



# ONE SOUL YOGA & WELLNESS CENTER

## AUGUST 2026

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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| S                                                                                                                                                                                                                                                                                                                                                                                         | M                                                                                                               | T                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | W                                                                                                                                                                                                                                       | TH                                                                                                                                                                                                                                                      | F                                                                                                                                                                    | SA                                                         |
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| <b>Pass Options</b><br><b>Drop In (16+): \$15</b><br><b>Kids (ages 12-15 w/ adult): \$10</b><br><b>Unlimited Intro Pass (new students) 3 weeks/\$45</b><br><b>Recurring Unlimited Monthly \$85, no contract</b><br><b>Unlimited Month: \$95</b><br><b>Unlimited Three Months: \$200</b><br><b>12 Class Pass: \$125 (Good 120 days)</b><br><b>Unlimited One Year (classes only): \$785</b> |                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                         |                                                                                                                                                                      | <b>1</b><br><b>9:00-10:00 am</b><br>Saturday Flow-Vanessa  |
| <b>2</b><br><b>5:00-6:00 pm</b><br>Begin Again<br>Sunday<br>Meditation-Michele                                                                                                                                                                                                                                                                                                            | <b>3</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-April                                                         | <b>4</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-Emma<br><b>12:10-12:50 pm</b><br>Lunch Yoga: Move-April<br><b>1:15-2:00 pm</b><br>Chair Yoga at SS Senior Center-Clarice<br><b>6:00-7:00 pm</b><br>Power Flow-Jennifer<br><b>8:00-9:00 pm</b><br>Candlelight Immersion-Vanessa                                                                                                                                                                                                                                                                                                                                             | <b>5</b><br><b>8:30-9:30 am</b><br>Yin Yoga-Leah<br><b>12:10-12:50 pm</b><br>Lunch Yoga: Reset-April<br><b>6:00-7:00 pm</b><br>Active Flow-Clarice                                                                                      | <b>6</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-Clarice<br><b>12:10-12:50 pm</b><br>Lunch Yoga: Stretch-April<br><b>6:00-7:00 pm</b><br>Active Flow-Michele                                                                                           | <b>7</b><br><b>8:30-9:30 am</b><br>Friday Yin on the Wall-April                                                                                                      | <b>8</b><br><b>9:00-10:00 am</b><br>Saturday Flow-Michele  |
| <b>9</b><br><b>5:00-6:00 pm</b><br>Begin Again<br>Sunday<br>Meditation-Michele                                                                                                                                                                                                                                                                                                            | <b>10</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-April                                                        | <b>11</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-Emma<br><b>12:10-12:50 pm</b><br>Lunch Yoga: Move-DeAnna<br><b>1:15-2:00 pm</b><br>Chair Yoga at SS Senior Center-Clarice<br><b>6:00-7:00 pm</b><br>Power Flow-Jennifer<br><b>8:00-9:00 pm</b><br>Candlelight Immersion-DeAnna                                                                                                                                                                                                                                                                                                                                            | <b>12</b><br><b>8:30-9:30 am</b><br>Yin Yoga-Leah<br><b>12:10-12:50 pm</b><br>Lunch Yoga: Reset-Jennifer<br><b>6:00-7:00 pm</b><br>Active Flow-Clarice<br><b>8:00-7:00 pm</b><br>New Moon in Leo + Solar Eclipse Ceremony-Clarice, free | <b>13</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-Clarice<br><b>12:10-12:50 pm</b><br>Lunch Yoga: Stretch-DeAnna<br><b>6:00-7:00 pm</b><br>Active Flow-Emma                                                                                            | <b>14</b><br><b>8:30-9:30 am</b><br>Friday Yin on the Wall-DeAnna<br><b>7:00-8:00 pm</b><br>The Space Between Sound Bath-DeAnna, \$20 or included with One Soul Pass | <b>15</b><br><b>9:00-10:00 am</b><br>Saturday Flow-Vanessa |
