

ONE SOUL YOGA & WELLNESS CENTER

MARCH 2026

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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| S | M | T | W | TH | F | SA |
|--|---|---|---|--|--|--|
| 1 | 2 8:30-9:30 am Active Vinyasa-April 2:00-2:45 pm Baby & Me Yoga Monthly Series-Emma (\$15 or 3 or \$40, held on 3/2, 4/6 & 5/4) 7:00-8:00 pm Quiet Monday Series 1 of 4-Vanessa | 3 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 Full Worm Blood Moon in Virgo Ceremony & Sound-DeAnna, free | 4 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 | 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-Emma 7:15-8:15 pm Soul Session: March Tune-Up Group Biofield Tuning Fork Alignment-DeAnna | 6 8:30-9:30 am Friday Yin on the Wall-April 6:00-8:00 pm Recline & Wine-Clarice | 7 9:00-10:00 am Saturday Flow-Michele 9:00-5:00 pm 200 Hour YTT |
| 8 9:00-5:00 pm 200 Hour YTT | 9 8:30-9:30 am Active Vinyasa-April 7:00-8:00 pm Quiet Monday Series 2 of 4-Vanessa | 10 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-DeAnna 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-Emma 7:15-8:15 pm Monthly Guided Meditation Series: Air Element-Clarice | 13 8:30-9:30 am Friday Yin on the Wall-April | 14 9:00-10:00 am Saturday Flow-Vanessa |
| 15 | 16 8:30-9:30 am Active Vinyasa-April 7:00-8:00 pm Quiet Monday Series 3 of 4-Vanessa | 17 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-DeAnna 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm St. Patrick's Day Candlelight Immersion-DeAnna | 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-Emma 8:00-9:00 pm New Moon in Pisces- Clarice, free | 20 8:30-9:30 am Friday Yin on the Wall-April 7:00-8:15 pm Bloom & Connect: Spring Equinox Sound Bath-DeAnna, \$20 or pass | 21 9:00-10:00 am Saturday Flow-Jennifer |
| 22 6:00-7:00 pm Restorative + Meditation-Rachel | 23 8:30-9:30 am Active Vinyasa-April 7:00-8:00 pm Quiet Monday Series 4 of 4-Vanessa | 24 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 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-Emma 7:15-8:15 pm 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 | 27 8:30-9:30 am Friday Yin on the Wall-April | 28 9:00-10:00 am Saturday Flow-Jennifer 9:00-5:00 pm 200 Hour YTT |
| 29 9:00-5:00 pm 200 Hour YTT 6:00-7:00 pm Restorative + Meditation-Rachel | 30 8:30-9:30 am Active Vinyasa-April 12:10-12:50 pm Sound Bites: Lunch Time Sound Bath-DeAnna | 31 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 Immersion-DeAnna | | | | |

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!

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.

Join the waitlist.

