

# ONE SOUL YOGA & WELLNESS CENTER OCTOBER 2023

**1008 MAIN ST., SULPHUR SPRINGS, TX 75482**

**Web: [www.OneSoulYogaStudio.com](http://www.OneSoulYogaStudio.com) Email: [onesoulyogastudio@gmail.com](mailto:onesoulyogastudio@gmail.com)**

Facebook: One Soul Yoga Studio Instagram: One Soul Yoga

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<b>1</b> <b>HAPPY BIRTHDAY TO US!</b> <b>ONE SOUL TURNS 4! CELEBRATE WITH FREE CLASSES, BRING A FRIEND SPECIALS, POP-UP CLASSES, GIVEAWAYS &amp; DISCOUNTS ON SOUL CLOSET MERCHANDISE AND MONTHLY PASSES!</b>	<b>2</b> <b>POP UP AT 6 PM!</b> <b>8:30-9:30 am</b> Mindful Monday Mornings-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Flow-Emma <b>4:30-5:30 pm</b> Empower Hour-Rachel <b>6:00-7:00 pm</b> Pop Up: Trauma Release-Leah, free	<b>3</b> <b>BRING A FRIEND FREE</b> <b>8:30-9:30 am</b> Flow & Glow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>4:30-5:30 pm</b> Power Flow-Bailee <b>8:00-9:00 pm</b> Candlelight Immersion-DeAnna	<b>4</b> <b>FREE CLASSES TODAY</b> <b>8:30-9:30 am</b> Yin Flow-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Flow-Emma <b>4:30-5:30 pm</b> Gentle Flow-Rachel	<b>5</b> <b>25% OFF ALL MERCH</b> <b>8:30-9:30 am</b> ThursYay Yoga Flow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-DeAnna <b>6:00-7:00 pm</b> Core Flow-Bailee	<b>6</b> <b>HALF OFF ONE MONTH PASS</b> <b>8:30-9:30 am</b> Fired Up Friday-Leah	<b>7</b> <b>MYSTIC SOUL RETREAT JOIN THE WAITLIST</b>
<b>ALL WEEK: PURCHASE ONE YEAR UNLIMITED PASS FOR \$785 GET \$30 MERCH COUPON + ONE SOUL SWAG BAG &amp; ONE FULL YEAR OF PASS PERKS!</b>						
<b>8</b> <b>MYSTIC SOUL RETREAT JOIN THE WAITLIST</b> <b>7:00-8:00 pm</b> Restorative + Meditation-Janeese	<b>9</b> <b>8:30-9:30 am</b> Mindful Monday Mornings-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Flow-Emma <b>4:30-5:30 pm</b> Empower Hour-Rachel	<b>10</b> <b>8:30-9:30 am</b> Flow & Glow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>6:00-7:00 pm</b> Power Flow-Bailee <b>8:00-9:00 pm</b> Candlelight Immersion-DeAnna	<b>11</b> <b>8:30-9:30 am</b> Yin Flow-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Flow-Emma <b>4:30-5:30 pm</b> Gentle Flow-Rachel	<b>12</b> <b>8:30-9:30 am</b> ThursYay Yoga Flow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-DeAnna <b>6:00-7:00 pm</b> Core Flow-Bailee	<b>13</b> <b>8:30-9:30 am</b> Fired Up Friday-Leah	<b>14</b> <b>9:00-10:00 am</b> New Moon Flow-Bailee, free <b>11:00-12:00 pm</b> Kids Yoga Series 1 of 6 (ages 4+)-Micki (advanced registration required)
<b>15</b>	<b>16</b> <b>8:30-9:30 am</b> Mindful Monday Mornings-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Flow-Emma <b>4:30-5:30 pm</b> Empower Hour-Rachel	<b>17</b> <b>8:30-9:30 am</b> Flow & Glow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>6:00-7:00 pm</b> Power Flow-Bailee <b>8:00-9:00 pm</b> Candlelight Immersion-DeAnna	<b>18</b> <b>8:30-9:30 am</b> Yin Flow-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Flow-Emma <b>4:30-5:30 pm</b> Gentle Flow-Rachel	<b>19</b> <b>8:30-9:30 am</b> ThursYay Yoga Flow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-DeAnna <b>6:00-7:00 pm</b> Core Flow-Bailee	<b>20</b> <b>8:30-9:30 am</b> Fired Up Friday-Leah <b>6:00-7:00 pm</b> Yoga y Meditación en español-Elisa	<b>21</b> <b>9:00-10:00 am</b> Saturday Flow-Jennifer <b>11:00-12:00 pm</b> Kids Yoga Series 2 of 6 (ages 4+)-Micki (advanced registration required)
<b>22</b> <b>12:00 pm</b> Sister Soul Circle-Clarice, donations accepted <b>7:00-8:00 pm</b> Restorative + Meditation-Janeese	<b>23</b> <b>8:30-9:30 am</b> Mindful Monday Mornings-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Flow-Emma <b>4:30-5:30 pm</b> Empower Hour-Rachel	<b>24</b> <b>8:30-9:30 am</b> Flow & Glow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Move - DeAnna <b>6:00-7:00 pm</b> Power Flow-Bailee <b>8:00-9:00 pm</b> Candlelight Immersion-DeAnna	<b>25</b> <b>8:30-9:30 am</b> Yin Flow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Flow-Emma <b>4:30-5:30 pm</b> Gentle Flow-Rachel	<b>26</b> <b>8:30-9:30 am</b> ThursYay Yoga Flow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-DeAnna <b>6:00-7:00 pm</b> Core Flow-Bailee	<b>27</b> <b>8:30-9:30 am</b> Fired Up Friday-Clarice	<b>28</b> <b>9:00-10:00 am</b> Halloween Saturday Flow-Janeese <b>11:00-12:00 pm</b> Kids Yoga Series 3 of 6 (4+)-Micki (advanced registration <b>8:00 pm</b> Full Moon Ceremony- Live on our FB Page-Leah, free
<b>29</b> <b>4:30 pm</b> Private Group Sound Bath with DeAnna	<b>30</b> <b>8:30-9:30 am</b> Mindful Monday Mornings-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Flow-Emma <b>4:30-5:30 pm</b> Empower Hour-Rachel <b>8:00-9:15 pm</b> Halloween Glow Sound Bath-DeAnna (\$15-20)	<b>31</b> <b>8:30-9:30 am</b> Halloween Flow & Glow-Clarice <b>12:10-12:50 pm</b> Halloween Lunch Flow: Move-DeAnna  <b>HALLOWEEN-NO EVENING CLASSES</b>	<b>CLASS PRICES UNLESS NOTED:</b> <b>Drop Ins: \$10</b> <b>Intro Pass-good for 7 days, may only purchase 1x: \$20</b> <b>One Month Pass: \$85</b> <b>Three Month Pass: \$200</b> <b>12-Month Pass: \$785</b> <b>12 Class Punch Card: \$100 (good for 90 days)</b>			

