

ONE SOUL YOGA & WELLNESS CENTER

MAY 2025

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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S	M	T	W	TH	F	SA
ONE SOUL COMMUNITY PLANT SWAP SUNDAY, MAY 25 COME & GO 10 AM-1 PM How it works: --Bring healthy potted plants, cuttings, or seeds to swap --Label your plants with their name and care instructions --Trade spare gardening gear like pots, tools, and decor at our Garden Exchange Table --Get creative at our plant-themed craft stations—make and take home a unique craft! (Crafts range from \$10-\$25) Plant Swap is free and open to all!				1 7:30-8:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-Clarice 6:00-7:00 pm Active Flow-Emma 8:00-9:00 pm Reiki-Infused Nourish & Restore-Starr	2 5:30-6:30 pm First Friday Happy Hour Mocktail Flow-Clarice	3 9:00-10:00 am Saturday Flow-Jennifer 1:00-2:00 pm World Labyrinth Day Meditation Walk-April, free
4 6:30 am-7:30 am Sunrise Sunday Flow-April 6:00-7:00 pm Restorative + Meditation-Rachel	5 8:30-9:30 am Active Vinyasa-Emma 4:45-5:45 pm Empower Hour-Rachel	6 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-DeAnna 6:00-7:00 pm Power Flow-Jennifer 8:00-9:00 pm Candlelight Immersion-DeAnna	7 8:30-9:30 am Yin Yoga-Emma 4:45-5:45 pm Gentle Flow-Rachel 6:00-7:00 pm: Active Flow-Emma 8:00-9:00 pm Soul Session: Loving-Kindness Group Tuning Fork Alignment & Meditation-DeAnna	8 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	9 5:30-6:30 pm Rhythmic Friday Fusion-Clarice	10 9:00-10:00 am Saturday Flow-Vanessa 9:00 am-5:00 pm 200 Hour YTT
11	12 8:30-9:30 am Active Vinyasa-Clarice 4:45-5:45 pm Empower Hour-Rachel 8:00-9:00 pm Full Flower Moon in Scorpio Ceremony-Clarice	13 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	14 8:30-9:30 am Yin Yoga-Clarice 4:45-5:45 pm Gentle Flow-Rachel 6:00-7:00 pm: Active Flow-DeAnna	15 7:30-8:30 am Active Vinyasa-Clarice 12:10-12:50 pm Lunch Yoga: Stretch-DeAnna 6:00-7:00 pm Active Flow-April 8:00-9:00 pm Reiki-Infused Nourish & Restore-Starr	16 5:30-6:30 pm Rhythmic Friday Fusion-Clarice	17 9:00-10:00 am Saturday Flow-Daphne 10:00 am-5:00 pm 300 Hour YTT
18 6:30 am-7:30 am Sunrise Sunday Flow-April 6:00-7:00 pm Restorative + Meditation-Rachel 10:00 am-5:00 pm 300 Hour YTT	19 8:30-9:30 am Active Vinyasa-Emma 4:45-5:45 pm Empower Hour-Rachel 7:30-9:00 pm Spring Chill: Floating Sound Bath-DeAnna (\$20-25)	20 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	21 8:30-9:30 am Yin Yoga-Emma 4:45-5:45 pm Gentle Flow-Rachel 6:00-7:00 pm: Active Flow-Emma	22 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	23 5:30-6:30 pm Rhythmic Friday Fusion-Clarice	24 9:00-10:00 am Saturday Flow-Emma
25 6:30 am-7:30 am Sunrise Sunday Flow-April 10:00 am-1:00 pm Plant Swap	26 MEMORIAL DAY: No regularly scheduled classes today. 8:00-9:00 pm Super New Moon in Gemini Flow-Emma, free	27 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	28 8:30-9:30 am Yin Flow-Emma 4:45-5:45 pm Gentle Flow-Rachel 6:00-7:00 pm: Active Flow-Emma	29 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	30 5:30-6:30 pm Rhythmic Friday Fusion-Clarice	31 9:00-10:00 am Saturday Flow-Jennifer 9:00 am-5:00 pm 200 Hour YTT

SPECIAL EVENTS COMING UP:

5/2 First Friday Mocktail Flow w/ Clarice 5:30-6:30 pm
 5/3 World Labyrinth Day Meditation Walk at 1:00 pm, free
 5/7 Soul Session: Loving-Kindness Group Tuning Fork Session at 8 pm
 Full Moon 5/12, New Moon 5/26 at 8 pm, free
 5/19 Spring Chill: Floating Sound Bath w/DeAnna (\$20-25)
 5/25 Plant Swap from 10:00 am-1:00 pm
 Boundless Soul Retreat coming Sept. 27 & 28, details coming soon!

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, SEPTEMBER 27 & 28: BOUNDLESS SOUL WEEKEND RETREAT-DETAILS COMING SOON

Save the day for One Soul's fall ladies retreat, Boundless Soul scheduled for Sept. 27 & 28, 2025. Awaken your inner child and embrace limitless possibilities. Break free from limitations, embrace spontaneity, and explore new ways to move, create, and connect. Expect a blend of yoga, breathwork, sound healing, and fun, interactive workshops—all designed to help you tap into a boundless sense of wonder and inspiration.

2.

FRIDAY, MAY 2 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.

WEDNESDAY, MAY 7 AT 8:00 PM SOUL SESSION: LOVING KINDESS GROUP TUNING FORK WITH DEANNA

Using tuning forks, DeAnna works to balance the energetic field around the body releasing stagnant energy and promoting emotional harmony. Afterwards, settle in for a Loving-Kindness mantra meditation (also known as metta bhavana) to help you send out benevolent and loving energy to selves and others.

4.

MONDAY, MAY 12 AT 8 PM: FULL FLOWER 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.

MONDAY, MAY 19 FROM 7:30-9:00 PM SPRING CHILL FLOATING SOUND BATH WITH DEANNA

Join us for gentle breathwork, guided meditation and a full one-hour sound bath journey to encourage you to relax and explore within and to access your own healing power. For this session choose the space that fits your needs—a floating silk hammock experience (\$25), weightless zero gravity chair experience (\$25) or a grounding mat space (\$20)

7.

SUNDAY, MAY 25 FROM 10:00 AM-1:00 PM COMMUNITY PLANT SWAP

Bring healthy potted plants, cuttings, or seeds to swap, label your plants with their name and care instructions, trade spare gardening gear like pots, tools, and decor at our Garden Exchange Table and get creative at our plant-themed craft stations—make and take home a unique craft! (Plant swap is free, craft stations range from \$10-\$25). This is a come and go event.

8.

MONDAY, MAY 26 AT 8:00 PM SUPER NEW MOON FLOW WITH EMMA, FREE

Join Emma at One Soul Yoga on Monday, May 26 at 8 pm for a transformative Super New Moon Flow—a monthly event 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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