

# ONE SOUL YOGA & WELLNESS CENTER

## MARCH 2026

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

Web: [www.OneSoulYogaStudio.com](http://www.OneSoulYogaStudio.com) Email: [onesoulyogastudio@gmail.com](mailto:onesoulyogastudio@gmail.com) Call/Text: 903-689-2811

Facebook: One Soul Yoga Studio Instagram: One Soul Yoga

S	M	T	W	TH	F	SA
<b>1</b> <b>8:30-9:30 am</b> Active Vinyasa-April <b>2:00-2:45 pm</b> Baby & Me Yoga Monthly Series-Emma (\$15 or 3 or \$40, held on 3/2, 4/6 & 5/4) <b>7:00-8:00 pm</b> Quiet Monday Series 1 of 4-Vanessa	<b>2</b> <b>8:30-9:30 am</b> Active Vinyasa-April <b>2:00-2:45 pm</b> Baby & Me Yoga Monthly Series-Emma (\$15 or 3 or \$40, held on 3/2, 4/6 & 5/4) <b>7:00-8:00 pm</b> Quiet Monday Series 1 of 4-Vanessa	<b>3</b> <b>8:30-9:30 am</b> Active Vinyasa-Emma <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>1:15-2:00 pm</b> Chair Yoga at SS Senior Center-April <b>6:00-7:00 pm</b> Power Flow-Jennifer <b>8:00-9:00 pm</b> Full Worm Blood Moon in Virgo Ceremony & Sound-DeAnna, free	<b>4</b> <b>8:30-9:30 am</b> Yin Yoga-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Reset-April <b>6:00-7:00 pm</b> Active Flow-Clarice	<b>5</b> <b>8:30-9:30 am</b> Active Vinyasa-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-DeAnna <b>6:00-7:00 pm</b> Active Flow-Emma <b>7:15-8:15 pm</b> Soul Session: March Tune-Up Group Biofield Tuning Fork Alignment-DeAnna	<b>6</b> <b>8:30-9:30 am</b> Friday Yin on the Wall-April <b>6:00-8:00 pm</b> Recline & Wine-Clarice	<b>7</b> <b>9:00-10:00 am</b> Saturday Flow-Michele <b>9:00-5:00 pm</b> 200 Hour YTT
<b>8</b> <b>9:00-5:00 pm</b> 200 Hour YTT	<b>9</b> <b>8:30-9:30 am</b> Active Vinyasa-April <b>7:00-8:00 pm</b> Quiet Monday Series 2 of 4-Vanessa	<b>10</b> <b>8:30-9:30 am</b> Active Vinyasa-Emma <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>1:15-2:00 pm</b> Chair Yoga at SS Senior Center-DeAnna <b>6:00-7:00 pm</b> Power Flow-Jennifer <b>8:00-9:00 pm</b> Candlelight Immersion-DeAnna	<b>11</b> <b>8:30-9:30 am</b> Yin Yoga-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Reset-April <b>6:00-7:00 pm</b> Active Flow-Clarice	<b>12</b> <b>8:30-9:30 am</b> Active Vinyasa-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-DeAnna <b>6:00-7:00 pm</b> Active Flow-Emma <b>7:15-8:15 pm</b> Monthly Guided Meditation Series: Air Element-Clarice	<b>13</b> <b>8:30-9:30 am</b> Friday Yin on the Wall-April	<b>14</b> <b>9:00-10:00 am</b> Saturday Flow-Vanessa
<b>15</b>	<b>16</b> <b>8:30-9:30 am</b> Active Vinyasa-April <b>7:00-8:00 pm</b> Quiet Monday Series 3 of 4-Vanessa	<b>17</b> <b>8:30-9:30 am</b> Active Vinyasa-Emma <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>1:15-2:00 pm</b> Chair Yoga at SS Senior Center-DeAnna <b>6:00-7:00 pm</b> Power Flow-Jennifer <b>8:00-9:00 pm</b> St. Patrick's Day Candlelight Immersion-DeAnna	<b>18</b> <b>8:30-9:30 am</b> Yin Yoga-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Reset-April <b>6:00-7:00 pm</b> Active Flow-Clarice	<b>19</b> <b>8:30-9:30 am</b> Active Vinyasa-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-DeAnna <b>6:00-7:00 pm</b> Active Flow-Emma <b>8:00-9:00 pm</b> New Moon in Pisces- Clarice, free	<b>20</b> <b>8:30-9:30 am</b> Friday Yin on the Wall-April <b>7:00-8:15 pm</b> Bloom & Connect: Spring Equinox Sound Bath-DeAnna, \$20 or pass	<b>21</b> <b>9:00-10:00 am</b> Saturday Flow-Jennifer
