

ONE SOUL YOGA & WELLNESS CENTER

APRIL 2025

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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S	M	T	W	TH	F	SA
<p><i>Let your yoga practice be like the spring rain, nurturing the seeds of your intentions so they may bloom into their fullest potential.</i></p>		<p>1 8:30-9:30 am Gentle Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Move-Starr 1:15-2:00 pm Chair Yoga at SS Senior Center 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight & Meditation-Rachel</p>	<p>2 8:30-9:30 am Yin Yoga-Emma 4:45-5:45 pm Gentle Flow-Rachel 6:00-7:00 pm: Active Flow-Emma</p>	<p>3 7:30-8:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Starr 6:00-7:00 pm Active Flow-Emma 8:00-9:00 pm Reiki-Infused Nourish & Restore-Starr</p>	<p>4 5:30-6:30 pm First Friday Happy Hour Mocktail Flow-Clarice</p>	<p>5 9:00-10:00 am Saturday Flow-April</p>
<p>6 6:30 am-7:30 am Sunrise Sunday Flow-April 4:00-5:30 pm Yoga 101: Mind Over Mat(ter)-Rachel, \$20 6:00-7:00 pm Restorative + Meditation-Rachel</p>	<p>7 8:30-9:30 am Active Vinyasa-Emma 4:45-5:45 pm Empower Hour-Rachel 6:00-7:30 pm Four Agreements Book Study Pt 2-Rachel</p>	<p>8 8:30-9:30 am Gentle Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Move-Starr 1:15-2:00 pm Chair Yoga at SS Senior Center 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight & Meditation-Rachel</p>	<p>9 8:30-9:30 am Yin Yoga-Emma 4:45-5:45 pm Gentle Flow-Rachel 6:00-7:00 pm: Active Flow-Emma</p>	<p>10 7:30-8:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Starr 6:00-7:00 pm Active Flow-Emma 8:00-9:00 pm Reiki-Infused Nourish & Restore-Starr</p>	<p>11 5:30-6:30 pm Rhythmic Friday Fusion-Clarice</p>	<p>12 9:00-10:00 am Saturday Flow-Emma 9:00 am-5:00 pm 200 Hour YTT</p>
<p>13 6:30 am-7:30 am Sunrise Sunday Flow-April 5:00-7:00 pm Wildflower Serenity Sunday: Yoga & Sound at Wildflower Wedding Venue in Emory-DeAnna 8:00-9:00 pm Full Pink Moon in Libra Ceremony-Clarice</p>	<p>14 8:30-9:30 am Active Vinyasa-Emma 4:45-5:45 pm Empower Hour-Rachel 6:00-7:30 pm Four Agreements Book Study Pt 3-Rachel</p>	<p>15 8:30-9:30 am Gentle Vinyasa-DeAnna 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna</p>	<p>16 8:30-9:30 am Yin Yoga-Emma 4:45-5:45 pm Gentle Flow-Rachel 6:00-7:00 pm: Active Flow-Emma</p>	<p>17 7:30-8:30 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 Reiki-Infused Nourish & Restore-Starr</p>	<p>18 5:30-6:30 pm Rhythmic Friday Fusion-Clarice</p>	<p>19 9:00-10:00 am Saturday Flow-April</p>
<p>20 6:30 am-7:30 am Sunrise Easter Sunday Flow-April</p>	<p>21 8:30-9:30 am Active Vinyasa-Emma 4:45-5:45 pm Empower Hour-Rachel 6:00-7:30 pm Four Agreements Book Study Pt 4-Rachel</p>	<p>22 8:30-9:30 am Gentle Vinyasa-DeAnna 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Earth Day Plant Songs Sound Journey-DeAnna</p>	<p>23 8:30-9:30 am Yin Yoga-Emma 4:45-5:45 pm Gentle Flow-Rachel 6:00-7:00 pm: Active Flow-Emma</p>	<p>24 7:30-8:30 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 Reiki-Infused Nourish & Restore-Starr</p>	<p>25 No Rhythmic Friday Fusion due to retreat</p>	<p>26 8:00-10:00 pm Radiant Soul Retreat No Saturday Flow due to retreat</p>
<p>27 No Sunrise Sunday due to retreat! 8:00 am-2:00 pm Radiant Soul Retreat 6:00-7:00 pm Restorative + Meditation-Rachel 8:00-9:00 pm Super New Moon in Taurus Flow-Emma, free</p>	<p>28 8:30-9:30 am Active Vinyasa Flow-Emma 4:45-5:45pm Empower Hour-Rachel 6:00-7:30 pm Four Agreements Book Study Pt 5-Rachel</p>	<p>29 8:30-9:30 am Gentle Vinyasa-DeAnna 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna</p>	<p>30 8:30-9:30 am Yin Flow-Emma 4:45-5:45 pm Gentle Flow-Rachel 6:00-7:00 pm: Active Flow-Emma</p>	<p>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</p>		

