

ONE SOUL YOGA & WELLNESS CENTER

OCTOBER 2025

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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S	M	T	W	TH	F	SA
<i>Just as the leaves turn and fall away, we too can release what no longer serves us and trust in the beauty of change.</i>			1 8:30-9:30 am Yin Yoga-Leah 6:00-7:00 pm Active Flow-Clarice	2 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	3 8:30-9:30 am Friday Yin on the Wall-April 6:00-7:00 pm First Friday Mocktail Flow-Clarice	4 9:00-10:00 am Saturday Flow-Jennifer 9:00-4:00 pm 300 Hour YTT 5:00-7:00 pm Fall Harvest Moon & Broom Workshop-Clarice, \$25
5 9:00-5:00 pm 300 Hour YTT 6:00-7:00 pm Restorative + Meditation-Rachel	6 8:30-9:30 am Active Vinyasa-April 7:00-8:00 pm First Monday Kid's Yoga-Micki, \$15 8:00-9:00 pm Full Hunter's Moon in Aries Ceremony-Clarice, free	7 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 Chakra Series: Sacral (2 of 8)-DeAnna	8 8:30-9:30 am Yin Yoga-Leah 6:00-7:00 pm Active Flow-Clarice	9 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	10 8:30-9:30 am Friday Yin on the Wall-April	11 9:00-10:00 am Saturday Flow-Jennifer
12	13 8:30-9:30 am Active Vinyasa-April 6:00-7:00 pm Soul Session: Tune into Rest: Restorative Yoga & Biofield Tuning-DeAnna	14 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: Solar Plexus-DeAnna (3 of 8)	15 8:30-9:30 am Yin Yoga-Leah 6:00-7:00 pm Active Flow-Clarice	16 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	17 8:30-9:30 am Friday Yin on the Wall-April	18 9:00-10:00 am Saturday Flow-Vanessa
19 6:00-7:00 pm Restorative + Meditation-Rachel	20 8:30-9:30 am Active Vinyasa-April 8:00-9:00 pm New Moon in Libra Flow-Clarice, free	21 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 Heart (4 of 8)-DeAnna	22 8:30-9:30 am Yin Yoga-Leah 6:00-7:00 pm Active Flow-Clarice	23 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	24 8:30-9:30 am Friday Yin on the Wall-April 7:00-8:15 pm Let's Glow Halloween Sound Bath Journey (hammocks & mat spaces available)-DeAnna, \$20 or included with pass	25 9:00-10:00 am Saturday Flow-April
26	27 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-Starr	28 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 Candlelight Immersion Chakra Series: Throat (5 of 8)-DeAnna	29 8:30-9:30 am Yin Yoga-April 6:00-7:00 pm Active Flow-Clarice	30 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	31 8:30-9:30 am Friday Yin on the Wall-April	

SPECIAL EVENTS COMING UP:

Candlelight Immersion Chakra Series every Tuesday through Nov. 18
 First Friday Mocktail Flow-Clarice, 10/3 at 6 pm
 Harvest Moon & Broom Workshop: Friday, October 4 at 5 pm, \$25
 First Monday Kid's Yoga-Micki, 10/6 at 7 pm, \$15
 Full Hunter's Moon in Aries Ceremony-Clarice, 10/6 at 8 pm, free
 Soul Session: Tune into Rest: Restorative Yoga & Biofield Tuning-DeAnna, 10/13 at 6 pm
 New Moon in Libra Flow-Clarice, 10/20 at 8 pm, free
 Let's Glow: Glow in the Dark Halloween Sound Bath Journey (hammocks & mat spaces available)-DeAnna, 10/24 at 7 pm, \$20 or included with pass,
 Soulful Silence Quiet Meditation & Reflection: 10/27 at 6 pm
 Spring Retreat: Cosmic Soul: April 24 & 25, details coming soon!

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

1. **SATURDAY & SUNDAY, APRIL : 25 & 26**
COSMIC SOUL WEEKEND RETREAT: DETAILS COMING SOON!
Details and registration is coming soon for One Soul's next retreat: Cosmic Soul. Make plans to join a sacred weekend designed to help you reconnect with the energetic wisdom of the body and soul — through practices that help you understand, move, clear, and elevate energy.
2. **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!
3. **FALL HARVEST MOON & BROOM WORKSHOP CLARICE, FREE**
SATURDAY, OCTOBER 4 AT 5 PM
Join us for a cozy and creative hands-on Harvest Moon & Fall Blessing Broom Workshop on Saturday, October 4 at 5 pm with Clarice. In this seasonal workshop you will learn to make your choice of a Harvest Moon wreath or your very own handcrafted blessing broom, also known as a besom. These beautifully adorned brooms have been used for centuries as spiritual tools to clear energy, protect the home, and welcome blessings.
4. **FIRST MONDAY SUMMER KID'S YOGA**
MONDAY, OCTOBER 6 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.
5. **FULL HUNTER'S MOON CEREMONY WITH CLARICE, FREE**
MONDAY, OCTOBER 6 AT 8 PM
Join us under the luminous Hunter Moon in Aries for a deeply transformative evening of yoga, ritual, and energetic release. This Full Moon carries powerful fire-energy, urging us to come forward, speak our truth, and courageously release what no longer serves. Let the boldness of Aries meet the clearing, closing energy of the Hunter Moon to open the door to new beginnings.
6. **CHAKRA CANDLELIGHT IMMERSION SERIES WITH DEANNA**
EVERY TUESDAY THROUGH 11/18 AT 8:00 PM
Join us for a magical eight-week journey through your seven chakras, illuminated by soft candlelight. Each 60-minute session blends gentle yoga, meditation, Bija mantra practice, and sound healing, helping you align and awaken one chakra at a time—from root to crown.
7. **SOUL SESSION: TUNE INTO REST: RESTORATIVE + BIOFIELD TUNING WITH DEANNA**
MONDAY, OCTOBER 13 AT 6:00 PM
Allow your body and mind to deeply relax in this unique fusion of restorative yoga and sound therapy. In this class, you'll be supported in gentle, restful postures designed to release tension and calm the nervous system. While you rest, DeAnna will weave in the soothing harmonic resonance of tuning forks—applied both on and around the body.
8. **NEW MOON IN VIRGO FLOW WITH CLARICE, FREE**
MONDAY, OCTOBER 20 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.
9. **LET'S GLOW: GLOW IN THE DARK SOUND JOURNEY WITH DEANNA**
FRIDAY, OCTOBER 24 FROM 7:00-8:15 PM
No tricks—only treats as this special blacklight experience will wrap you in glow in the dark lighting, sounds of sacred instruments and meditation to clear away any energetic blockages that may be haunting you. Relax into the glowing vibrations and sink into the season. Be present in the moment and allow the most magical version of yourself to glow. Mat spaces, hammocks and zero gravity chairs available. \$20 or included in One Soul pass.
10. **SOULFUL SILENCE: OPEN HAMMOCK TIME FOR MEDITATION**
MONDAY, OCTOBER 27 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.
11. **2026 200-HOUR YOGA TEACHER**
STARTING IN JANUARY
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. Registration is open now and training begins in January. Reach out for an information packet.



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