

ONE SOUL YOGA & WELLNESS CENTER DECEMBER 2022

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

Web: www.OneSoulYogaStudio.com Email: onesoulyogastudio@gmail.com

Facebook: One Soul Yoga Studio Instagram: One Soul Yoga

S M T W TH F SA

<p><u>CLASS PRICES UNLESS NOTED:</u> 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) Kids 15 & under \$5</p>				<p>1 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Lunch Yoga-DeAnna 6:00-7:00 pm Glow Flow-Bailee</p>	<p>2 8:30-9:30 am TGIF Flow-Leah 1:00 pm Private Group Sound Bath-DeAnna</p>	<p>3</p>
<p>4 8:00-9:00 pm Restorative/Nidra-Rachel</p>	<p>5 8:30-9:30 am Monday Motivation Flow-Leah 12:10-12:50 pm Lunch Yoga-Bailee 4:30-5:30 pm Open Flow-Rachel</p>	<p>6 6:30-7:30 am Strong Flow-Bailee 12:10-12:50 pm Lunch Yoga-DeAnna 6:00-7:00 pm Open Flow-Allison 8:00-9:00 pm Candlelight Flow-DeAnna</p>	<p>7 8:30-9:30 am Yin Flow Leah 12:10-12:50 pm Lunch Yoga-Leah 4:30-5:30 pm Open Flow-Rachel 8:00 pm Full Moon Flow-Leah, free</p>	<p>8 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Lunch Yoga-DeAnna 6:00-7:00 pm Glow Flow-Bailee</p>	<p>9 8:30-9:30 am TGIF Flow-Leah</p>	<p>10 1:00-9:00 pm Release & Reset Retreat</p>
<p>11 8:00-9:00 pm Restorative/Nidra-Rachel</p>	<p>12 8:30-9:30 am Monday Motivation Flow-Leah 12:10-12:50 pm Lunch Yoga-Bailee 4:30-5:30 pm Open Flow-Rachel</p>	<p>13 6:30-7:30 am Strong Flow-Bailee 12:10-12:50 pm Lunch Yoga-DeAnna 6:00-7:00 pm Open Flow-Allison 8:00-9:00 pm Candlelight Flow-DeAnna</p>	<p>14 8:30-9:30 am Yin-Leah 12:10-12:50 pm Lunch Yoga-Leah 4:30-5:30 pm Open Flow-Rachel</p>	<p>15 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Lunch Yoga-DeAnna 6:00-7:00 pm Glow Flow-Bailee</p>	<p>16 8:30-9:30 am TGIF Flow-Leah</p>	<p>17</p>
<p>18</p>	<p>19 8:30-9:30 am Monday Motivation Flow-Leah 12:10-12:50 pm Lunch Yoga-Bailee 4:30-5:30 pm Open Flow-Allison</p>	<p>20 6:30-7:30 am Strong Flow-Bailee 12:10-12:50 pm Lunch Yoga-DeAnna 6:00-7:00 pm Open Flow-Allison 8:00-9:00 pm Holiday Cookies & Candlelight Flow-DeAnna</p>	<p>21 8:30-9:30 am Yin Flow Leah 12:10-12:50 pm Lunch Yoga-Leah NO OPEN FLOW 6:00-7:30 Yuletide Yin + Yoga Nidra-Leah & DeAnna, \$15 drop ins, \$5 w/ pass/punch card</p>	<p>22 8:00-9:00 am Holiday Stretch & Flow-DeAnna 12:10-12:50 pm Holiday Lunch Yoga-DeAnna 6:00-7:00 pm Glow Flow-Bailee</p>	<p>23 CLOSED</p>	<p>24 CHRISTMAS EVE-CLOSED</p>
<p>25 CHRISTMAS-CLOSED</p>	<p>26 CLOSED</p>	<p>27 6:30-7:30 am Strong Flow-Bailee 12:10-12:50 pm Lunch Yoga-DeAnna 6:00-7:00 pm Open Flow-Allison 8:00-9:15 pm Holiday Wine Down Sound Bath-DeAnna, \$20 drop ins, \$10 w/ pass/punch card</p>	<p>28 8:30-9:30 am Yin Flow Leah 12:10-12:50 pm Lunch Yoga-Leah 4:30-5:30 pm Open Flow-Rachel</p>	<p>29 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Lunch Yoga-DeAnna 6:00-7:00 pm Glow Flow-Bailee</p>	<p>30 8:30-9:30 am TGIF Flow-Leah</p>	<p>31</p>
<p>JAN 1, 2023 New Year's Intention Flow-DeAnna 11 am</p>	<p>COMING UP: Release & Reset Mini Retreat 12/10 New Year's Day Intention Flow w/ DeAnna 1/1/23 at 11 am, \$10 or included with pass/punch card 2023 200 Hour Yoga Teacher Training-starts 1/14/23 Beginner Yoga Workshop w/ Rachel 1/7/23 from 9-12, \$50 Beginner Yoga Practice Series w/ Rachel Mon. Jan. 2, 9, 16, 23, 30, \$65 Wild Soul Ladies Retreat 4/29-30, registration opens 11/28</p>					

