

ONE SOUL YOGA & WELLNESS CENTER APRIL 2023

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<div>EARTH DAY CACAO CEREMONY & SOUND BATH APRIL 21 from 7:15-9:15 pm</div> <div>In honor of Earth Day, join us at One Soul on 4/21 for a Sunset Earth Day Cacao Ceremony & Sound Bath. We will start our practice with a grounding Cacao Ceremony (outside, weather permitting) to honor the Earth. Ceremonial cacao has many benefits allowing us to reconnect with our inner self, and aids us in opening the heart, creating focus, awareness and intention. We will then gather inside and take a sound bath journey using the healing frequencies of the crystal singing bowls, gong, ocean drum, and chimes. The experience of the cacao and sound bath together will help you honor and connect with yourself and the world around you.</div> <div>Led by DeAnna, advanced registration required by 4/19. \$25 or \$20 w/ pass</div>						1
2	3 8:30-9:30 am Monday Motivation Flow-Leah 12:10-12:50 pm Lunch Yoga-Leah 4:30-5:30 pm Empower Hour-Rachel 6:00 pm-Four Agreements Study 2 of 5	4 6:00-7:00 am Glow Flow-Bailee 12:10-12:50 pm Move & Flow Express-DeAnna 6:00-7:00 pm Fit Flow-Allison 8:00-9:00 pm Candlelight Immersion-DeAnna	5 8:30-9:30 am Yin Flow Leah 12:10-12:50 pm Yin Lunch Yoga-Leah 4:30-5:30 pm Reset & Restore-Rachel 8:00 pm Full Moon Ceremony-Leah, free	6 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Stretch & Flow Express-DeAnna 6:00-7:00 pm Glow Flow-Bailee	7 CLOSED FOR GOOD FRIDAY	8
9 EASTER	10 8:30-9:30 am Monday Motivation Flow-Leah 12:10-12:50 pm Lunch Yoga-Leah 4:30-5:30 pm Empower Hour-Rachel 6:00 pm-Four Agreements Study 3 of 5	11 6:00-7:00 am Glow Flow-Bailee 12:10-12:50 pm Move & Flow Express-DeAnna 6:00-7:00 pm Fit Flow-Allison 8:00-9:00 pm-Candlelight Immersion-DeAnna	12 8:30-9:30 am Yin Flow-Leah 12:10-12:50 pm Yin Lunch Yoga-Leah 4:30-5:30 pm Reset & Restore-Rachel	13 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Stretch & Flow Express-DeAnna 6:00-7:00 pm Glow Flow-Bailee	14 8:30-9:30 am TGIF Flow-Leah	15 9:00-5:00 200 Hour Yoga Teacher Training
16 9:00-5:00 200 Hour Yoga Teacher Training 7:00-8:00 pm Guided Savasana + Meditation-Rachel	17 8:30-9:30 am Monday Motivation Flow-Leah 12:10-12:50 pm-Lunch Yoga-Leah 4:30-5:30 pm Empower Hour-Rachel 6:00 pm-Four Agreements Study 4 of 5	18 6:00-7:00 am Glow Flow-Bailee 12:10-12:50 pm Move & Flow Express-DeAnna 6:00-7:00 pm Fit Flow-Allison 8:00-9:00 pm Candlelight Immersion-DeAnna	19 8:30-9:30 am Yin Flow-Leah 12:10-12:50 pm Yin Lunch Yoga-Leah 4:30-5:30 pm Reset & Restore-Rachel 7:00 pm New Moon Flow-Bailee, free	20 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Stretch & Flow Express-DeAnna 6:00-7:00 pm Glow Flow-Bailee	21 8:30-9:30 am TGIF Flow-Leah 7:45-9:15 pm Earth Day Cacao Ceremony & Sound Bath-DeAnna, \$25 or \$20 w/ pass	22
23	24 8:30-9:30 am Monday Motivation Flow-Leah 12:10-12:50 pm Lunch Yoga-Leah 4:30-5:30 pm Empower Hour-Rachel 6:00 pm-Four Agreements Study 5 of 5	25 6:00-7:00 am Glow Flow-Bailee 12:10-12:50 pm Move & Flow Express-DeAnna 6:00-7:00 pm Fit Flow-Allison 8:00-9:00 pm Candlelight Immersion-DeAnna	26 8:30-9:30 am Yin Flow-Leah 12:10-12:50 pm Yin Lunch Yoga-Leah 4:30-5:30 pm Reset & Restore-Rachel	27 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Stretch & Flow Express-DeAnna 6:00-7:00 pm Glow Flow-Bailee	28 8:30-9:30 am TGIF Flow-Leah CLASS PRICES UNLESS NOTED: Drop Ins: \$10 New Student Pass-good for 7 days, may only purchase 1x: \$20 One Month Pass: \$85 Three Month Pass: \$200 12-Month Pass: \$785 12 Class Punch Card: \$100 (good for 90 days)	29 Wild Soul Retreat
30 Wild Soul Retreat 7:00-8:00 pm Guided Savasana + Meditation-Rachel	<div>COMING UP:</div> <div>We will be closed 4/7 for Good Friday.</div> <div>Free Classes: 4/5 Full Moon Ceremony at 8 pm, 4/19 New Moon Flow at 7 pm</div> <div>Earth Day Cacao & Sound Bath 4/21 at 7:45 pm-\$25 or \$20 with pass/punch card</div> <div>Registration is open for Summer Solstice One Day Mini Retreat on June 17. Price through 4/14: \$100, \$125 after</div>					

