

ONE SOUL YOGA & WELLNESS CENTER

NOVEMBER 2024

1008 MAIN ST., SULPHUR SPRINGS, TX 75482

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S M T W TH F SA



**YOGA ALLIANCE APPROVED FOUNDATIONAL 200 HOUR YOGA
TEACHER TRAINING AND ADVANCED 300 HOUR YOGA TEACHER
TRAINING STARTING JANUARY 2025.
DEADLINE FOR APPLICATION IS DECEMBER 31.
GET DETAILS ON WEBSITE.**

1	8:30-9:30 am Move & Flow Friday- April 8:00-9:00 pm New Moon Flow- Emma, free	2	9:00-10:00 am Saturday Flow-Jennifer
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3	4	5	6	7	8	9
7:00-8:00 am Sunrise Sunday Flow-April 6:00-7:00 pm Restorative + Meditation-Rachel	8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel	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	8:30-9:30 am Yin Flow-Emma 4:45-5:45 pm Gentle Flow-Jennifer Ladies Clothing Swap Drop-Off at class times 11/6 through NOON 11/8	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	8:30-9:30 am Move & Flow Friday- Clarice	NO SATURDAY FLOW 10:00 am-2:00 pm Swap 'til You Drop: Ladies Clothing Swap

10	11	12	13	14	15	16
	8:30-9:30 am Mindful Monday Mornings-Emma 4:45-5:45 pm Empower Hour-Rachel 8:00-9:15 pm Soul Session: 11/11 Reiki-Infused Yin & Sound-DeAnna & Starr	7:30-8:30 am Fall Morning Flow Series- Clarice 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	8:30-9:30 am Yin Flow-Emma 4:45-5:45 pm Gentle Flow-Rachel	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	8:30-9:30 am Move & Flow Friday- Clarice 8:00-9:00 pm Full Beaver Moon in Taurus Ceremony- DeAnna, free	9:00-10:00 am Saturday Flow-Clarice

17	18	19	20	21	22	23
7:00-8:00 am Sunrise Sunday Flow-April 6:00-7:00 pm Restorative + Meditation-Rachel	8:30-9:30 am Mindful Monday Mornings- Emma 4:45-5:45pm Empower Hour-Rachel 6:00 pm-7:00 pm Yin on the Wall-Libby	7:30-8:30 am Fall Morning Flow Series- Clarice 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	8:30-9:30 am Yin Flow-Emma 4:45-5:45 pm Gentle Flow-Rachel 6:30-9:00 pm Soul Gathering Friendsgiving Potluck & Energy Share, open to One Soul Yogis	7:30-8:30 am Fall Morning Flow Series-DeAnna 12:10-12:50 pm Lunch Yoga: Stretch- DeAnna 6:00-7:00 pm Active Flow-Emma	8:30-9:30 am Move & Flow Friday- Clarice 5:30-6:30 pm Pop Up: Happy Hour Mocktail Flow-Clarice	9:00-10:00 am Saturday Flow-Emma

24	25	26	27	28	29	30
	8:30-9:30 am Mindful Monday Mornings- Emma 4:45-5:45pm Empower Hour-Emma	7:30-8:30 am Fall Morning Flow Series- Clarice 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 Sounds of Gratitude Sound Bath-DeAnna	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	9:00-10:00 am Saturday Flow-Clarice

SPECIAL EVENTS COMING UP:

Next retreat: Radiant Soul coming April 26 & 27, registration opens 11/28
 New Moon (11/2) & Full Moon (11/15) at 8 pm, free
 Ladies Clothing Swap (11/9), drop off 11/6-noon 11/8
 Soul Session: 11/11 Reiki-Infused Yin & Sound: DeAnna & Starr 11/11, 8 pm
 Yin on the Wall Pop Up: Libby 11/18 at 6 pm
 Friendsgiving Potluck & Energy Share 11/20 at 6:30 pm
 Happy Hour Mocktail Flow: Clarice 11/22 at 5:30
 Sounds of Gratitude Sound Bath: DeAnna 11/26 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 OPENS 11/28**

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.

**FRIDAY, NOVEMBER 1 AT 8 PM:
NEW MOON IN SCORPIO WITH EMMA, FREE**

**FRIDAY, NOVEMBER 15 AT 8 PM:
FULL BEAVER MOON CEREMONY WITH DEANNA, free**

4.

**SATURDAY, NOVEMBER 9 FROM 10 AM-2 PM
SWAP 'TIL YOU DROP: LADIES CLOTHING SWAP**

Drop off a bag of clean, gently worn ladies clothing & accessories from 11/6-noon 11/8 and receive a bag to fill at our upcoming clothing swap. See our website for details and join us for eco-friendly way to "swap 'til you drop"!

5.

**MONDAY, NOVEMBER 11 AT 8 PM
SOUL SESSION: REIKI-INFUSED YIN & SOUND: DEANNA & STARR**

During the long holds of yin postures, you'll receive your choice of hands on or hands-off reiki healing and be guided by the blissful sounds of sacred instruments. Open to all levels, \$15 or pass/punch card. Free to Veterans & active military at the door.

6.

**MONDAY, NOVEMBER 18 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.

7.

**WEDNESDAY, NOVEMBER 20 AT 6:30 PM
SOUL GATHERING: FRIENDSGIVING & ENERGY SHARE**

Open to One Soul Yogis- Bring your favorite dish to share and we will enjoy a cozy potluck dinner followed by a casual energy share where you can offer (or receive) your favorite healing modalities.

8.

**FRIDAY, NOVEMBER 22 AT 5:30 PM:
HAPPY HOUR MOCKTAIL FLOW WITH CLARICE**

Join us for a playful Friday evening yoga class where we'll flow through light-hearted poses and joyful movement to shake off the week's stress and enjoy tasty mocktails and time to chat. \$15 or included with pass/punch card.

9.

**TUESDAY, NOVEMBER 26 AT 8 PM:
SOUNDS OF GRATITUDE SOUND BATH WITH DEANNA**

Join us for a special Sounds of Gratitude Sound Bath on Tuesday, November 26 with DeAnna, where we will honor this energy of thankfulness through the soothing power of sound healing. Ease in to release stress, restore balance, and open your heart to the abundance around you. \$15 or included with pass/punch card.

10.

HOLIDAY CLOSURES

One Soul Yoga will be closed for all classes Wednesday, November 27 through Friday, November 29 for Thanksgiving. We will re-open on Saturday, November 30 with Saturday Flow with Clarice at 9:00 am. Enjoy your holidays!