**COMING UP:**

**One Soul Birthday Week Oct. 1-6--specials all week**

**Trauma Release Yoga with Leah-10/2 at 6:00 pm**

**Six Week Kids Yoga Series starting Oct. 14-Nov. 18, advanced registration required**

**2024 Yoga Teacher Training Information Meeting 11/12 at 2:00, free**

**Sister Soul Circle is back! Monthly circle for ladies-10/21, donations accepted**

**New Moon Flow with Bailee, 10/15 at 12:10 pm, free, Online Full Moon w/ Leah on 10/28 at 8 pm, free**

**Glow in the Dark Halloween Sound Bath 10/30 at 8 pm (\$15-20)**

# 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.

## ONE SOUL BIRTHDAY WEEK 10/2 to 10/6

It's our birthday and you are invited to join us all week starting 10/2. We will have a different special each day of the week including pop ups, free classes, giveaways and more. Plus enter all month of October to win a birthday prize basket. Check our schedule for the details of the birthday week.

## KIDS 6-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 Registration by 10/11 required

## Yoga y Meditación en español 10/20

Elisa for Yoga & Meditation in Spanish on Friday, October 20 at 6 pm. This class, open to all levels will help you flow, balance and ease into the weekend by offering a variety of seated, standing and supine yoga poses followed by guided meditation and ending in a relaxing savasana. You don't have to speak Spanish to enjoy this class.

## FULL MOON CEREMONY 10/28-ONLINE

8:00 pm with Leah, free-ONLINE

Join us for this free Full Moon ceremony ONLINE 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. THIS WILL BE ONLINE VIA OUR FACEBOOK PAGE THIS MONTH

## HALLOWEEN THEMED CLASSES

Sat 10/29 at 9 am & Tues. 10/31 at 8:30 am & 12:10 pm

Join Janeese on Saturday 10/28 at 9 am, Clarice (8:30 am) & DeAnna (12:10 pm) on Tuesday 10/31 for a SPOOK-TACULAR good time. Classes will be Halloween themed--feel free to wear your favorite costume. Let's get together to stretch those bones!

## 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 11/12

Sunday, November 12 at 2:00 pm

Join One Soul in 2024 for 200 hour YTT. Want to learn more about the 2024 One Soul Yoga 200-Hour Teacher Training program? Join us for a free, no-obligations info meeting on November 12.

## TRAUMA RELEASE YOGA 10/2

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.

## NEW MOON FLOW 10/14

9:00 am with Bailee, free

The New Moon is a time of reflection and creating intentions for the cycle ahead. Join Bailee on 10/14 to reflect on this new beginning through a yoga flow, discussion, intention setting and reflection. Everyone is welcome to attend this free circle.

## SISTER SOUL CIRCLE 10/22

Saturday 10/22 at 12:00 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.

## HALLOWEEN GLOW SOUND BATH 10/30

Monday at 8:00 pm w/ DeAnna

No tricks—only treats as this special blackout experience will wrap you in glow in the dark lighting, sounds of healing instruments, aromatherapy & meditation to clear away any energetic blockages that may be haunting you. Cost for Pass Perk Holders \$15, regular price is \$20. Advanced registration is highly recommended

## 200-HOUR TEACHER TRAINING FOR 2024

STARTING 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.

## 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](http://www.OneSoulYogaStudio.com)

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