COMING UP AT ONE SOUL

WILD SOUL RETREAT 4/29-30

Spring is a time of growth, transformation and change for nature & mind and body. Renewal happens when we connect with our own wild soul through movement, breath, self-care and connection with nature & others. Our Wild Soul retreat will allow you to connect with the energy of the season to spark your soul transformation. JOIN THE WAITLIST!

FULL MOON CEREMONY 4/5

8:00 pm with Leah, free

Join us for this free Full Moon ceremony 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.

NEW MOON FLOW 4/19

7:00 pm with Bailee, free

The New Moon is a time of reflection and creating intentions for the cycle ahead. Join Bailee on Tuesday, 3/20 to reflect on this new beginning through a yoga flow, discussion, intention setting and reflection. Everyone is welcome to attend this free circle.

FALL 2023 RETREAT: DETAILS COMING SOON!

Be on the look out for all the details of our next two-day retreat, scheduled for October 7 & 8! Everyone loves our retreats and spots will fill quickly! We will share all the details with you including early registration very soon! Make sure to mark your calendars now!

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.

SUMMER SOLSTICE RETREAT 6/17

Ignite the fire within and celebrate the Summer Solstice at One Soul Yoga with our upcoming ladies one-day mini retreat on Saturday, June 17 from 1:00-9:00 pm. The summer solstice is a time to take in the nourishing light of the sun and look to hope and new beginnings. Early registration now open-\$100 thru 4/14, \$125 after

CLOSED FOR GOOD FRIDAY

One Soul will be closed on Friday, April 7 through Sunday, April 9 for the Easter holiday. We will reopen on Monday, April 20 for our full schedule of classes.

Enjoy your time off!

EARTH DAY CACAO & SOUND BATH

Friday, April 21 from 7:45-9:15 pm, DeAnna

In honor of Earth Day, join us for a Sunset Earth Day Cacao Ceremony & Sound Bath. We will start our practice with a grounding Cacao Ceremony (outside, weather permitting) to honor the Earth. We will then gather inside for a sound bath journey. Advanced registration required by 4/19. \$25 or \$20 w/ pass

HOLISTIC FAIRE VENDORS NEEDED

One Soul Yoga is proud and excited to partner with Texafied JamFest for the April 2024 Great American Eclipse April 6-8! We will have the ultimate viewing spot for the eclipse that won't happen again until 2044! The weekend will be packed with great live music, yoga, holistic practitioners and vendors. See our website for vendor information and info about the event.

PRIVATE SOUND HEALING w/ DEANNA

DeAnna is now offering 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 deanna@onesoul.com or see the One Soul Wellness page for info.

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.

ONE SOUL CLASS PRICING

Drop Ins: \$10

One Monthly Pass: \$85

3 Month Unlimited Pass: \$200

12 Month Pass: \$785

12 Class Punch Card: \$100

Kids 15 & Under: \$5

Ask about our spouse discount!

See the class page on our website
for details on our passes

PASS PERKS

Monthly Pass Perks

(Good with a one month or three months pass)

First to register for select workshop/events

Exclusive discount for select workshops/events

One Bring a Friend free pass a month

12 Month Pass Perks

All of the above + One Soul Swag Bag

12 Class Punch Card Perks

(good with a 12-class punch card)

First to register for select workshop/events

Exclusive discount for select workshops/events

For detailed information
& registration
see our website:
www.OneSoulYogaStudio.com

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

