

ONE SOUL YOGA & WELLNESS CENTER SEPTEMBER 2023

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<div>COMING UP:</div> <div>HAPPY BIRTHDAY TO US!</div> <div>ONE SOUL TURNS 4!</div> <div>CELEBRATE WITH US DURING THE FIRST WEEK OF OCTOBER WITH FREE CLASSES, BRING A FRIEND SPECIALS, POP-UP CLASSES, GIVEAWAYS AND DISCOUNTS ON SOUL CLOSET MERCHANDISE AND MONTHLY PASSES!</div>						<div>1</div> <div>8:30-9:30 am</div> <div>Fired Up Friday-Leah</div>	<div>2</div> <div>9:00-10:00 am</div> <div>Saturday Flow-Clarice</div>	
<div>3</div>	<div>4</div> <div>CLOSED</div> <div>LABOR DAY!</div>	<div>5</div> <div>8:30-9:30 am</div> <div>Flow & Glow-Clarice</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Move-DeAnna</div> <div>6:00-7:00 pm</div> <div>Power Flow-Bailee</div> <div>8:00-9:00 pm</div> <div>Candlelight Immersion: Third Eye Chakra-DeAnna</div>	<div>6</div> <div>8:30-9:30 am</div> <div>Yin Flow-Leah</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Flow-Emma</div> <div>4:30-5:30 pm</div> <div>Gentle Flow-Rachel</div>	<div>7</div> <div>8:30-9:30 am</div> <div>ThursYay Yoga Flow-Clarice</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Stretch-DeAnna</div> <div>6:00-7:00 pm</div> <div>Core Flow-Bailee</div>	<div>8</div> <div>8:30-9:30 am</div> <div>Fired Up Friday-Leah</div>	<div>9</div> <div>9:00-10:00 am</div> <div>Saturday Flow-Emma</div> <div>11:00-12:00 pm</div> <div>Kids Yoga (ages 4+)-Micki, \$5</div>		
<div>10</div> <div>7:00-8:00 pm</div> <div>Restorative + Meditation-Janeese</div>	<div>11</div> <div>8:30-9:30 am</div> <div>Mindful Monday Mornings-Leah</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Flow-Emma</div> <div>4:30-5:30 pm</div> <div>Empower Hour-Rachel</div> <div>6:30 pm</div> <div>200 Hour YTT Information Meeting, free</div>	<div>12</div> <div>8:30-9:30 am</div> <div>Flow & Glow-Clarice</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Move-DeAnna</div> <div>6:00-7:00 pm</div> <div>Power Flow-Bailee</div> <div>8:00-9:00 pm</div> <div>Candlelight Immersion: Crown Chakra-DeAnna</div>	<div>13</div> <div>8:30-9:30 am</div> <div>Yin Flow-Leah</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Flow-Emma</div> <div>4:30-5:30 pm</div> <div>Gentle Flow-Rachel</div>	<div>14</div> <div>8:30-9:30 am</div> <div>ThursYay Yoga Flow-Clarice</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Stretch-DeAnna</div> <div>6:00-7:00 pm</div> <div>Core Flow-Bailee</div>	<div>15</div> <div>8:30-9:30 am</div> <div>Fired Up Friday-Leah</div> <div>12:10-12:50 pm</div> <div>New Moon Flow-Bailee, free</div>	<div>16</div> <div>9:00-10:00 am</div> <div>Saturday Flow-Jennifer</div> <div>6:00 pm</div> <div>Sister Soul Circle-Clarice, donations accepted</div>		
