

# ONE SOUL YOGA & WELLNESS CENTER APRIL 2024

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

Web: [www.OneSoulYogaStudio.com](http://www.OneSoulYogaStudio.com) Email: [onesoulyogastudio@gmail.com](mailto:onesoulyogastudio@gmail.com)

Facebook: One Soul Yoga Studio Instagram: One Soul Yoga

S	M	T	W	TH	F	SA
	<b>1</b> <b>CLOSED FOR EASTER HOLIDAY</b>	<b>2</b> <b>8:30-9:30 am</b> Flow & Glow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>6:00-7:00 pm</b> Power Flow-Jennifer <b>8:00-9:00 pm</b> Candlelight Immersion-DeAnna	<b>3</b> <b>8:30-9:30 am</b> Yin Flow-DeAnna <b>4:45-5:45 pm</b> Gentle Flow-Rachel	<b>4</b> <b>8:30-9:30 am</b> ThursYay Yoga Flow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-Emma <b>6:00-7:00 pm</b> Active Flow-Emma	<b>5</b> <b>8:30-9:30 am</b> Sun & Moon Eclipse Flow-DeAnna <b>6:00-8:00 pm</b> Yogi Kids Eclipse Fun Workshop, ages 5 & up, Micki, \$20-advance registration required	<b>6</b> <b>9:00-10:00 am</b> Saturday Rings of the Eclipse Hula Hoop Flow-Clarice, \$15 or included with pass/punch
<b>7</b> <b>11:00 am-12:00 pm</b> Ring of Fire Sound Journey-DeAnna, \$20 or included with pass/punch card--Advance registration is required. Mat space only.	<b>8</b> <b>12:00-1:45 pm</b> Solar Eclipse Flow & Viewing-Emma, \$20 or included with pass/punch card--Advance registration is required	<b>9</b> <b>8:30-9:30 am</b> Flow & Glow-DeAnna <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>6:00-7:00 pm</b> Power Flow-Jennifer <b>8:00-9:00 pm</b> Candlelight Immersion-DeAnna	<b>10</b> <b>8:30-9:30 am</b> Yin Flow-DeAnna <b>4:45-5:45 pm</b> Gentle Flow-Jennifer <b>7:00-8:15 pm</b> Soul Session with DeAnna: Kundalini Yoga & Breathwork	<b>11</b> <b>8:30-9:30 am</b> ThursYay Yoga Flow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-Emma <b>6:00-7:00 pm</b> Active Flow-Emma	<b>12</b> <b>8:30-9:30 am</b> Fired Up Friday Flow-Emma	<b>13</b> <b>9:00-10:00 am</b> Saturday Flow-Jennifer
<b>14</b>	<b>15</b> <b>8:30-9:30 am</b> Mindful Monday Mornings-Emma <b>4:45-5:45 pm</b> Empower Hour-Rachel	<b>16</b> <b>8:30-9:30 am</b> Flow & Glow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Move-DeAnna <b>6:00-7:00 pm</b> Power Flow-Jennifer <b>8:00-9:00 pm</b> Candlelight Immersion-DeAnna	<b>17</b> <b>8:30-9:30 am</b> Yin Flow-DeAnna <b>4:45-5:45 pm</b> Gentle Flow-Rachel	<b>18</b> <b>8:30-9:30 am</b> ThursYay Yoga Flow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-Emma <b>6:00-7:00 pm</b> Active Flow-Emma	<b>19</b> <b>8:30-9:30 am</b> Fired Up Friday Flow-Clarice <b>6:00-7:00 pm</b> Yoga y Meditación Comunitaria en Español -Elisa, free/gratis	<b>20</b> <b>9:00-10:00 am</b> Saturday Flow-DeAnna <b>9:00-5:00 pm</b> 200 Hour YTT
<b>21</b> <b>9:00-5:00 pm</b> 200 Hour YTT <b>6:00-7:00 pm</b> Restorative + Meditation-Rachel	<b>22</b> <b>8:30-9:30 am</b> Mindful Monday Mornings-Emma <b>4:45-5:45pm</b> Empower Hour-Rachel <b>7:00-8:15 pm</b> Earth Day Tea Ceremony & Meditation-Clarice	<b>23</b> <b>8:30-9:30 am</b> Flow & Glow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Move - DeAnna <b>6:00-7:00 pm</b> Power Flow-Jennifer <b>8:00-9:00 pm</b> Full Moon Ceremony-DeAnna, free	<b>24</b> <b>8:30-9:30 am</b> Yin Flow-DeAnna <b>4:45-5:45 pm</b> Gentle Flow-Rachel	<b>25</b> <b>8:30-9:30 am</b> ThursYay Yoga Flow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Stretch-Emma <b>6:00-7:00 pm</b> Active Flow-Emma	<b>26</b> <b>8:30-9:30 am</b> Fired Up Friday Flow-Clarice	<b>27</b> <b>NO SATURDAY FLOW</b> <b>8:00 am-10:00 pm</b> Awakened Soul Retreat
<b>28</b> <b>7:00 am-2:00 pm</b> Awakened Soul Retreat	<b>29</b> <b>8:30-9:30 am</b> Mindful Monday Mornings-Emma <b>4:45-5:45pm</b> Empower Hour-Rachel <b>6:00 pm-7:00 pm</b> Yin on the Wall-Libby	<b>30</b> <b>8:30-9:30 am</b> Flow & Glow-Clarice <b>12:10-12:50 pm</b> Lunch Yoga: Move - DeAnna <b>6:00-7:00 pm</b> Power Flow-Jennifer <b>8:00-9:00 pm</b> Candlelight Immersion-DeAnna	<u>2024 Pass Options</u>  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 **All-Inclusive Unlimited 3 Months: \$260 **All-Inclusive One Year: \$945		<b>UPCOMING IN MAY &amp; JUNE</b> <b>Mark your calendars now:</b>  <b>5/4: World Labyrinth Day</b> free meditation walk on our new labyrinth, all ages welcome - 1:00 pm  <b>5/15 Soul Session with DeAnna</b> Loving-Kindness Meditation & Sound 7:00 pm-8:00 pm  <b>5/17 Spring Chill Special Event</b> Sound Bath, Breathwork & Meditation 7:00-9:00 pm Hammocks, Zero Gravity Chairs & Mat Space  <b>Starting in June</b> Summer Kick Off Specials & Summer Bingo details coming soon!  <b>6/21 International Day of Yoga</b> Event details coming soon!	
<b>SPECIAL EVENTS COMING UP:</b> <b>Solar Eclipse events 4/5 through 4/8, no regularly scheduled classes on 4/8</b> <b>Soul Session: Kundalini Yoga &amp; Breathwork: 4/10 at 7 pm</b> <b>Yoga y Meditación en español-Elisa 4/19 at 6 pm, free</b> <b>Earth Day Tea Ceremony &amp; Meditation 4/22 at 7:00 pm</b> <b>Full Moon (4/22) at 8 pm, free</b> <b>Awakened Soul Retreat 4/27 &amp; 4/28</b> <b>Yin on the Wall Pop Up: 4/29 at 6 pm</b>						