SPECIAL EVENTS COMING UP:

4/4 First Friday Mocktail Flow w/ Clarice 5:30-6:30 pm

4/6 Yoga 101 w/ Rachel at 11:00 am

Full Moon 4/13, New Moon 4/27 at 8 pm, free

4/13 Wildflower Serenity Sunday: Yoga & Sound Bath at Wildflower Wedding Venue in Emory TX, 5-7 pm with DeAnna, \$30

4/20 Sunrise Easter Sunday Flow w/ April at 6:30 am

4/22 Earth Day Plant Wave Sound Journey at 8 pm

Watch for information about our spring Plant Swap and fall retreat!



SPECIAL EVENTS COMING UP AT ONE SOUL

DETAILS & REGISTRATION: ONESOULYOGASTUDIO.COM

1.

**SATURDAY & SUNDAY, APRIL 26 & 27:
RADIANT SOUL WEEKEND RETREAT-JOIN THE WAITLIST**

Connect with your inner light and embrace your unique radiance through intentional movement, meditation, sound, self-reflection, self-care workshops and community. Registration now open! Spots are limited. Information about our fall retreat coming soon!

2.

**FRIDAY, APRIL 4 FROM 5:30-6:30 PM
FIRST FRIDAY HAPPY HOUR MOCKTAIL FLOW W/ CLARICE**

A once-a-month class held on the first Friday with joyful movement set to good vibes and laughter. Stick around and unwind with a refreshing, non-alcoholic mocktail. This fun class combines playful movement and fun yoga flows to help shake off the stress of the week and bring joy to your body and mind.

3.

**MONDAY, APRIL 6 FROM 4-5:30 PM
YOGA 101: MIND OVER MAT(TER) WITH RACHEL, \$20**

This monthly class is perfect for those new to yoga or looking to build a strong foundation in a supportive and welcoming environment. We will discuss what yoga is (and is not), foundational poses, adaptations to fit your needs and answer any questions you may have.

4.

**SUNDAY, APRIL 13 AT 8 PM:
FULL PINK MOON CEREMONY WITH CLARICE, FREE**

Free monthly Full Moon Ceremony honor the energy of the full moon and embrace balance, beauty, and connection. This ceremony is open to all and is perfect for those looking to align with the moon's energy, restore balance, and step into a new phase of personal growth. This class will be held outside, weather permitting.

5.

**SUNDAY, APRIL 13 AT 5 PM AT WILDFLOWER WEDDING VENUE IN EMORY
SERENITY SUNDAY: YOGA & SOUND BATH WITH DEANNA, \$30**

It's an evening of pure mind, body and soul bliss at the beautiful Wildflower Wedding Venue located in Emory, TX. Enjoy a yoga practice that is gentle and suitable for all skill levels and then relax and immerse yourself in the calming vibrations of crystal singing bowls and other instruments. This is deeply relaxing meditative experience open to all--no experience needed.

6.

**SUNDAY, APRIL 20 AT 6:30 AM
SUNRISE SUNDAY EASTER FLOW WITH APRIL**

Join us for a special Sunrise Easter Sunday Flow on April 20 at 6:30 am, a soul-nourishing yoga practice held at sunrise on Easter morning. This gentle yet uplifting class will honor the themes of renewal, hope, and new beginnings, allowing us to move with intention as we welcome the light of a new day.

7.

**TUESDAY, APRIL 22 AT 8:00 PM
EARTH DAY PLANT SONGS SOUND JOURNEY WITH DEANNA**

Celebrate Earth Day with a unique Plant Songs Sound Bath, blending the healing vibrations of crystal singing bowls, chimes, and other sacred instruments with the harmonious songs of plants using a unique device that translates plant vibrations into music. Integrate sound and nature for deep peace and connection.

8.

**SUNDAY, APRIL 27 AT 8:00 PM
SUPER NEW MOON FLOW WITH EMMA, FREE**

Join Emma at One Soul Yoga on Sunday, 4/27 at 8 pm for a transformative Super New Moon in Taurus Flow—a class designed to ground, center, and ignite your intentions for growth and abundance. This class is free and open to all. It will be held outside on our yoga platform, weather permitting.

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