheduled for Sept. 27 & 28, 2025. Awaken your inner child and embrace limitless possibilities. Break free from limitations, embrace spontaneity, and explore new ways to move, create, and connect.
2. **FIRST MONDAY SUMMER KID'S YOGA
MONDAY, SEPTEMBER 1 FROM 7:00-8:00 PM WITH MICKI**
Parents, drop off your kid (ages 7-12) a one-hour yoga class designed just for kids ages 7-12! In this fun and nurturing space, children will explore yoga through creative movement, games, breathwork, and mindfulness activities.
3. **FIRST FRIDAY MOCKTAIL FLOW
FRIDAY, SEPTEMBER 5 AT 6:00 PM**
This fun, lighthearted class combines playful movement and fun yoga flows to help shake off the stress of the week and bring joy to your body and mind. The class will flow through light-hearted poses and joyful movement set to good vibes and laughter. Stick around and unwind with a refreshing, non-alcoholic mocktail and enjoy social time connecting!
4. **SIX YEARS OF SOUL: BIRTHDAY WEEK CELEBRATION
SEPTEMBER 7-13**
It's our birthday and you are invited to celebrate with us all week. Join us for our Birthday Week Bash September 7-13 filled with giveaways, surprise discounts, free classes, birthday sound bath and more! It's our way of saying THANK YOU for being part of the One Soul family. We can't wait to celebrate with you!
5. **FULL HARVEST MOON CEREMONY WITH CLARICE, FREE
SUNDAY, SEPTEMBER 7 AT 8 PM**
Join Clarice at One Soul Yoga under the light of the Full Harvest Moon in Pisces for a powerful free yoga ceremony to align with the energy of the full illumination. This is a perfect time to take in the radiant light of the moon and reflect, release, and find energetic renewal. Held outside, weather permitting, free. Clarice will give away a free card reading during this event!
6. **SIX YEARS OF SOUL SOUND BATH WITH DEANNA
TUESDAY, SEPTEMBER 9 FROM AT 8:00 PM**
Come celebrate our 6th birthday with a soul-sparking sound bath led by DeAnna. She'll be bringing the good vibes (literally) with crystal bowls, chimes, gongs, and other magical instruments designed to help you chill out and realign your energy. Birthday treats included and as part of our celebration, DeAnna will give away one free Biofield Tuning session to one lucky yogi who attends!
7. **SOUL SESSION: YIN/YANG: FLOW & HOLD WITH DEANNA
FRIDAY, SEPTEMBER 12 AT 6:00 PM**
Find your perfect balance in this unique class that blends the best of both worlds. We'll move through energizing Yang-style flow to warm the body, build strength, and connect with the breath through rhythmic movement. Then, we'll shift into the stillness of Yin, holding postures for longer periods to release deep tension, increase flexibility, and calm the mind.
8. **SOULFUL SILENCE: OPEN HAMMOCK TIME FOR MEDITATION
MONDAY, SEPTEMBER 15 FROM 6:00 PM-8:00 PM**
Step away from the noise & give yourself the gift of stillness. Soulful Silence is a serene, self-guided experience designed for quiet meditation, reflection, reading, or journaling. Choose a hammock or mat space. No instruction--this is your time to slow down, breathe deeply, and hold space for yourself--without distractions or conversation. Included w/ pass or \$15 drop in
9. **NEW MOON IN VIRGO FLOW WITH STARR, FREE
SUNDAY, SEPTEMBER 21 AT 8:00 PM**
Ground your intentions and return to inner clarity during this free monthly event--a soul-centered offering yoga, guided meditation, and intention setting for the new lunar cycle. It's a powerful time to simplify, clear mental and emotional clutter, and plant intentional seeds for self-growth, health, and purposeful living. Everyone is welcome to attend this free class.
10. **POP UP: FLOW INTO FALL GROUND & CENTER WITH RACHEL
MONDAY, SEPTEMBER 22 FROM 6:00-7:15 PM**
Come celebrate the Fall Equinox with this pop up that incorporates a short centering meditation, grounding poses, fluid movement, and ends with a meditation about the beauty and power of changing seasons. We will cultivate a sense of inner peace and presence, reflecting the equilibrium of the equinox itself. It's a time to honor the transition from summer to autumn, letting go of what no longer serves and preparing for a more inward, reflective period.
11. **2026 200-HOUR YOGA TEACHER TRAINING & INFO MEETING
MONDAY, SEPTEMBER 29 at 7:00 PM**
Have you ever felt called to deepen your practice, explore the roots of yoga, or share its wisdom with others? At One Soul Yoga, we've had the honor of training some truly incredible yoga instructors -- each one bringing their own unique light, voice, and heart to the practice. Whether you're drawn to teaching or simply want to deepen your understanding of yoga, our 200-Hour Yoga Teacher Training might be the next step on your journey. We are holding a free YTT information meeting on Monday, September 29 at 7:00 pm. Learn more, ask questions and register in person.
12. **CANDLELIGHT IMMERSION CHAKRA SERIES WITH DEANNA
STARTS TUESDAY SEPTEMBER 30 at 8:00 PM**
It's back--it's the same Candlelight Immersion class you know and love but for 8 weeks (9/30-11/18) each class will focus on a different chakra, or energetic system in the body. Join us for a transformative journey through the chakras in DeAnna's Candlelight Immersion Chakra Series starting Tuesday, September 30 at 8 pm. Each week, we focus on a different chakra, combining the power of yoga and sound healing to bring balance and harmony to your energy centers.



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