

ONE SOUL YOGA & WELLNESS CENTER

FEBRUARY 2026

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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Facebook: One Soul Yoga Studio Instagram: One Soul Yoga

S	M	T	W	TH	F	SA
1 8:00-9:00 pm Full Snow Moon in Leo Ceremony-DeAnna, free	2 8:30-9:30 am Active Vinyasa-April	3 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-DeAnna	4 8:30-9:30 am Yin Yoga-Emma 12:10-12:50 pm Lunch Yoga: Reset-April 6:00-7:00 pm Active Flow-Clarice	5 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	6 8:30-9:30 am Friday Yin on the Wall-April	7 9:00-10:00 am Saturday Flow-April 9:00-5:00 pm 300 Hour YTT
8 9:00-5:00 pm 300 Hour YTT 6:00-7:00 pm Restorative + Meditation-Rachel	9 8:30-9:30 am Active Vinyasa-April	10 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-DeAnna	11 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	12 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 Grounded Winter Series-Leah (2/12, 2/19, 2/26)	13 8:30-9:30 am Friday Yin on the Wall-April 6:00-8:00 pm Valentine Recline & Wine	14 9:00-10:00 am Valentine's Day Flow-Clarice
15 6:00-7:00 pm Restorative + Meditation-Rachel	16 8:30-9:30 am Active Vinyasa-April	17 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 New Moon in Aquarius/ Year of the Horse Ceremony & Sound, DeAnna, free	18 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	19 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Clarice 7:15-8:15 pm Grounded Winter Series-Leah (2/12, 2/19, 2/26)	20 8:30-9:30 am Friday Yin on the Wall-April	21 9:00-10:00 am Saturday Flow-Clarice 9:00-5:00 pm 200 Hour YTT
22 9:00-5:00 pm 200 Hour YTT	23 8:30-9:30 am Active Vinyasa-April	24 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-DeAnna	25 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	26 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 Grounded Winter Series-Leah (2/12, 2/19, 2/26)	27 8:30-9:30 am Friday Yin on the Wall-April	28 9:00-10:00 am Saturday Flow-Jennifer

SPECIAL EVENTS COMING UP:

Full Snow Moon in Leo Ceremony-DeAnna, 2/1 at 8 pm free
 Grounded Winter Series-Leah starts 2/12, 2/19 & 26
 Valentine Recline & Wine-Clarice, 2/13 at 6 pm
 New Moon in Aquarius Ceremony & Sound-DeAnna, 2/17 at 8 pm, free
 200 Hour Yoga Teacher Training starts 1/24
 Spring Retreat: Cosmic Soul: April 24 & 25: Registration is open!

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



COSMIC SOUL RETREAT REGISTRATION IS OPEN!

Join us April 24 & 25 for Cosmic Soul, a sacred weekend retreat journey for ladies. We will join for soulful practices that awaken, cleanse, and elevate your body's wisdom. Together, we'll move, breathe, and expand into deeper alignment, embracing the full magic of your cosmic essence.

Space is limited.