<div>17</div> <div>7:00-8:00 pm</div> <div>Restorative + Meditation-Janeese</div>	<div>18</div> <div>8:30-9:30 am</div> <div>Mindful Monday Mornings-Leah</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Flow-Emma</div> <div>4:30-5:30 pm</div> <div>Empower Hour-Rachel</div>	<div>19</div> <div>8:30-9:30 am</div> <div>Flow & Glow-Clarice</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Move -DeAnna</div> <div>6:00-7:00 pm</div> <div>Power Flow-Bailee</div> <div>8:00-9:00 pm</div> <div>Seven Chakra Sound Bath & Meditation- DeAnna</div>	<div>20</div> <div>8:30-9:30 am</div> <div>Yin Flow-Leah</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Flow-DeAnna</div> <div>4:30-5:30 pm</div> <div>Gentle Flow-Rachel</div> <div>7:00-8:00 pm</div> <div>Kundalini + Meditation Pop Up-DeAnna</div>	<div>21</div> <div>8:30-9:30 am</div> <div>ThursYay Yoga Flow-Clarice</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Stretch-DeAnna</div> <div>6:00-7:00 pm</div> <div>Core Flow-Bailee</div>	<div>22</div> <div>8:30-9:30 am</div> <div>Fired Up Friday-Leah</div>	<div>23</div> <div>9:00-10:00 am</div> <div>Saturday Flow-Bailee</div>		
<div>24</div>	<div>25</div> <div>8:30-9:30 am</div> <div>Mindful Monday Mornings-Leah</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Flow-Emma</div> <div>4:30-5:30 pm</div> <div>Empower Hour-Leah</div> <div>6:00-7:00 pm</div> <div>Trauma Release Pop Up, Leah, donations accepted</div>	<div>26</div> <div>8:30-9:30 am</div> <div>Flow & Glow-Clarice</div> <div>12:10-12:50 pm</div> <div>Lunch Flow: Move-DeAnna</div> <div>6:00-7:00 pm</div> <div>Power Flow-Bailee</div> <div>8:00-9:00 pm</div> <div>Candlelight Immersion-DeAnna</div>	<div>27</div> <div>8:30-9:30 am</div> <div>Yin Flow-Leah</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Flow- Emma</div> <div>4:30-5:30 pm</div> <div>Gentle Flow-Rachel</div>	<div>28</div> <div>8:30-9:30 am</div> <div>ThursYay Yoga Flow-Clarice</div> <div>12:10-12:50 pm</div> <div>Lunch Yoga: Stretch-DeAnna</div> <div>6:00-7:00 pm</div> <div>Core Flow-Bailee</div>	<div>29</div> <div>8:30-9:30 am</div> <div>Fired Up Friday-Leah</div> <div>8:00 pm</div> <div>Full Moon-Leah, free</div>	<div>30</div> <div>9:00-10:00 am</div> <div>Saturday Flow-Janeese</div>		
<div>COMING UP:</div> <div>Candlelight Immersion Chakra Series continues through 9/19</div> <div>Kids Yoga 9/9 at 11 am (\$5), 6 Week Kids Yoga Series starting in October!</div> <div>2024 Yoga Teacher Training Information Meeting on 9/11 at 6:30 pm or 11/12 at 2:00, free</div> <div>Sister Soul Circle is back! Monthly circle for ladies-9/16, donations accepted</div> <div>Seven Chakra Sound Bath & Meditation 9/19, \$10 or included w/pass</div> <div>New Moon Flow with Bailee, 9/15 at 12:10 pm, free, Full Moon w/ Leah on 9/29 at 8 pm, free</div> <div>Kundalini + Meditation Pop Up, 9/20 at 7:00 pm, \$10 or included w/pass</div> <div>Trauma Release Yoga with Leah-9/25 at 6:00 pm</div>							<div>CLASS PRICES UNLESS NOTED:</div> <div>Drop Ins: \$10</div> <div>New Student Pass-good for 7 days, may only purchase 1x: \$20</div> <div>One Month Pass: \$85</div> <div>Three Month Pass: \$200</div> <div>12-Month Pass: \$785</div> <div>12 Class Punch Card: \$100 (good for 90 days)</div>	