# COMING UP AT ONE SOUL

## AWAKENED SOUL RETREAT 4/27 & 28

The dates for our two-day April retreat, Awakened Soul is set for April 27 & 28. This ladies-only retreat follows the format of our other two-day retreats with a full day on Saturday and a half day on Sunday. Yoga, activities, crafts, meals and overnight stay included.  
Next retreat is scheduled for Sept. 21 & 22!

## RINGS OF THE ECLIPSE HULA FLOW 4/6

9:00 am w/ Clarice

During the Solar Eclipse, The Moon passes directly in front of the Sun creating a ring around the sun. In this fun class, we will flow using our own rings (the hula hoops) to access deeper stretching, open the shoulders and build core strength. Used much like straps or blocks during yoga, hula hoops add a new and exciting element to your class!

## ECLIPSE FLOW & VIEWING 4/8

Starting at 12 pm w/ Emma

Emma will lead this special class featuring flow, balance, sun salutations and savasana to help you balance this strong energy with renewed hope and grace. We will take this practice outside on our yoga platform, weather permitting. After class, stay to view the total eclipse in One Soul's beautiful backyard! Eclipse viewing glasses are included. \$20 or pass/punch card

## YOGA Y MEDITACION EN ESPANOL 4/19

Friday at 6:00 pm w/ Elisa, free

This class, open to all levels will help you flow, balance and ease into the weekend by offering a variety of seated, standing and supine yoga poses followed by guided meditation and ending in a relaxing savasana. You don't have to speak Spanish to enjoy this free community class.

