

# ONE SOUL YOGA & WELLNESS CENTER

## DECEMBER 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> 8:00-9:00 pm New Moon Flow-Emma, free	<b>2</b> 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel	<b>3</b> 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-Sally 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna	<b>4</b> 8:30-9:30 am Yin Flow-Emma 4:45-5:45 pm Gentle Flow-Rachel	<b>5</b> 7:30-8:30 am Morning Flow -Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma	<b>6</b> 8:30-9:30 am Move & Flow Friday-Clarice	<b>7</b> 9:00-10:00 am Saturday Flow-Jennifer 10:00 am-9:00 pm Private Event
<b>8</b> 6:00-7:00 pm Restorative + Meditation-Rachel	<b>9</b> 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel	<b>10</b> 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	<b>11</b> 8:30-9:30 am Yin Flow-Emma 4:45-5:45 pm Gentle Flow-Rachel	<b>12</b> 7:30-8:30 am Morning Flow -Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emms	<b>13</b> 8:30-9:30 am Move & Flow Friday-Clarice	<b>14</b> 9:00-10:00 am Saturday Flow-Emma
<b>15</b> 8:00-9:00 pm Full Cold Moon in Gemini Ceremony-Leah, free	<b>16</b> 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel	<b>17</b> 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 Holiday Candlelight Immersion-DeAnna	<b>18</b> 8:30-9:30 am Yin Flow-Emma 4:45-5:45 pm Gentle Flow-Rachel	<b>19</b> 7:30-8:30 am Morning Flow -Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma	<b>20</b> 8:30-9:30 am Move & Flow Friday-Clarice	<b>21</b> 9:00-10:00 am Saturday Flow-Jennifer 12:00-1:30 pm Winter Solstice Labyrinth Walk-Clarice
<b>22</b> 6:00-7:00 pm Restorative + Meditation-Rachel	<b>23</b> 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45pm Empower Hour-Rachel	<b>24</b> <b>CLOSED FOR CHRISTMAS</b>	<b>25</b> <b>CLOSED FOR CHRISTMAS</b>	<b>26</b> <b>CLOSED FOR CHRISTMAS</b>	<b>27</b> <b>CLOSED FOR CHRISTMAS</b>	<b>28</b> 9:00-10:00 am Saturday Flow-Jennifer
<b>29</b>	<b>30</b> 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45pm Empower Hour-Rachel 8:00-9:00 pm New Moon Flow-Emma, free	<b>31</b> <b>REDUCED SCHEDULE TODAY</b> 12:10-12:50 pm Lunch Yoga: Move-DeAnna 1:15-2:00 pm Chair Yoga at SS Senior Center-DeAnna	<b>January 1, 2025</b> 11:00 am-12:00 pm 2025 Intention Flow-DeAnna	<b>YOGA ALLIANCE APPROVED FOUNDATIONAL 200 HOUR YOGA TEACHER TRAINING AND ADVANCED 300 HOUR YOGA TEACHER TRAINING STARTS IN JANUARY. DEADLINE FOR APPLICATION IS DECEMBER 31. GET DETAILS ON WEBSITE.</b>		

### SPECIAL EVENTS COMING UP:

Next retreat: Radiant Soul coming April 26 & 27, registration open

New Moon (12/1 & 12/30) & Full Moon (12/15) at 8 pm, free

12/21: Winter Solstice Labyrinth Walk at 12 pm

YTT deadline to register: 12/31

1/1: 2025 Intention Flow at 11 am

1/6: Holiday "Wine" Down: Sound & Reiki, includes a complimentary glass of wine

Yin on the Wall, Soul Session & Sunday Sunrise will be back in January

### 2024 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

# SPECIAL EVENTS COMING UP AT ONE SOUL



DETAILS & REGISTRATION: [ONESOULYOGASTUDIO.COM](https://onesoulyogastudio.com)

1.

## **SATURDAY & SUNDAY, APRIL 26 & 27: RADIANT SOUL WEEKEND RETREAT-REGISTRATION IS OPEN**

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!

2.

## **JANUARY 2025-DEADLINE TO REGISTER: 12/31 200 AND 300 HOUR YOGA TEACHER TRAINING**

See our website for details for our 200 and advanced 300 hour yoga teacher training programs starting in January. Whether you're just beginning your path (200 hour) or looking to deepen your practice and teaching (300 hour) you belong!

3.

## **SUNDAY 12/1 AND MONDAY 12/30 AT 8 PM: TWO NEW MOONS IN DECEMBER WITH EMMA, FREE**

**SUNDAY, DECEMBER 15 AT 8 PM:  
FULL COLD MOON CEREMONY WITH LEAH, FREE**

4.

## **TUESDAY, DECEMBER 17 at 8 PM HOLIDAY CANDLELIGHT IMMERSION WITH DEANNA**

Indulge in the final Candlelight Immersion until 2025 with DeAnna. Enjoy holiday treats, gentle movement, soothing vibrations and relaxing candlelight to help you release and unwind from the holiday stress and connect to peace and hope.

5.

## **SATURDAY, DECEMBER 21 AT 12 PM WINTER SOLSTICE LABYRINTH WALK WITH CLARICE**

Join us honor the magic of the Winter Solstice with a peaceful and reflective labyrinth walk through One Soul's backyard labyrinth. This special event celebrates the solstice as a turning point—a time to release the old, embrace stillness, and set intentions as we welcome the return of the light.

6.

## **WEDNESDAY, JANUARY 1 at 11 am 2025 NEW YEAR'S DAY INTENTION FLOW WITH DEANNA**

Begin 2025 with clarity, gratitude, and intention. Join us let go of 2024 with gratitude and step into 2025 with openness and endless possibilities. This all-levels class energizes and clears the mind. It ends with deeply grounding guided meditation and savasana to set your intentions for the year ahead.

7.

## **MONDAY, JANUARY 6 AT 8:00 PM HOLIDAY "WINE" DOWN: SOUND & REIKI W/ DEANNA & STARR**

Un-"wined" from the busy holiday season! Sink into the soothing sounds of sacred vibrations and, receive your choice of hands on or hands-off reiki healing. Class includes a glass of complimentary wine for 21+. Open to all levels, \$20 or pass/punch card.

8.

## **SPECIAL CLASSES RETURN IN 2025**

Some of our special classes are taking a break in December. Look Yin on the Wall, Soul Session with DeAnna and Sunrise Sundays will all return in January. Look for information coming soon on these classes and some other exciting new events!

9.

## **HOLIDAY CLOSURES**

One Soul Yoga will be closed for all classes Tuesday, December 24 through Friday December 27 for the Christmas break. In addition, we will have a reduced schedule on both Tuesday, December 31 and January 1. We will be back to our full schedule starting January 2, 2025. Enjoy your holidays!

