

ONE SOUL YOGA & WELLNESS CENTER JULY 2024

1008 MAIN ST., SULPHUR SPRINGS, TX 75482
 Web: www.OneSoulYogaStudio.com Email: onesoulyogastudio@gmail.com
 Facebook: One Soul Yoga Studio Instagram: One Soul Yoga

S	M	T	W	TH	F	SA	
	1 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel	2 8:30-9:30 am Active Flow & Go-Clarice 12:10-12:50 pm Lunch Yoga: Move-Jennifer 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-Emma	3 8:30-9:30 am Yin Flow-Rachel 4:45-5:45 pm Gentle Flow-Jennifer 8:00-9:00 pm New Moon in Cancer Flow-Emma, free	CLOSED FOR INDEPENDENCE DAY THRU 4/7	CLOSED	CLOSED	
7 CLOSED	8 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Clarice	9 8:30-9:30 am Active Flow & Go-Clarice 12:10-12:50 pm Lunch Yoga: Move-DeAnna 6:00-7:00 pm Power Flow-Emma 8:00-9:00 pm Candlelight Immersion-DeAnna	10 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Clarice	11 8:30-9:30 am Dance & Play Flow-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma	12 8:30-9:30 am Fired Up Friday-Clarice 7:00-8:30 pm Heart & Soul Yin + Sound Bath, DeAnna (\$15-20)	13 9:00-10:00 am Saturday Flow-Clarice 9:00-5:00 pm 200 Hour YTT	
14 9:00-5:00 pm 200 Hour YTT 6:30-7:30 am Sunrise Sunday Flow-April 6:00-7:00 pm Restorative + Meditation-Rachel	15 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel 6:00 pm-7:00 pm Yin on the Wall-Libby	16 8:30-9:30 am Active Flow & Go-Clarice 12:10-12:50 pm Lunch Yoga: Move-DeAnna 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna	17 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel	18 8:30-9:30 am Dance & Play Flow-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma	19 8:30-9:30 am Fired Up Friday-Jennifer 6:00-7:00 pm Yoga y Meditación Comunitaria en Español -Elisa, free/gratis	20 9:00-10:00 am Saturday Flow-Jennifer 10:00 am-5:00 pm Private Event Rental	
21 8:00-9:00 pm Full Moon in Capricorn Ceremony-Clarice, free	22 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45pm Empower Hour-Rachel 7:00-8:00 pm Soul Session: Gentle Breathwork & Yoga Nidra-DeAnna	23 8:30-9:30 am Active Flow & Go-Clarice 12:10-12:50 pm Lunch Yoga: Move - DeAnna 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna	24 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel	25 8:30-9:30 am Dance & Play Flow-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma	26 8:30-9:30 am Fired Up Friday-Clarice 12:00-1:00 pm Backbends & Books Kids Yoga at Sulphur Springs Library-Micki, free	27 9:00-10:00 am Saturday Flow-Clarice	
28 6:30-7:30 am Sunrise Sunday Flow-April 6:00-7:00 pm Restorative + Meditation-Rachel	29 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45pm Empower Hour-Rachel	30 8:30-9:30 am Active Flow & Go-Clarice 12:10-12:50 pm Lunch Yoga: Move - DeAnna 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna	31 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel LAST DAY FOR BINGO & SUMMER SPECIAL	2024 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 (Good120 days) Unlimited One Year (classes only):\$785 **All-Inclusive Unlimited 3 Months: \$260 **All-Inclusive One Year: \$945			
Summer discounts AND Summer Yoga Bingo Challenge through July SPECIAL EVENTS COMING UP: Registration is open for the Sept 21 & 22 Abundant Soul Retreat New Moon (7/3) & Full Moon (7/21) at 8 pm, free Heart & Soul Sound Bath & Yin 7/12 at 7:00 pm Yin on the Wall Pop Up: 7/15 at 6 pm Yoga y Meditación en español-Elisa 7/19 at 6 pm, free Soul Session: Breathwork & Yoga Nidra 7/22 at 7 pm Back to School Kids Yoga Workshop 8/16 from 6-8 pm ages 5+				TWO MONTH SUMMER SPECIAL Available to purchase any time through the end of July: \$135 High School & College students: Special summer drop in \$10 Play One Soul Summer Yoga Bingo for prizes and entry into prize basket containing three month pass, craniosacral session with Amy Celeste Weber, Thai Yoga session with Libby Sharpe, small group private sound bath with DeAnna, meditation cushion and much more!			

SPECIAL EVENTS COMING UP AT ONE SOUL



DETAILS & REGISTRATION: ONESOULYOGASTUDIO.COM

1.

**ALL JUNE & JULY:
SUMMER YOGA BINGO & SUMMER SPECIALS**

Play yoga bingo to win great prizes & to get entered to win our ultimate summer prize basket. Great pass specials all summer too!

2.

**SATURDAY & SUNDAY, SEPTEMBER 21 & 22:
ABUNDANT SOUL WEEKEND RETREAT-REGISTRATION OPEN!**

Join us for a weekend of sacred movement, sound, ceremony and community as summer turns to fall. Registration and details on our website.

3.

**WEDNESDAY, JULY 3 AT 8 PM:
NEW MOON FLOW WITH EMMA, FREE**

Set new intentions as we head into a new lunar cycle. The new moon is always about setting new intentions. This is free and open to all.

4.

**FRIDAY, JULY 12 FROM
HEART & SOUL YIN + SOUND BATH WITH DEANNA**

Relax, release and open the heart with this special yin practice and sound bath. Tap into the heart space with deep stretch yin poses and then settle in for a sound bath to help you release tension and stress.

5.

**MONDAY, JULY 15 AT 6 PM
YIN ON THE WALL WITH LIBBY**

Using the wall in yin poses supports the body and deeply releases tension in the back, hips and legs. The gentle support provides for a calm practice and is great for all skill levels

6.

**FRIDAY, JULY 19 AT 6 PM:
YOGA Y MEDITACION COMUNITARIA EN ESPANOL CON ELISA**

Esta clase es gratuita y abierta a todos. No necesitas hablar español para disfrutar de esta clase.

7.

**SUNDAY, JULY 21 AT 8 PM:
FULL MOON CEREMONY WITH CLARICE, FREE**

Free practice, open to everyone to welcome in the New Full Strawberry Moon. Everyone is welcome to attend the evening of yoga, ceremony and sound.

8.

**MONDAY, JULY 22 AT 7 PM:
SOUL SESSION WITH DEANNA: BREATHWORK & YOGA NIDRA**

Combining two powerful stress-relieving techniques into one class. Gentle Breathwork & Yoga Nidra will allow your body and mind integration and relaxation and healing.

9.

**FRIDAY, AUGUST 16 AT 6 PM:
BACK TO SCHOOL KIDS YOGA WORKSHOP WITH MICKI**

Let's have some fun before the school bell rings! Our yoga workshop for kids is a perfect way to help kids transition smoothly into the new school year. Ages 5+