

# ONE SOUL YOGA & WELLNESS CENTER

## DECEMBER 2025

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
<p><b>YOGA ALLIANCE APPROVED</b> <b>200 HOUR YOGA TEACHER TRAINING STARTING JANUARY 2026.</b> <b>DEADLINE FOR APPLICATION IS DECEMBER 31.</b> <b>GET DETAILS ON WEBSITE.</b></p>	<p><b>1</b> <b>8:30-9:30 am</b> Active Vinyasa-April  <b>Registration opens for Cosmic Soul Retreat</b></p>	<p><b>2</b> <b>8:30-9:30 am</b> Active Vinyasa-Clarice <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> Candlelight Immersion-DeAnna</p>	<p><b>3</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</p>	<p><b>4</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-Jennifer <b>NO REIKI AT 7:15 PM</b> <b>8:00-9:00 pm</b> Full Cold Moon in Gemini Ceremony-Clarice, free</p>	<p><b>5</b> <b>8:30-9:30 am</b> Friday Yin on the Wall-April</p>	<p><b>6</b> <b>9:00-10:00 am</b> Saturday Flow-Jennifer <b>9:00-5:00 pm</b> 300 Hour YTT</p>
<p><b>7</b> <b>9:00-5:00 pm</b> 300 Hour YTT <b>6:00-7:00 pm</b> Restorative + Meditation-Rachel</p>	<p><b>8</b> <b>8:30-9:30 am</b> Active Vinyasa-April <b>6:00-7:00 pm</b> Loving-Kindness Movement &amp; Meditation-April</p>	<p><b>9</b> <b>8:30-9:30 am</b> Active Vinyasa-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Move-April <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-Clarice</p>	<p><b>10</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</p>	<p><b>11</b> <b>8:30-9:30 am</b> Active Vinyasa-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-Starr <b>6:00-7:00 pm</b> Active Flow-Jennifer <b>7:15-8:15 pm:</b> Reiki-Infused Nourish &amp; Restore-Starr</p>	<p><b>12</b> <b>8:30-9:30 am</b> Friday Yin on the Wall-April</p>	<p><b>13</b> <b>9:00-10:00 am</b> Saturday Flow-Starr <b>2:00-4:00 pm</b> Ornaments &amp; Intention Workshop-Vanessa, \$25</p>
<p><b>14</b> <b>6:00-7:00 pm</b> Restorative + Meditation-Rachel</p>	<p><b>15</b> <b>8:30-9:30 am</b> Active Vinyasa-April <b>6:00-7:15 pm: Pop Up</b> Winter Solstice Gentle Flow &amp; Meditation-Rachel</p>	<p><b>16</b> <b>8:30-9:30 am</b> Active Vinyasa-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>1:15-2:00 pm</b> Chair Yoga at SS Senior Center-Sally <b>6:00-7:00 pm</b> Power Flow-Jennifer <b>8:00-9:00 pm</b> Holiday PJs Sound Bath-DeAnna</p>	<p><b>17</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</p>	<p><b>18</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-Jennifer <b>7:15-8:15 pm</b> Reiki-Infused Nourish &amp; Restore-Starr</p>	<p><b>19</b> <b>8:30-9:30 am</b> Friday Yin on the Wall-April <b>8:00-9:00 pm</b> Seeds of Stillness: New Moon Yin &amp; Meditation-DeAnna, free</p>	<p><b>20</b> <b>9:00-10:00 am</b> Saturday Flow-Clarice</p>
<p><b>21</b> CLOSED</p>	<p><b>22</b> CLOSED</p>	<p><b>23</b> CLOSED</p>	<p><b>24</b> CLOSED</p>	<p><b>25</b> CLOSED</p>	<p><b>26</b> CLOSED</p>	<p><b>27</b> CLOSED</p>
<p><b>May your days be merry and light and your heart open and bright.</b> <b>Happy Holidays from One Soul.</b></p>						
<p><b>28</b></p>	<p><b>29</b> <b>8:30-9:30 am</b> Active Vinyasa-April</p>	<p><b>30</b> <b>8:30-9:30 am</b> Active Vinyasa-Clarice <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</p>	<p><b>31</b> <b>8:30-9:30 am</b> Yin Yoga-Leah <b>12:10-12:50 pm</b> Lunch Yoga: Reset-April  <b>NO EVENING CLASS</b> <b>Deadline to register for 2026 200-Hour YTT</b></p>	<p><b>JAN 1</b> <b>11:00-12:15 pm</b> New Year's Day Intention Flow-DeAnna</p>	<p><b>JAN 2</b> <b>8:30-9:30 am</b> Friday Yin on the Wall-April</p>	

### SPECIAL EVENTS COMING UP:

Spring Retreat: Cosmic Soul: April 24 & 25: Registration opens December 1.  
Full Cold Moon in Gemini Ceremony-Clarice, 12/4 at 8 pm free  
Lovingkindness Movement & Meditation-April 12/8 at 6 pm  
Ornaments & Intentions Winter Workshop-Vanessa, 12/13 at 2 pm, \$25  
Pop Up Winter Solstice Gentle Flow & Meditation-Rachel, 12/15 at 6 pm  
Holiday PJs Sound Bath-DeAnna, 12/16 at 8 pm  
Seeds of Stillness: New Moon Yin & Meditation -DeAnna, 12/19 at 8 pm, free  
New Year's Day Intention Flow-DeAnna, 1/1 at 11 am  
Deadline to register for 2026 200-Hour YTT, 12/31

### 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**