| <b>16</b><br><b>5:00-6:00 pm</b><br>Begin Again<br>Meditation-Michele<br><b>6:00-7:00 pm</b><br>Restorative + Meditation-Rachel                                                                                                                                                                                                                                                           | <b>17</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-Clarice<br><b>7:00-8:15 pm</b><br>Pop Up: Bhakti Flow-DeAnna | <b>18</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-Emma<br><b>12:10-12:50 pm</b><br>Lunch Yoga: Move-DeAnna<br><b>1:15-2:00 pm</b><br>Chair Yoga at SS Senior Center-Clarice<br><b>6:00-7:00 pm</b><br>Power Flow-Jennifer<br><b>8:00-9:00 pm</b><br>Candlelight Immersion-DeAnna                                                                                                                                                                                                                                                                                                                                            | <b>19</b><br><b>8:30-9:30 am</b><br>Yin Yoga-DeAnna<br><b>12:10-12:50 pm</b><br>Sound Bites: Lunch Time Sound Bath-DeAnna<br><b>6:00-7:00 pm</b><br>Active Flow-Clarice                                                                 | <b>20</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-Clarice<br><b>12:10-12:50 pm</b><br>Lunch Yoga: Stretch-DeAnna<br><b>6:00-7:00 pm</b><br>Active Flow-Emma                                                                                            | <b>21</b><br><b>8:30-9:30 am</b><br>Friday Yin on the Wall-April                                                                                                     | <b>22</b><br><b>9:00-10:00 am</b><br>Saturday Flow-Clarice |
| <b>23</b><br><b>5:00-6:00 pm</b><br>Begin Again<br>Meditation-Michele                                                                                                                                                                                                                                                                                                                     | <b>24</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-April                                                        | <b>25</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-Emma<br><b>12:10-12:50 pm</b><br>Lunch Yoga: Move-April<br><b>1:15-2:00 pm</b><br>Chair Yoga at SS Senior Center-April<br><b>6:00-7:00 pm</b><br>Power Flow-Jennifer<br><b>8:00-9:00 pm</b><br>Candlelight Immersion-Vanessa                                                                                                                                                                                                                                                                                                                                              | <b>26</b><br><b>8:30-9:30 am</b><br>Yin Yoga-Leah<br><b>12:10-12:50 pm</b><br>Lunch Yoga: Reset-April<br><b>6:00-7:00 pm</b><br>Active Flow-Vanessa                                                                                     | <b>27</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-Emma<br><b>12:10-12:50 pm</b><br>Lunch Yoga: Stretch-April<br><b>6:00-7:00 pm</b><br>Active Flow-Emma<br><b>8:00-9:00 pm</b><br>Full Sturgeon Moon in Pisces + Lunar Eclipse-Ceremony, Vanessa, free | <b>28</b><br><b>8:30-9:30 am</b><br>Friday Yin on the Wall-April                                                                                                     | <b>29</b><br><b>9:00-10:00 am</b><br>Saturday Flow-Vanessa |
| <b>30</b><br><b>5:00-6:00 pm</b><br>Begin Again<br>Meditation-Michele<br><b>6:00-7:00 pm</b><br>Restorative + Meditation-Rachel                                                                                                                                                                                                                                                           | <b>31</b><br><b>8:30-9:30 am</b><br>Active Vinyasa-April                                                        | <b>SPECIAL EVENTS COMING UP:</b><br><b>Summer Bingo ends July 31, drawing for basket on Aug. 1</b><br>Registration for Sacred Soul Retreat is open, join our waitlist.<br>New Moon in Leo Ceremony: 8/12 at 8 pm w/ Clarice, free<br>The Space Between Sound Bath: 8/14 at 7 pm w/ DeAnna<br>Pop Up: Bhakti Flow: Mantra & Movement: 8/17 from 7:00-8:15 pm w/ DeAnna<br>Sound Bites: Lunch Time Sound Bath 8/19 at 12:10 pm w/ DeAnna<br>Full Sturgeon Moon in Pisces Ceremony: 8/27 at 8 pm with Clarice, free<br><b>Details coming soon about the Fall Chakra Series with DeAnna and One Soul's Birthday Celebration!</b> |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                         |                                                                                                                                                                      |                                                            |