

ONE SOUL YOGA & WELLNESS CENTER

NOVEMBER 2025

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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S	M	T	W	TH	F	SA
YOGA ALLIANCE APPROVED 200 HOUR YOGA TEACHER TRAINING STARTING JANUARY 2026. DEADLINE FOR APPLICATION IS DECEMBER 31. GET DETAILS ON WEBSITE.						1 9:00-10:00 am Saturday Flow-April
2 6:00-7:00 pm Restorative + Meditation-Rachel	3 8:30-9:30 am Active Vinyasa-April 6:00-7:00 pm Loving-Kindness Movement & Meditation-April	4 8:30-9:30 am Active Vinyasa-April 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 Chakra Series: Third Eye (6 of 8)-DeAnna	5 8:30-9:30 am Yin Yoga-Leah 12:10-12:50 pm: NEW CLASS Lunch Yoga: Reset-April 6:00-7:00 pm: Active Flow-Clarice 8:00-9:00 pm Full Beaver Moon in Taurus Ceremony- Clarice, free	6 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 7:15-8:15 pm: NEW TIME Reiki-Infused Nourish & Restore-Starr	7 8:30-9:30 am Friday Yin on the Wall- April 6:00-7:00 pm Recline & Wine- Clarice	8 9:00-10:00 am Saturday Flow-Jennifer 9:00-5:00 pm 300 Hour YTT
9 9:00-5:00 pm 300 Hour YTT	10 8:30-9:30 am Active Vinyasa-April 7:00-8:30 pm Soul Session: Grateful Hearts Flow & Yoga Nidra-DeAnna	11 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: Crown- DeAnna (7 of 8)	12 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	13 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 7:15-8:15 pm Reiki-Infused Nourish & Restore-Starr	14 8:30-9:30 am Friday Yin on the Wall- DeAnna	15 9:00-10:00 am Saturday Flow-Vanessa 11:00 am-12:00 pm Be Thankful: Thanksgiving Kid's Yoga-Micki, \$15 (ages 5-12, advance registration required)
16 11:00-3:00 pm Soap Making Workshop-Clarice, \$60, advance registration required by 11/14 6:00-7:00 pm Restorative + Meditation-Rachel	17 8:30-9:30 am Active Vinyasa-April	18 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 Chakra Series: Chakra Sound Bath (8 of 8)	19 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 8:00-9:00 pm New Moon in Scorpio Flow-April, free	20 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 7:15-8:15 pm Reiki-Infused Nourish & Restore-Starr	21 8:30-9:30 am Friday Yin on the Wall- April	22 9:00-10:00 am Saturday Flow-Jennifer
23	24 8:30-9:30 am Active Vinyasa-April	25 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-April 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Gratitude Candlelight Immersion-DeAnna	26 CLOSED FOR THANKSGIVING	27 CLOSED FOR THANKSGIVING 	28 CLOSED FOR THANKSGIVING	29 9:00-10:00 am Saturday Flow-Starr
30	SPECIAL EVENTS COMING UP: Lovingkindness Movement & Meditation-April 11/3 at 6 pm Candlelight Immersion Chakra Series every Tuesday through 11/18 Full Beaver Moon in Taurus Ceremony-Clarice, 11/5 at 8 pm free Recline & Wine-Clarice, 11/7 at 6 pm Soul Session: Grateful Hearts Flow & Yoga Nidra-DeAnna, 11/10 from 7-8:30 pm Be Thankful: Thanksgiving Kid's Yoga-Micki, 11/15 at 11 am (ages 5-12) Soap Making Workshop-Clarice, 11/16 at 11 am (\$60) Chakra Sound Bath-DeAnna, 11/18 at 8 pm New Moon in Scorpio Flow-April, 11/19 at 8 pm, free Ornaments & Intentions Winter Workshop-Vanessa, 12/13 at 2 pm, \$25 Spring Retreat: Cosmic Soul: April 24 & 25: Registration opens December 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					