

ONE SOUL YOGA & WELLNESS CENTER

AUGUST 2025

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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S	M	T	W	TH	F	SA
NEW FALL CLASSES & TIMES! Check out new classes and times starting in August: Leah is back leading Yin on Wednesdays at 8:30 am. Active Vinyasa on both Tuesdays & Thursdays at 7:30 am. Mocktail & Rhythmic Friday Fusion moves up to 6:00 pm. Sunrise Sunday moves up to 7:00 am. Feet Up Fridays (Yin on the Wall) on Fridays at 8:30 am. Jennifer leads Thursday Active Flow and Clarice leads Active Flow on Wednesdays while Emma is out. Monday & Wednesday 4:45 pm classes are taking a fall break.					1 8:30-9:30 am Friday Yin on the Wall-April 6:00-7:00 pm First Friday Mocktail Flow- Jennifer	2 9:00-10:00 am Saturday Flow-Carrie (YTT Student) 9:00-4:00 pm 200 Hour YTT 6:00-7:00 pm Free Community Yoga- Heather (YTT Student)
3 7:00 am-8:00 am Sunrise Sunday Flow-April 9:00-5:00 pm 200 Hour YTT	4 8:30-9:30 am Active Vinyasa-April 6:30-7:30 pm First Monday Kid's Yoga (ages 7-12)-Micki, \$15	5 7:30-8:30 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	6 8:30-9:30 am Yin Yoga-Leah 6:00-7:00 pm: Active Flow-Clarice	7 7:30-8:30 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	8 8:30-9:30 am Friday Yin on the Wall-April 6:00-7:00 pm Rhythmic Friday Fusion- Clarice 8:00-9:15 pm Lion's Gate Portal Manifestation Meditation & Sound-DeAnna	9 9:00-10:00 am Saturday Flow-Jennifer 8:00-9:00 pm Full Sturgeon Moon in Aquarius Ceremony-Clarice, free
10 7:00 am-8:00 am Sunrise Sunday Flow-April 9:00-5:00 pm 200 Hour YTT 6:00-7:00 pm Restorative + Meditation-Rachel	11 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)	12 7:30-8:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Move-Starr 1:15-2:00 pm Chair Yoga at SS Senior Center-Jackie 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Yoga & Meditation-Starr	13 8:30-9:30 am Yin Yoga-Leah 6:00-7:00 pm: Active Flow-Clarice	14 7:30-8:30 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	15 8:30-9:30 am Friday Yin on the Wall-April 6:00-7:00 pm Rhythmic Friday Fusion- Clarice	16 9:00-10:00 am Saturday Flow-April
17 7:00 am-8:00 am Sunrise Sunday Flow-April	18 8:30-9:30 am Active Vinyasa-April	19 7:30-8:30 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	20 8:30-9:30 am Yin Yoga-Leah 6:00-7:00 pm: Active Flow-Clarice	21 7:30-8:30 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	22 8:30-9:30 am Friday Yin on the Wall-April 6:00-7:00 pm Rhythmic Friday Fusion-Clarice 8:00-9:00 pm: New Moon in Virgo Flow-Shahara, free	23 9:00-10:00 am Saturday Flow-Vanessa (YTT Student)
24 7:00 am-8:00 am Sunrise Sunday Flow-April 6:00-7:00 pm Restorative + Meditation-Rachel	25 8:30-9:30 am Active Vinyasa-April 6:00-7:00 pm Soul Session: Kundalini & Breath-DeAnna	26 7:30-8:30 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	27 8:30-9:30 am Yin Yoga-Leah 6:00-7:00 pm: Active Flow-Clarice	28 7:30-8:30 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	29 8:30-9:30 am Friday Yin on the Wall-April 6:00-7:00 pm Rhythmic Friday Fusion-Clarice	30 9:00-10:00 am Saturday Flow-Heather (YTT Student) 9:00 am-5:00 pm 200 Hour YTT
31 7:00 am-8:00 am Sunrise Sunday Flow-April 9:00 am-5:00 pm 200 Hour YTT						

SPECIAL EVENTS COMING UP:

Pop Up: 8/3 & 8/17 Grace & Grounding
 8/4 First Monday Kid's Yoga (ages 7-12), 6:30-7:30 pm (\$15)
 8/8 Lion's Gate Manifestation Portal Meditation & Sound at 8:00 pm
 Full Moon 8/9, New Moon 8/22 at 8 pm, free
 Soulful Silence: Open quiet hammock time for meditation & reflection 8/11, 6:00-8:00 pm
 8/25 Soul Session: Kundalini & Breath at 6:00 pm
 Boundless Soul Retreat registration is open!
 Message us to join the interest list for 2026 200-Hour Yoga Teacher Training.

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: REGISTRATION IS OPEN!

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. Expect a blend of yoga, breathwork, sound healing, and fun, interactive workshops—all designed to help you tap into a boundless sense of wonder and inspiration.

2.

FIRST MONDAY SUMMER KID'S YOGA

MONDAY, AUGUST 4 FROM 6:30-7:30 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. This class will be held the first Monday in July and August. Register for one or all for summer time fun!

3.

LION'S GATE MANIFESTATION SOUND & MEDITATION w/ DEANNA

FRIDAY, AUGUST AT 8 PM

8/8 at 8 for manifestation! Step into the cosmic energies of the Lion's Gate Portal, a time of heightened alignment and transformation. Experience physical, mental, and spiritual alignment in a sacred space while gaining insides to navigate this transformational time with DeAnna (\$20 or included with pass/punch card)

4.

FULL STURGEON MOON CEREMONY WITH CLARICE, FREE

SATURDAY, AUGUST 9 AT 8 PM

Join Clarice at One Soul Yoga under the light of the Full Sturgeon Moon in Aquarius for a powerful free yoga ceremony to align with the energy of the full illumination. Join us under the radiant light of the Full Sturgeon Moon in Aquarius for a powerful evening of reflection, release, and energetic renewal. Held outside, weather permitting, free.

5.

SOULFUL SILENCE: OPEN HAMMOCK TIME FOR MEDITATION

MONDAY, AUGUST 11 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

6.

FRIDAY, AUGUST 22 AT 8:00 PM

NEW MOON IN LEO FLOW WITH SHAHARA, FREE

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.

7.

MONDAY, AUGUST 25 AT 8:00 PM

SOUL SESSION: KUNDALINI & BREATH WITH DEANNA

Join DeAnna for an energizing Soul Session of Kundalini kriyas with conscious breath awareness to help you reset, realign, and reconnect with your inner vitality. Clear energetic blockages, uplift your mood, and expand your consciousness in this all-levels class—whether you're new to Kundalini or looking to deepen your practice.

8.

2026 200-HOUR YOGA TEACHER TRAINING

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're opening up our interested list for the 2026 training! Email us or send us a message and we will add you to the "interested" list for 2026! Be the first to know about information meetings, dates and other details.



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