COMING UP AT ONE SOUL

WILD SOUL RETREAT 4/29-30

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

Registration opens 11/28

YULETIDE YIN & YOGA NIDRA 12/21

w/ Leah & DeAnna 6-7:30 pm

Take a moment for yourself at this special Solstice & New Moon class.

Leah will lead a yin practice to help you unwind and release and DeAnna will end the session with a relaxing 30-minute Yoga Nidra.

This class will take the place of Open Flow that evening.

Cost is \$15 for drop ins, or \$5 for this with punch cards/passes.

200 HOUR YOGA TEACHER TRAINING

Starts January 14.

Registration must be turned in by December 31. Yoga teacher training is open to anyone who has an interest in becoming a certified yoga instructor or learning more about yoga. Our program is Yoga Alliance approved under the new elevated standards.

5-WEEK BEGINNER CLASS SERIES

Mondays Jan. 2, 9, 16, 23 & 30 w/ Rachel 6-7 pm

This 5-week beginner class series is perfect for a beginner yogi looking to become more comfortable on the mat. The practices will include the basic poses and variations used in yoga & will cover different info than the Saturday workshop.

\$65 for all 5 classes (\$100 for both the workshop & series)

FOUR AGREEMENTS WORKSHOP

Mondays on March 27 & April 3, 10, 17, 24 6-8 pm

Rachel will lead a 5-week book study series The Four Agreements in with an introductory week & a weekly discussion on each of the four agreements. Series includes a copy of the book, and 5-week discussion followed by a 30-minute yoga practice.

\$65, advanced registration required by 3/20

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.

RELEASE & RESET MINI RETREAT 12/10

A day to clear away what didn't serve you in 2022 and reset to make space for the New Year. All are welcome as we reflect on the past year, find gratitude in what we have learned & create space in our bodies & mind to enter the new year with a clear mind and open heart. Dinner included. Advanced registration required, \$125

HOLIDAY WINE DOWN SOUND BATH 12/27

8:00-9:15 pm w/ DeAnna

We will start out with a glass of wine then move to meditation and the healing sounds of a sound bath to help you "wine down" after the holiday season. "Wine down". Don't drink wine?

We will have an alternative.

Cost \$20 drops ins or \$10 for those with pass/punch card.

NEW YEAR'S INTENTION FLOW 1/1

11:00am-12:00 pm w/ DeAnna

Start 2023 with a mindful yoga practice that will help you release 2022 with gratitude and step into 2023 with unending possibilities. Align your mind, body and soul with a new intention as you embrace the new year. \$10 drop in or included with monthly pass/punch card.

BEGINNER YOGA WORKSHOP 1/7

9am-12 pm w/ Rachel

If you are new to yoga join the Beginner Workshop. You will learn Yoga is for everybody and for every BODY. We will discuss what yoga is, why we practice it in the west, its benefits, the eight limbs of yoga and the various kinds of yoga classes, the basic asanas or poses.

\$50, advanced registration required by 12/31

HOLIDAY CLOSURES

Please note the upcoming closures for the holidays.

One Soul will be closed on 12/23, 12/24, 12/25 and 12/26/

We will resume regular schedule on Monday 12/27.

Thank you!

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

