



ONE SOUL YOGA & WELLNESS CENTER

SEPTEMBER 2026

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

Web: www.OneSoulYogaStudio.com Email: onesoulyogastudio@gmail.com Call/Text: 903-689-2811

Facebook: One Soul Yoga Studio Instagram: One Soul Yoga

S	M	T	W	TH	F	SA
IT'S OUR BIRTHDAY! 9/21 Surprise Discount posted on Facebook 9/22 Tuning Fork Giveaway 9/23 \$5 Drop Ins 9/24 \$5 Card Reading Drawing 9/25 Bring a friend free 9/26 Free Saturday Flow & Full Moon Plus, every time you attend class this month enter to win a bunk space at The Gathering Broken Bow Retreat scheduled for Nov. 13-15		1 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	2 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	3 8:30-9:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Clarice	4 6:00-7:00 am Sunrise Flow-Michele 8:30-9:30 am Friday Yin on the Wall-April	5 9:00-10:00 am Saturday Flow-Michele
6 5:00-6:00 pm Begin Again Sunday Meditation-Michele	7 8:30-9:30 am Active Vinyasa-April	8 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	9 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	10 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 8:00-9:00 pm New Moon in Virgo Ceremony-Clarice, free	11 6:00-7:00 am Sunrise Flow-Michele 8:30-9:30 am Friday Yin on the Wall-April	12 NO SATURDAY FLOW DUE TO SACRED SOUL RETREAT
13 NO MEDITATION DUE TO SACRED SOUL RETREAT	14 8:30-9:30 am Active Vinyasa-April	15 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	16 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	17 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	18 6:00-7:00 am Sunrise Flow-April 8:30-9:30 am Friday Yin on the Wall-April	19 9:00-10:00 am Saturday Flow-Clarice
20 5:00-6:00 pm Begin Again Meditation-Clarice 6:00-7:00 pm Restorative + Meditation-Rachel	21 8:30-9:30 am Active Vinyasa-April Celebrate our birthday with us all week 9/21 to 9/26 Surprise discount posted this morning on our Facebook!	22 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 Fall Equinox Sound Bath-DeAnna Tuning Fork Session giveaway during sound bath.	23 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 \$5 Drop-Ins today!	24 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 Attend any class today and enter to win a card reading with Clarice!	25 6:00-7:00 am Sunrise Flow-April 8:30-9:30 am Friday Yin on the Wall-April Bring a friend free today!	26 9:00-10:00 am Saturday Flow-Emma 8:00-9:00 pm Full Harvest Moon in Aries Sound + Ceremony, DeAnna, free Free Saturday Flow & Full Moon today!
27 5:00-6:00 pm Begin Again Meditation-DeAnna	28 8:30-9:30 am Active Vinyasa-April 12:10-12:50 pm Sound Bites: Lunch Time Sound Bath-DeAnna	29 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	30 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	Join us for The Gathering November 13-15 in Broken Bow, OK An all-inclusive 2-1/2 days retreat for women. Nestled in a cozy woodland cabin, this all-inclusive women's retreat is an invitation to slow down, breathe deeply, and reconnect with yourself, with nature & with a community of supportive women. Limited Private King Suites Shared Bunk Room www.onesoulyogastudio.com		

SPECIAL EVENTS COMING UP:

Spots available for The Gathering Nov. 13-15 in Broken Bow!

New Moon in Virgo Ceremony: 9/10 at 8 pm w/ Clarice, free

Fall Equinox Sound Bath: 9/22 at 8 pm w/ DeAnna

Full Harvest Moon in Aries Sound + Ceremony: 9/26 at 8 pm with DeAnna, free

Sound Bites: Lunch Time Sound Bath 9/28 at 12:10 pm w/ DeAnna

Candlelight Chakra Series begins 10/13 with DeAnna

Holiday Formal Tea Party & Reset 12/5 at 11 am, details coming soon!

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