

ONE SOUL YOGA & WELLNESS CENTER MARCH 2023

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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

Facebook: One Soul Yoga Studio Instagram: One Soul Yoga

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SPRING INTO YOGA OPEN HOUSE MARCH 4 FROM 10:00 AM-2:00 PM Free come & go event with mini classes, snacks, discounts & giveaways 10 am: Open Flow w/ Allison 11:00 am Cardio Flow w/ Bailee 12:00 pm Yin w/ Leah 1:00 pm Gentle Flow & Meditation w/ Rachel			1 8:30-9:30 am Yin Flow Leah 12:10-12:50 pm Yin Lunch Yoga-Leah 4:30-5:30 pm Reset & Restore -Rachel	2 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Stretch & Flow Express-DeAnna 6:00-7:00 pm Glow Flow-Bailee	3 8:30-9:30 am TGIF Flow-Leah	4 10:00-2:00 Open House, free: schedule: 10:00-10:30-Open Flow 11:00-11:30-Cardio Flow 12:00-12:30 Yin 1:00-1:30-Gentle Flow & Meditation
5	6 8:30-9:30 am Monday Motivation Flow-Leah 12:10-12:50 pm Lunch Yoga-Leah 4:30-5:30 pm Empower Hour-Rachel	7 6:00-7:00 am Glow Flow-Bailee 12:10-12:50 pm Move & Flow Express-DeAnna 6:00-7:00 pm Fit Flow-Allison 8:00-9:00 pm Full Moon-Leah	8 8:30-9:30 am Yin Flow Leah 12:10-12:50 pm Yin Lunch Yoga-Leah 4:30-5:30 pm Reset & Restore-Rachel	9 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Stretch & Flow Express-DeAnna 6:00-7:00 pm Glow Flow-Bailee	10 8:30-9:30 am TGIF Flow-Leah	11 10:00-10:30 am Pop Up: Full Body Yoga/HIIT Flow-Bailee
12	13 8:30-9:30 am Monday Motivation Flow-Leah 12:10-12:50 pm Lunch Yoga-Leah 4:30-5:30 pm Empower Hour-Rachel	14 6:00-7:00 am Glow Flow-Bailee 12:10-12:50 pm Move & Flow Express-DeAnna 6:00-7:00 pm Fit Flow-Allison 8:00-9:00 pm Candlelight Immersion-DeAnna	15 8:30-9:30 am Yin Flow-Leah 12:10-12:50 pm Yin Lunch Yoga-Leah NO 4:30 RESET & RESTORE	16 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Stretch & Flow Express-DeAnna 6:00-7:00 pm Glow Flow-Bailee	17 8:30-9:30 am TGIF Flow-Leah	18
19 7:00-8:00 pm Guided Savasana + Meditation-Rachel	20 8:30-9:30 am Monday Motivation Flow-Leah 12:10-12:50 pm Lunch Yoga-Leah 4:30-5:30 pm Empower Hour-Rachel 7:00 pm New Moon Circle-Bailee, free DEADLINE TO REGISTER FOR FOUR AGREEMENTS	21 6:00-7:00 am Glow Flow-Bailee 12:10-12:50 pm Move & Flow Express-DeAnna 6:00-7:00 pm Fit Flow-Allison 8:00-9:00 pm Candlelight Immersion-DeAnna	22 8:30-9:30 am Yin Flow-Leah 12:10-12:50 pm Yin Lunch Yoga-Leah 4:30-5:30 pm Reset & Restore-Rachel	23 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Stretch & Flow Express-DeAnna 6:00-7:00 pm Glow Flow-Bailee	24 8:30-9:30 am TGIF Flow-Leah	25 8:00 am 200 Hour Yoga Teacher Training
26 8:00 am 200 Hour Yoga Teacher Training 7:00-8:00 pm Guided Savasana + Meditation-Rachel	27 8:30-9:30 am Monday Motivation Flow-Leah 12:10-12:50 pm Lunch Yoga-Leah 4:30-5:30 pm Empower Hour-Rachel 6:00 pm-Four Agreements Study 1 of 5	28 6:00-7:00 am Glow Flow-Bailee 12:10-12:50 pm Move & Flow Express-DeAnna 6:00-7:00 pm Fit Flow-Allison 8:00-9:00 pm Candlelight Immersion-DeAnna	29 8:30-9:30 am Yin Flow-Leah 12:10-12:50 pm Yin Lunch Yoga-Leah 4:30-5:30 pm Reset & Restore-Rachel	30 8:00-9:00 am Stretch & Flow-DeAnna 12:10-12:50 pm Stretch & Flow Express-DeAnna 6:00-7:00 pm Glow Flow-Bailee	31 8:30-9:30 am TGIF Flow-Leah CLASS PRICES UNLESS NOTED: 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	

COMING UP:

Free Classes: 3/7 Full Moon at 8 pm, 3/20 New Moon at 7 pm

Spring Into Yoga Open House 3/4-free event, free classes & demos, discounts, snacks: 10 am-2 pm

Four Agreements Workshop w/ Rachel: Mondays on March 27 & April 3, 10, 17, 24 6-8 pm

Registration open for Summer Solstice One Day Mini Retreat

COMING UP AT ONE SOUL

WILD SOUL RETREAT 4/29-30

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

SPRING INTO YOGA OPEN HOUSE

Saturday, March 4 10 am-2 pm

This is a free event open to everyone. Stop in and learn how yoga can benefit your mind, body and soul with free classes and demos, exclusive open house discounts on passes and retail items in our shop and giveaways and refreshments.

YOGA/HIIT POP UP 3/11

Saturday, March 11 10:00 am-10:30 am w/ Bailee

Who wants to get sweaty and be done in 30 minutes? This class combines yoga and interval training! We will warm up with flow, work through timed intervals in the middle of class, flow and Savasana at the end of class!

\$10 or included pass/punch card

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.

SUMMER SOLSTICE RETREAT 6/17

Ignite the fire within and celebrate the Summer Solstice at One Soul Yoga with our upcoming ladies one-day mini retreat on Saturday, June 17 from 1:00-9:00 pm. The summer solstice is a time to take in the nourishing light of the sun and look to hope and new beginnings. Early registration now open-\$100

FULL MOON PRACTICE 3/7

8:00 pm with Leah, free

Join us for this free Full Moon Flow to help welcome in this month's Full Moon. We'll discuss the meaning and significances of the full moon, practice chandra namaskar, savasana with moon meditation, and end the evening with a burning ritual to release what no longer serves us.

NEW MOON CIRCLE 3/20

7:00 pm with Bailee, free

The New Moon is a time of reflection and creating intentions for the cycle ahead. Join Bailee on Tuesday, 3/20 to reflect on this new beginning through yoga, discussion, intention setting and meditation. Everyone is welcome to attend this free circle.

HOLISTIC FAIRE VENDORS NEEDED

One Soul Yoga is proud and excited to partner with Texafied JamFest for the April 2024 Great American Eclipse April 6-8! We will have the ultimate viewing spot for the eclipse that won't happen again until 2044! The weekend will be packed with great live music, yoga, holistic practitioners and vendors. See our website for vendor information and info about the event.

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

