



ONE SOUL YOGA & WELLNESS CENTER

OCTOBER 2026

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

Web: www.OneSoulYogaStudio.com Email: onesoulyogastudio@gmail.com Call/Text: 903-689-2811

Facebook: One Soul Yoga Studio Instagram: One Soul Yoga

S	M	T	W	TH	F	SA
Join us for The Gathering November 13-15 in Broken Bow, OK An all-inclusive 2-1/2 days retreat for women. Nestled in a cozy woodland cabin, this all-inclusive women's retreat is an invitation to slow down, breathe deeply, and reconnect with yourself, with nature & with a community of supportive women. Limited Private King Suites Shared Bunk Room www.onesoulyogastudio.com				1 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Emma 6:00-7:00 pm Active Flow-Jennifer	2 6:15-7:15 am Sunrise Flow-Michele 8:30-9:30 am Friday Yin on the Wall-April	3 9:00-10:00 am Saturday Flow-April
4 5:00-6:00 pm Begin Again Sunday Meditation-Michele 6:00-7:00 pm Restorative + Meditation-Rachel	5 8:30-9:30 am Active Vinyasa-April	6 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-Emma 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 Meditation-Clarice	7 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	8 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Emma 6:00-7:00 pm Active Flow-Jennifer	9 6:15-7:15 am Sunrise Flow-Michele 8:30-9:30 am Friday Yin on the Wall-Clarice	10 9:00-10:00 am Saturday Flow-Jennifer 11:00 am-1:00 pm Hocus Pocus: Autumn Broom Making & Potions Workshop-Clarice & DeAnna, \$45, advance registration required 8:00-9:00 pm New Moon in Libra Ceremony-Vanessa, free
11 5:00-6:00 pm Begin Again Sunday Meditation-Michele 6:00-7:00 pm Restorative + Meditation-Rachel	12 CLOSED Indigenous Peoples' Day	13 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-Emma 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	14 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	15 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Emma 6:00-7:00 pm Active Flow-Jennifer	16 6:15-7:15 am Sunrise Flow-Michele 8:30-9:30 am Friday Yin on the Wall-April	17 9:00-10:00 am Saturday Flow-Clarice
18 5:00-6:00 pm Begin Again Meditation-Michele 6:00-7:00 pm Restorative + Meditation-Rachel	19 8:30-9:30 am Active Vinyasa-April 6:00-7:00 pm Pop-Up: EMBODYED-Lisa	20 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-Emma 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: Sacral (2 of 8)-DeAnna	21 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	22 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Emma 6:00-7:00 pm Active Flow-Jennifer	23 6:15-7:15 am Sunrise Flow-Michele 8:30-9:30 am Friday Yin on the Wall-April	24 9:00-10:00 am Saturday Flow-Clarice
25 5:00-6:00 pm Begin Again Meditation-Michele 6:00-7:00 pm Restorative + Meditation-Rachel	26 8:30-9:30 am Active Vinyasa-April 8:00-9:00 pm Full Hunter's Moon in Taurus Sound & Ceremony-DeAnna, free	27 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-Emma 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: Solar Plexus (3 of 8)-DeAnna	28 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	29 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Emma 6:00-7:00 pm Active Flow-Jennifer	30 6:15-7:15 am Sunrise Flow-Michele 8:30-9:30 am Friday Yin on the Wall-April	31 9:00-10:00 am Halloween Saturday Flow-Michele

SPECIAL EVENTS COMING UP:

Spots available for The Gathering Nov. 13-15 in Broken Bow!

Hocus Pocus: Autumn Broom Making & Potions Workshop 10/10 at 11 am, \$45

New Moon in Libra Ceremony: 10/10 at 8 pm w/ Vanessa, free

Candlelight Chakra Series begins 10/13 with DeAnna

Pop-Up: EMBODYED with Lisa Carter: 10/19 at 6:00 pm

Full Hunter's Moon in Taurus Sound + Ceremony: 10/26 at 8 pm with DeAnna, free

Holiday Magic Tea Party, 12/6 at 11 am, hosted by Annabella's Tea Room, \$65

200 Hour Yoga Teacher Training Registration is now open!

Details coming soon on our April 24 & 25 Elemental Soul Retreat!

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