


ONE SOUL YOGA & WELLNESS CENTER

MAY 2026

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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S	M	T	W	TH	F	SA
ONE SOUL COMMUNITY PLANT SWAP SATURDAY, MAY 2 COME & GO 10 AM-2 PM How it works: Bring healthy potted plants, cuttings, or seeds to swap Label your plants with their name and care instructions Trade spare gardening gear like pots, tools, and decor at our Garden Exchange Table Plant Swap is free and open to all!					1 8:30-9:30 am Friday Yin on the Wall- April 8:00-9:00 pm Full Flower Moon in Scorpio Ceremony- Clarice, free	2 9:00-10:00 am Saturday Flow-Jennifer 10:00 am-2:00 pm Plant Swap (free and open to all)
3	4 8:30-9:30 am Active Vinyasa-April 2:00-2:45 pm Baby & Me Yoga Monthly Series-Emma 6:00-7:30 pm Spirit Led Mediumship with Vanessa, \$40 (this is a private event for those with a One Soul pass. All registration/payments are through Vanessa)	5 8:30-9:30 am Active Vinyasa-Emma 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	6 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	7 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch- DeAnna 6:00-7:00 pm Active Flow-Emma 7:15-8:15 pm Monthly Guided Meditation Series: Water Element-Clarice	8 8:30-9:30 am Friday Yin on the Wall- April	9 9:00-10:00 am Saturday Flow-Clarice
10	11 8:30-9:30 am Active Vinyasa-April 12:10-12:50 pm Sound Bites: Lunch Time Sound Bath- DeAnna	12 8:30-9:30 am Active Vinyasa-Emma 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	13 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	14 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch- DeAnna 6:00-7:00 pm Active Flow-Emma	15 8:30-9:30 am Friday Yin on the Wall- April	16 9:00-10:00 am Saturday Flow-Vanessa 9:00-5:00 pm 200 Hour YTT 8:00-9:00 pm New Moon in Taurus Ceremony- Vanessa, free
17 9:00-5:00 pm 200 Hour YTT 6:00-7:00 pm Restorative + Meditation-Rachel	18 8:30-9:30 am Active Vinyasa-April	19 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-April 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- Clarice	20 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	21 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-April 6:00-7:00 pm Active Flow-Emma	22 8:30-9:30 am Friday Yin on the Wall- April	23 9:00-10:00 am Saturday Flow-Clarice
24 6:00-7:00 pm Restorative + Meditation-Rachel	25 CLOSED FOR MEMORIAL DAY	26 8:30-9:30 am Active Vinyasa-Emma 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 Sound Bath- DeAnna	27 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	28 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch- DeAnna 6:00-7:00 pm Active Flow-Emma 7:15-8:15 pm: Pop Up: Ishtas, Mudras & Mantras- Oh My!-Michele	29 8:30-9:30 am Friday Yin on the Wall- April	30 9:00-10:00 am Saturday Flow-Michele 9:00-5:00 pm 200 Hour YTT
31 9:00-5:00 pm 200 Hour YTT 8:00-9:00 pm Full Blue Moon in Sagittarius Ceremony & Sound DeAnna, free	SPECIAL EVENTS COMING UP: Full Flower Moon in Scorpio Ceremony & Sound-Clarice, 5/1 at 8 pm, free Community Plant Swap, 5/2 from 10 am-2 pm, free Baby & Me Yoga-Emma, 5/4 at 2 pm Spirit Led Mediumship, 5/4, private event through Vanessa for those with One Soul passes Monthly Guided Meditation: Water Element-Clarice, 5/7 at 7:15 pm Sound Bites: Lunch Time Sound Bath-DeAnna 5/11 at 12:10 pm New Moon in Taurus Ceremony-Vanessa, 5/16 at 8 pm, free Candlelight Sound Bath-DeAnna, 5/26 at 8 pm Pop-Up: Ishtar, Mudras & Mantras-Oh My!-Michelle, 5/28 at 7:15 pm Full Blue Moon in Sagittarius Ceremony & Sound-DeAnna, 5/31 at 8 pm, free Stay tuned for info about our fall retreat! Summer Bingo starts in June!					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