



ONE SOUL YOGA & WELLNESS CENTER

NOVEMBER 2026

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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S	M	T	W	TH	F	SA
1 5:00-6:00 pm Begin Again Sunday Meditation- Michele 6:00-7:00 pm Restorative + Yoga Nidra-Rachel	2 8:30-9:30 am Active Vinyasa-April	3 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-Emma 1:15-2:00 pm Chair Yoga at SS Senior Center-Karin 6:00-7:00 pm Vinyasa Flow-DeAnna 8:00-9:00 pm Candlelight Immersion Chakra Series: Heart (4 of 8)-DeAnna	4 8:30-9:30 am Yin Yoga-Leah 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-Emma 6:00-7:00 pm Power Flow-Jennifer	6 6:15-7:15 am Sunrise Flow-Michele 8:30-9:30 am Friday Yin on the Wall- April	7 9:00-10:00 am Saturday Flow-Emma
8 5:00-6:00 pm Begin Again Sunday Meditation- Michele 6:00-7:00 pm Restorative + Yoga Nidra-Rachel	9 8:30-9:30 am Active Vinyasa-April 8:00-9:00 pm New Moon in Scorpio- Vanessa-free	10 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-Emma 1:15-2:00 pm Chair Yoga at SS Senior Center-Karin 6:00-7:00 pm Vinyasa Flow-DeAnna 8:00-9:00 pm Candlelight Immersion Chakra Series: Throat (5 of 8)-DeAnna	11 8:30-9:30 am Yin Yoga-Leah 6:00-7:00 pm: Active Flow-Clarice	12 8:30-9:30 am Active Vinyasa-Anne 12:10-12:50 pm Lunch Yoga: Stretch-Emma 6:00-7:00 pm Power Flow-Jennifer	13 6:15-7:15 am Sunrise Flow-Michele 8:30-9:30 am Friday Yin on the Wall- Emma The Gathering Broken Bow Retreat 11/3-11/15	14 9:00-10:00 am Saturday Flow-Vanessa
15 5:00-6:00 pm Begin Again Sunday Meditation- Michele NO RESTORATIVE TODAY	16 8:30-9:30 am Active Vinyasa-Anne 6:00-7:00 pm Pop-Up: EMBODYED- Lisa	17 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-Emma 1:15-2:00 pm Chair Yoga at SS Senior Center-Clarice 6:00-7:00 pm Vinyasa Flow-DeAnna 8:00-9:00 pm Candlelight Immersion Chakra Series: Third Eye (6 of 8) -DeAnna	18 8:30-9:30 am Yin Yoga-Leah 6:00-7:00 pm: Active Flow-April	19 8:30-9:30 am Active Vinyasa-DeAnna 12:10-12:50 pm Lunch Yoga: Stretch- DeAnna 6:00-7:00 pm Power Flow-Jennifer	20 6:15-7:15 am Sunrise Flow-Michele 8:30-9:30 am Friday Yin on the Wall- April	21 9:00-10:00 am Saturday Flow-Michele
22 5:00-6:00 pm Begin Again Meditation- Michele 6:00-7:00 pm Restorative + Yoga Nidra-Rachel	23 8:30-9:30 am Active Vinyasa-April 8:00-9:00 pm Full Beaver Moon in Gemini Sound & Ceremony-DeAnna, free	24 REDUCED SCHEDULE TODAY 6:00-7:00 pm Vinyasa Flow-DeAnna 8:00-9:00 pm Candlelight Immersion Chakra Series: Crown (7 of 8)-DeAnna	25 CLOSED FOR THANKSGIVING 11/25-11/29 	26	27	28
29 CLOSED FOR THANKSGIVING	30 8:30-9:30 am Active Vinyasa-April	Elemental Soul Retreat: April 24 & 25 Registration opens 12/1 Over the course of One Soul's signature weekend retreat for women ages 18 and up, we'll explore the ways these elements are reflected within us: how Earth can ground us, Water can teach us to flow, Fire can awaken our courage and passion, Air can create space and perspective, and Spirit can remind us of our deeper connection to ourselves and the world around us. Come exactly as you are. Leave with a deeper connection to the elements, to yourself, and to the soul that connects us all.				

SPECIAL EVENTS COMING UP:

Candlelight Chakra Series continues with DeAnna
 New Moon in Scorpio Ceremony: 11/9 at 8 pm w/ Vanessa, free
 EMBODYED with Lisa Carter: 11/16 at 6:00 pm
 Full Beaver Moon in Gemini Sound + Ceremony: 11/23 at 8 pm with DeAnna, free
 Holiday Magic Tea Party, 12/6 at 11 am, hosted by Annabella's Tea Room, \$65
 200 Hour Yoga Teacher Training Registration is now open!
 Registration opens Dec. 1 for the April 24 & 25 Elemental Soul Retreat
 Four Agreements Book Study with Rachel starts in January!

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