



Thank you for your interest in yoga classes at Luminous Health & Yoga!

We offer a hybrid schedule of both in-person and online yoga classes as well as private lessons to meet your needs.

Please contact us for additional information and pricing.

Phone: 417-350-1220 Email: [orders.luminoushealth@gmail.com](mailto:orders.luminoushealth@gmail.com)

Website: [luminoushealthyoga.com](http://luminoushealthyoga.com)

Or stop by our studio at 2139 E Primrose, Suite F in Springfield, MO

We would love to show you around!



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 12:00 – Gentle – Betsy Meeting ID: 228 684 601
Wednesday 5:30 – Level I/II - Linda	Wednesday 4:15 – Intro - Linda Meeting ID: 342 162 665
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