

ONE SOUL YOGA & WELLNESS CENTER

OCTOBER 2024

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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S	M	T	W	TH	F	SA
FOUNDATIONAL 200 HOUR YOGA TEACHER TRAINING AND ADVANCED 300 HOUR YOGA TEACHER TRAINING STARTS IN JANUARY 2025. DEADLINE FOR APPLICATION IS DECEMBER 31. GET DETAILS ON OUR WEBSITE.		1 12:10-12:50 pm Lunch Yoga: Move-Clarice 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 Chakra: Throat-DeAnna	2 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel 8:00-9:00 pm New Moon Flow-Emma, free	3 7:30-8:30 am Fall Morning Flow Series-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma	4 8:30-9:30 am Move & Flow Friday-Clarice	5 9:00-10:00 am Saturday Flow-Jennifer 10:00-5:00 pm 200 Hour YTT
6 9:00-5:00 pm 200 Hour YTT 6:00-7:00 pm Restorative + Meditation-Rachel	7 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel	8 12:10-12:50 pm Lunch Yoga: Move-Clarice 1:15-2:00 pm Chair Yoga at SS Senior Center-DeAnna 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion Chakra: Third Eye-DeAnna	9 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel	10 7:30-8:30 am Fall Morning Flow Series-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Jennifer	11 8:30-9:30 am Move & Flow Friday-Clarice	12 9:00-10:00 am Saturday Flow-Clarice
13 6:00-7:00 pm Restorative + Meditation-Rachel 7:00-8:00 am Sunrise Sunday Flow-April	14 8:30-9:30 am Mindful Monday Mornings-April 4:45-5:45 pm Empower Hour-Rachel 8:00-9:00 pm Soul Session: Kundalini & Yoga Nidra-DeAnna	15 12:10-12:50 pm Lunch Yoga: Move-Clarice 1:15-2:00 pm Chair Yoga at SS Senior Center-DeAnna 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion Chakra Crown-DeAnna	16 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel	17 7:30-8:30 am Fall Morning Flow Series-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma 8:00-9:00 pm Full Hunter Moon in Pisces Ceremony-Clarice, free	18 8:30-9:30 am Move & Flow Friday-Clarice	19 9:00-10:00 am Saturday Flow-Jennifer
20 11:00 am-2:00 pm Fall Blessing Broom Workshop-Clarice, \$30	21 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel 6:00 pm-7:00 pm Yin on the Wall-Libby	22 12:10-12:50 pm Lunch Yoga: Move - Clarice 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 Chakra Sound Bath-DeAnna	23 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel	24 7:30-8:30 am Fall Morning Flow Series-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-Emma	25 8:30-9:30 am Move & Flow Friday-Clarice	26 9:00-10:00 am Saturday Flow-Emma
27	28 8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel 8:00-9:00 pm Halloween Glow in the Dark Sound Bath-DeAnna	29 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	30 8:30-9:30 am Yin Flow-DeAnna 4:45-5:45 pm Gentle Flow-Rachel	31 7:30-8:30 am Fall Morning Flow Series-DeAnna 12:10-12:50 pm Halloween Lunch Yoga: Stretch-DeAnna NO ACTIVE FLOW TONIGHT.		

SPECIAL EVENTS COMING UP:

Next retreat: Radiant Soul coming April 26 & 27
 New Moon (10/2) & Full Moon (10/17) at 8 pm, free
 Soul Session: Kundalini & Yoga Nidra-DeAnna 10/14, 8 pm
 Fall Blessing Broom Workshop-Clarice, 10/20 at 11 am, \$30
 Chakra Candlelight Immersion Series each Tuesday thru 10/22
 Full Chakra Sound Bath Immersion-DeAnna 10/22, 8 pm
 Yin on the Wall Pop Up-Libby: 10/21 at 6 pm
 Halloween Glow in the Dark Sound Bath 10/28 at 8 pm

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

1.

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

Connect with your inner light and embrace your unique radiance through intentional movement, meditation, sound, self-reflection, self-care workshops and community. Registration opening soon!

2.

**JANUARY 2025
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.

**TUESDAYS, THROUGH OCTOBER 22 AT 8 PM:
CANDLELIGHT IMMERSION CHAKRA SERIES WITH DEANNA**

Each week, we focus on a different chakra, combining the power of yoga & sound to bring balance and harmony to your energy centers. The series will conclude on October 22 with a chakra meditation and full chakra sound bath. Attend one or all.

4.

**WEDNESDAY, OCTOBER 2 AT 8 PM:
NEW MOON IN SCORPIO WITH EMMA, FREE**

**THURSDAY, OCTOBER 17 AT 8 PM:
FULL HUNTER MOON CEREMONY WITH CLARICE, free**

5.

**MONDAY, OCTOBER 14 AT 8 PM
SOUL SESSION: KUNDALINI & YOGA NIDRA WITH DEANNA**

Awaken your inner energy and deepen your connection with body and mind in this transformative Kundalini Yoga class. The class will conclude with a soothing Yoga Nidra session for deep release. Open to all levels, \$15 or pass/punch card.

6.

**SATURDAY, OCTOBER 20 AT 11 AM
FALL BLESSING BROOM WORKSHOP WITH CLARICE**

Join us for a cozy and creative hands-on Fall Blessing Broom Craft Workshop where you'll learn to make your very own handcrafted blessing broom, also known as a besom. These beautifully adorned brooms have been used for centuries to protect the home and welcome blessings. \$30, advanced registration required.

7.

**MONDAY, OCTOBER 21 AT 6 PM
YIN ON THE WALL WITH LIBBY**

Using the wall in yin poses supports the body and deeply releases tension in the back, hips and legs. The gentle support provides for a calm practice and is great for all skill levels. \$15 or included with pass or punch card.

8.

**MONDAY, OCTOBER 22 AT 8 PM:
FULL CHAKRA SOUND BATH WITH DEANNA**

Full one-hour sound bath to balance and align the seven main energetic centers in the body. This sound bath concludes the Chakra Candlelight Series and is open to everyone. Mat spaces only. \$15 or included with pass/punch card.

9.

**MONDAY, OCTOBER 28 AT 8 PM:
LET'S GLOW: HALLOWEEN GLOW IN THE DARK SOUND BATH**

DeAnna is bringing an immersive experience of lights, sound, and meditation October 28 from 8:00-9:15 pm. No tricks—only treats as this special blackout experience will wrap you in glow in the dark lighting, sounds of sacred instruments and meditation to clear away any energetic blockages that may be haunting you.

10.

**HALLOWEEN WEEK
HALLOWEEN-THEMED CLASSES**

We love this time of year and can't wait to sprinkle in a little not-so-spooky Halloween music and flows into the week. Get ready to flow through playful poses that honor the mystery and magic of the season. Whether you're a yoga ghost, ghoul, or goblin, all levels are welcome!