



Thank you for your interest in yoga classes at Luminous Health & Yoga!
 We offer a hybrid schedule of both in-person and online classes to meet your needs.
 Please let us know if you would like more information by calling 417-350-1220
 Or stop by the studio at 2139 E Primrose, Suite F in Springfield, MO
 We would love to show you around!



Please call the front desk for pricing of our classes, drop ins and private lessons.

In Person Classes		Zoom Classes	
Monday	10:30 – Level I/I - Betsy		
Monday	4:00 – Intro – Betsy	Monday	5:30 – Intro/Level I – Linda Meeting ID: 563 543 371
Tuesday	5:00 – Level II/III – Betsy	Tuesday	11:45 – Gentle – Betsy Meeting ID: 228 684 601
		Wednesday	4:15 – Intro - Linda Meeting ID: 342 162 665
		Wednesday	5:30 – Level I/II - Linda Meeting ID: 303 031 720
Thursday	12:00 – Gentle – Betsy	Thursday	9:00 – Level I/II – Betsy Meeting ID: 540 244 810
Friday	9:00 – Level II Intro – Linda		
Friday	10:30 – De-Stress - Linda		
		Saturday	9:00 – Intro/Level I – Linda Meeting ID: 432 133 985