

ONE SOUL YOGA & WELLNESS CENTER

APRIL 2026

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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S	M	T	W	TH	F	SA
<p><i>You are the gardener of your mind and you are sowing seeds every moment of every day with the thoughts you think and the actions you take. The seeds you plant today will determine tomorrow's harvest.</i></p> <p><i>Choose mindfully.</i></p>  			<p>1 8:30-9:30 am Yin Yoga-Leah 12:10-12:50 pm Lunch Yoga: Reset-April 6:00-7:00 pm Active Flow-Clarice 8:00-9:00 pm Full Pink Moon in Libra Ceremony & Sound DeAnna, free</p>	<p>2 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma 7:15-8:15 pm Breathwork & Mindful Meditation Series 2 of 6-Michele (4/2, 4/9, 4/16, 4/23, 4/30), \$15 or pass</p>	<p>3 CLOSED FOR GOOD FRIDAY/ EASTER WEEKEND</p>	<p>4 CLOSED FOR EASTER WEEKEND</p>
<p>5 CLOSED FOR EASTER</p>	<p>6 8:30-9:30 am Active Vinyasa-April 2:00-2:45 pm Baby & Me Yoga Monthly Series-Emma (4/6 & 5/4)</p>	<p>7 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-Clarice 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna</p>	<p>8 8:30-9:30 am Yin Yoga-Leah 12:10-12:50 pm Lunch Yoga: Reset-April 6:00-7:00 pm Active Flow-Clarice</p>	<p>9 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma 7:15-8:15 pm Breathwork & Mindful Meditation Series 3 of 6-Michele</p>	<p>10 8:30-9:30 am Friday Yin on the Wall-April</p>	<p>11 9:00-10:00 am Saturday Flow-Jennifer 9:00-5:00 pm 200 Hour YTT</p>
<p>12 9:00-5:00 pm 200 Hour YTT 6:00-7:00 pm Restorative + Meditation-Rachel</p>	<p>13 8:30-9:30 am Active Vinyasa-April</p>	<p>14 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-Clarice 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna</p>	<p>15 8:30-9:30 am Yin Yoga-Leah 12:10-12:50 pm Lunch Yoga: Reset-April 6:00-7:00 pm Active Flow-Clarice World Art Day-stop by the Free Little Art Gallery!</p>	<p>16 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma 7:15-8:15 pm Breathwork & Mindful Meditation Series 4 of 6-Michele</p>	<p>17 8:30-9:30 am Friday Yin on the Wall-April 8:00-9:00 pm Super New Moon in Aries Ceremony-Clarice, free</p>	<p>18 9:00-10:00 am Saturday Flow-Clarice</p>
<p>19 6:00-7:00 pm Restorative + Meditation-Rachel</p>	<p>20 8:30-9:30 am Active Vinyasa-April</p>	<p>21 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-April 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna</p>	<p>22 8:30-9:30 am Yin Yoga-Leah 12:10-12:50 pm Lunch Yoga: Reset-April 6:00-7:00 pm Active Flow-Clarice 7:15-8:15 pm Earth Day: Monthly Guided Meditation Series: Earth Element-Clarice</p>	<p>23 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma 7:15-8:15 pm Breathwork & Mindful Meditation Series 5 of 6-Michele</p>	<p>24 8:30-9:30 am Friday Yin on the Wall-April</p>	<p>25 NO SATURDAY FLOW COSMIC SOUL RETREAT</p>
<p>26 COSMIC SOUL RETREAT</p>	<p>27 8:30-9:30 am Active Vinyasa-April</p>	<p>28 8:30-9:30 am Active Vinyasa-Emma 12:10-12:50 pm Lunch Yoga: Move-April 1:15-2:00 pm Chair Yoga at SS Senior Center-April 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-Vanessa</p>	<p>29 8:30-9:30 am Yin Yoga-Emma 12:10-12:50 pm Lunch Yoga: Reset-April 6:00-7:00 pm Active Flow-Clarice</p>	<p>30 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-April 6:00-7:00 pm Active Flow-Emma 7:15-8:15 pm Breathwork & Mindful Meditation Series 6 of 6-Michele</p>	 <p>ONE SOUL YOGA & Wellness Center mind • body • spirit</p>	

SPECIAL EVENTS COMING UP:

Cosmic Soul Retreat 4/25 & 26

Full Pink Moon in Libra Ceremony & Sound-DeAnna, 4/1 at 8 pm, free
Breathwork & Mindful Meditation Series with Michelle 4/2-30 at 7:15 pm
Baby & Me Yoga-Emma, 4/6 & 5/4 at 2 pm
Super New Moon in Aries Ceremony-Clarice, 4/17 at 8 pm, free
Earth Day: Monthly Guided Meditation: Earth Element-Clarice, 4/22 at 7:15 pm
Stay tuned for info about our fall retreat!

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