## FULL MOON CEREMONY 4/23

Tuesday at 8:00 pm w/ DeAnna, free

DeAnna leads this month full moon with yoga, sacred sound and ceremony. We'll discuss energies of this full moon, practice a gentle releasing flow and enjoy a guided moon meditation with sound for savasana. We will finish with a burning ceremony to release any negative energies. All are welcome for this free class. Weather permitting we will practice outside.

## WORLD LABYRINTH DAY WALK 5/4

Saturday at 8:10:00 pm w/ DeAnna, free

Celebrate unity and peace with One Soul Yoga on World Labyrinth Day on Saturday, May 4 at 1 pm. We will join together for a meditative walk through One Soul's new labyrinth. Across the globe thousands of other people will join in a unified rolling wave of peaceful energy passing from one time zone to the next. If it rains there will be an indoor meditation and activity.

## YOGI KIDS ECLIPSE FUN 4/5

OPEN TO AGES 5 & UP w/ MICKI 6:00-8:00 pm

Get ready for The Great American Solar Eclipse making its way over Sulphur Springs on 4/8. In this two-hour kid's workshop, we will explore mindfulness, movement and breath through fun sun and moon themed games, yoga poses and activities. One Soul classes for kids offer a great safe space for kids in a non-competitive and supportive environment. Cost \$20/one child, \$35/two  
Advance registration required

## RING OF FIRE SOUND JOURNEY 4/7

Sunday at 11 am with DeAnna, \$20 or w/ pass/punch card

Gather at One Soul as we celebrate the powerful alignment of the Earth, Sun and Moon. Includes guided meditation and one-hour sound bath with sacred instruments. The solar eclipse is a time of significant insight and awakening and a time to set powerful intentions. Mat space only. Advance registration requested.

## SOUL SESSION: KUNDALINI & BREATHWORK 4/10

Wednesday at 7:00 pm w/ DeAnna

Kundalini Yoga is a gentle practice that trains your awareness to spiritual awakening through kriyas (repetitive movement), mantras/chants, sounds and savasana. Paired with guided breathwork, this practice helps you open your heart to find oneness with yourself and the world around you.

## EARTH DAY TEA CEREMONY & MEDITATION 4/22

Monday 7:00-8:15 pm w/ Clarice

This year, our annual Earth Day celebration includes a tea ceremony followed by guided meditation. We will start with a grounding Tea Ceremony (outside, weather permitting) to honor the Earth, her resources and the elements. We will follow with a guided meditation to help you honor and connect with yourself and the world around you. \$20 or pass/punch card

## POP UP: YIN ON THE WALL 4/29

6:00-7:00 pm w/ Libby

Start with gentle stretching & then take it to the wall! Yin on the Wall takes some of the asanas from a regular longer-held Yin practice & uses the wall as a prop for comfort & support of the body. This helps release the tension in the muscles & stimulates the body while helping you access some asanas a little bit deeper. \$15 or pass/punch card

## PRIVATE SOUND HEALING w/ DEANNA

DeAnna offers 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 [deannaonesoul@gmail.com](mailto:deannaonesoul@gmail.com) or see the One Soul Wellness page for info.

### 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

\*\*All-Inclusive Unlimited 3 Months: \$260

\*\*All-Inclusive One Year: \$945

\*\*The all-inclusive passes include all classes, pop-ups, workshops and special events. It does not include retreats, kid's classes/series or YTT. All-Inclusive passes include one bring a friend free each month.

Please see our website for pass details and our booking and class cancellation policy.

**One Soul will be closed on Monday, April 1 for the Easter holiday.**

**Please check our schedule of classes carefully for a few changes.**

**For detailed information & registration see our website:**

**[www.OneSoulYogaStudio.com](http://www.OneSoulYogaStudio.com)**



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1008 Main St, Sulphur Springs