<b>22</b> <b>6:00-7:00 pm</b> Restorative + Meditation-Rachel	<b>23</b> <b>8:30-9:30 am</b> Active Vinyasa-April <b>7:00-8:00 pm</b> Quiet Monday Series 4 of 4-Vanessa	<b>24</b> <b>8:30-9:30 am</b> Active Vinyasa-Emma <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>1:15-2:00 pm</b> Chair Yoga at SS Senior Center-Clarice <b>6:00-7:00 pm</b> Power Flow-Jennifer <b>8:00-9:00 pm</b> Candlelight Immersion-DeAnna	<b>25</b> <b>8:30-9:30 am</b> Yin Yoga-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Reset-April <b>6:00-7:00 pm</b> Active Flow-Clarice	<b>26</b> <b>8:30-9:30 am</b> Active Vinyasa-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-DeAnna <b>6:00-7:00 pm</b> Active Flow-Emma <b>7:15-8:15 pm</b> Breathwork & Mindful Meditation Series 1 of 5-Michele (3/26, 4/2, 4/9, 4/16, 4/23, 4/30), \$15 for 1 or \$80 for all 6	<b>27</b> <b>8:30-9:30 am</b> Friday Yin on the Wall-April	<b>28</b> <b>9:00-10:00 am</b> Saturday Flow-Jennifer <b>9:00-5:00 pm</b> 200 Hour YTT
<b>29</b> <b>9:00-5:00 pm</b> 200 Hour YTT <b>6:00-7:00 pm</b> Restorative + Meditation-Rachel	<b>30</b> <b>8:30-9:30 am</b> Active Vinyasa-April <b>12:10-12:50 pm</b> Sound Bites: Lunch Time Sound Bath-DeAnna	<b>31</b> <b>8:30-9:30 am</b> Active Vinyasa-Emma <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>1:15-2:00 pm</b> Chair Yoga at SS Senior Center-Clarice <b>6:00-7:00 pm</b> Power Flow-Jennifer <b>8:00-9:00 pm</b> Candlelight Immersion-DeAnna	<b>Pass Options</b> <b>Drop In (16+): \$15</b> <b>Kids (ages 12-15 w/ adult): \$10</b> <b>Unlimited Intro Pass (new students) 3 weeks/\$45</b> <b>Recurring Unlimited Monthly \$85, no contract</b> <b>Unlimited Month: \$95</b> <b>Unlimited Three Months: \$200</b> <b>12 Class Pass: \$125 (Good 120 days)</b> <b>Unlimited One Year (classes only):\$785</b>			

### SPECIAL EVENTS COMING UP:

Baby & Me Yoga-Emma, 3/2 at 2 pm free(\$15 or 3 or \$40 for all 3, held on 3/2, 4/6 & 5/4)  
 Quiet Mondays Series-Vanessa, held first 4 Mondays in March  
 Full Blood Moon in Virgo Ceremony & Sound-DeAnna, 3/3 at 8 pm, free  
 Soul Session: March Tune-Up Group Biofield Tuning Fork-DeAnna, 3/5 at 7:15 pm  
 Recline & Wine-Clarice, 3/6 at 6 pm  
 Monthly Guided Meditation: Air Element-Clarice, 3/19 at 8 pm, free  
 Bloom & Connect Spring Equinox Sound Bath-DeAnna, 3/20, \$20 or pass  
 Breathwork & Mindful Meditation 6-week Series with Michelle starts 3/26 at 7:15 pm  
 Sound Bites-Lunch Time Sound Bath-DeAnna, 3/30 from 12:10-12:50 pm  
 Spring Retreat: Cosmic Soul: April 24 & 25: Registration is open!

### 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.

Join the waitlist.