COMING UP AT ONE SOUL

MYSTIC SOUL RETREAT 10/7 & 8

Join us as we deepen and expand our personal practice & make time for inner reflection & change. This is the season to ground yourself while cultivating a deep sense of self-worth. This weekend will give you time relax, recharge and grow with the season energy through yoga, meditation, sound, seasonal artwork and connection with others. JOIN THE WAITLIST.

CANDLELIGHT IMMERSION CHAKRA SERIES THRU 9/19

Tuesdays at 8:00 pm w/DeAnna

Regular Candlelight Immersion class but focusing on a different chakra each week. Series will end on 9/19 with a full one-hour chakra meditation and sound bath. Attend one or all. You don't have to attend all of them to participate. \$10 each or included with pass/punch card.

SISTER SOUL CIRCLE IS BACK! 9/16

Saturday 9/16 at 6:00 pm w/ Clarice, free

Magic happens when women gather! Our monthly soul circle is back on the schedule. One Soul is proud to offer a monthly circle for women of all ages and walks of life—a time to pause and join together in sisterhood. Join us in a safe, non-judgmental space of love, listening, sharing as we hold space, empower and nurture one another.

KUNDALINI + MEDITATION POP UP 9/20

7:00 pm with DeAnna

Kundalini Yoga is a practice that trains your awareness to spiritual awakening through breath work, mantras/chants, sounds, kriyas (repetitive movement), and savasana. Join DeAnna for this special pop up that will start with Kundalini yoga and end with guided meditation and savasana. \$10 or included pass or punch card

FULL MOON CEREMONY 9/29

8:00 pm with Leah, free

Join us for this free Full Moon ceremony to help welcome in this month's Full Moon. We'll discuss the meaning and significances of the full moon, practice chandra namaskar, savasana with moon meditation, and end the evening with a burning ritual to release what no longer serves us.

ONE SOUL TURNS 4!

October 1-6

Celebrate with us at One Soul Yoga during the first week of October to celebrate our fourth birthday! We would not be here without you, so we will run specials all week including giveaways, free classes, pop-ups, bring a friend specials, discounts on Soul Closet merchandise and more!

PRIVATE SOUND HEALING w/ DEANNA

DeAnna offers private sound healing or private group sound bath sessions at One Soul. Private sessions can include chakra cleansing using tuning forks and/or crystal singing bowls. This acoustic therapy utilizes sound waves to re-tune mentally, emotionally, physically and spiritually. Email deannaonesoul@gmail.com or see the One Soul Wellness page for info.

YOGA TEACHER TRAINING INFO MEETING 9/11

Monday, September 11 at 6:30 pm or

Sunday, November 12 at 2:00 pm

Want to learn more about the 2024 One Soul Yoga 200-Hour Teacher Training program? Join us for one of two free, no-obligations info meetings.

NEW MOON FLOW 9/15

12:10 pm with Bailee, free

The New Moon is a time of reflection and creating intentions for the cycle ahead. Join Bailee on 8/14 to reflect on this new beginning through a yoga flow, discussion, intention setting and reflection. Everyone is welcome to attend this free circle.

SEVEN CHAKRA SOUND BATH & MEDITATION 9/19

Tuesday at 8:00 pm w/DeAnna

Experience a journey through the seven chakras through sound and meditation. Crystal singing bowls, chimes, Tibetan bowls and drums will clear away blockages and help you feel relaxed and balanced. \$10 each or included with pass/punch card.

TRAUMA RELEASE YOGA 9/25

Monday at 6:00 pm w/ Leah

If you have "issues in your tissues," whether from physical and/or emotional traumas, come join us on the mat to gently release what you're holding on to - whatever needs to be released to make room for positive, healing space within your mind, body, and spirit. Donations accepted but not required.

200-HOUR TEACHER TRAINING FOR 2024

STARTS JANUARY 2024

If you have ever been interested in teacher training, now is your chance. One Soul will begin the 2024 in-person 200-Hour YTT program starting in January. Join us for an information meeting or check out the website for details.

KIDS 5-WEEK YOGA SERIES

Saturdays, Oct. 14, 21, 28 & Nov. 4, 11, 18 from 11 am-12 pm w/ Micki Kids will have FUN while learning to improve their balance, coordination & strength as we move and flow through yoga poses, games and activities.

This five-week series will help kids build confidence, & self-esteem Early registration \$75 (\$65 for each additional child in same family) Regular Price after 10/7 \$85 per kid. Register by 10/11 required

THAI YOGA SESSIONS WITH LIBBY

Libby is offering one-on-one Thai Yoga sessions at One Soul. Thai Yoga is a type of bodywork in which the receiver is placed in a series of positions and poses and assisted into them by the practitioner. Please feel free to contact her at libby@libbysyoga.com.

In addition to our regularly scheduled weekly classes, we are always adding new pop-up classes and events.

Follow us on Facebook for additions to our schedule.



For detailed information
& registration
see our website:
www.OneSoulYogaStudio.com

One Soul Yoga & Wellness Center
1008 Main St, Sulphur Springs