



SPA OJAI

MIND & BODY CLASS SCHEDULE
SEPTEMBER 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|---|--|
| 7:30 A 30 Min. Stretch** 1 8 A Fitness Walk' 9 A Prana Yoga Flow 2 P TRX 3 P Yogic Waves 4 P Meditation | 7:30 A 30 Min. Stretch** 2 8 A Fitness Walk' 9 A Pilates Inspired Mat 2 P Water Works (Energy Pool) 3 P Balanced Body 4 P Relaxing Yoga | 7:30 A 30 Min. Stretch** 3 8 A Fitness Walk' 9 A Yoga Flow 10 A Nutritional Wellness Talk' 2 P Core & More 3 P Spinning 4 P Hatha Yoga | 7:30 A 30 Min. Stretch** 4 8 A Fitness Walk' 9 A Self Myofascial Release 2 P HIIT 3 P Spin & Yoga Fusion 4 P History & Botany Walk' | 7:30 A 30 Min. Stretch** 5 8 A Fitness Walk' 9 A TRX** 2 P Self Myofascial Release 3 P Yin/Yang Yoga 4 P Yoga Nidra | 7:30 A 30 Min. Stretch** 6 8 A Fitness Walk' 9 A Hatha Yoga** 3 P Water Works (Energy Pool) 4 P Balanced Body 5 P Relaxing Yoga | 7:30 A 30 Min. Stretch** 7 8 A Fitness Walk' 9 A Spin & Yoga Fusion 10 A Nutritional Wellness Talk' 2 P Toning on the Ball 3 P Pilates Inspired Mat 4 P Relaxing Yoga |
| 7:30 A 30 Min. Stretch** 8 8 A Fitness Walk' 9 A Yin Yoga 2 P TRX 3 P Yogic Waves 4 P Meditation | 7:30 A 30 Min. Stretch** 9 8 A Fitness Walk' 9 A Pilates Inspired Mat 2 P Water Works (Energy Pool) 3 P Balanced Body 4 P Relaxing Yoga | 7:30 A 30 Min. Stretch** 10 8 A Fitness Walk' 9 A Yogic Waves 10 A Mindful Meditation 2 P Core & More 3 P Spinning 4 P History & Botany Walk' | 7:30 A 30 Min. Stretch** 11 8 A Fitness Walk' 9 A Spin & Yoga Fusion 10 A Mindful Meditation 2 P Water Works (Energy Pool) 3 P Hula Hoops** 4 P Yoga for Life** | 7:30 A 30 Min. Stretch** 12 8 A Fitness Walk' 9 A TRX** 10 A Nutritional Wellness Talk' 2 P Self Myofascial Release 3 P Power Vinyasa 4 P Yoga Nidra | 7:30 A 30 Min. Stretch** 13 8 A Fitness Walk' 9 A Hatha Yoga** 3 P Water Works (Energy Pool) 4 P Balanced Body 5 P Relaxing Yoga | 7:30 A 30 Min. Stretch** 14 8 A Fitness Walk' 9 A Spin & Yoga Fusion 10 A Nutritional Wellness Talk' 2 P Pilates Inspired Mat 3 P Basic Barre & Weights 4 P Relaxing Yoga |
| 7:30 A 30 Min. Stretch** 15 8 A Fitness Walk' 9 A Yin Yoga 2 P TRX 3 P Hatha Yoga 4 P Meditation | 7:30 A 30 Min. Stretch** 16 8 A Fitness Walk' 9 A Pilates Inspired Mat 2 P Water Works (Energy Pool) 3 P Balanced Body 4 P Relaxing Yoga | 7:30 A 30 Min. Stretch** 17 8 A Fitness Walk' 9 A Yogic Waves** 10 A Mindful Meditation 2 P TRX 3 P Spinning 4 P Hatha Yoga | 7:30 A 30 Min. Stretch** 18 8 A Fitness Walk' 9 A Spin & Yoga Fusion 2 P Water Works (Energy Pool) 3 P Hula Hoops** 4 P Yoga for Life** | 7:30 A 30 Min. Stretch** 19 8 A Fitness Walk' 9 A TRX** 10 A Nutritional Wellness Talk' 2 P Self Myofascial Release 3 P Power Vinyasa 4 P Yoga Nidra | 7:30 A 30 Min. Stretch** 20 8 A Fitness Walk' 9 A Hatha Yoga** 3 P Water Works (Energy Pool) 4 P Balanced Body 5 P Relaxing Yoga | 7:30 A 30 Min. Stretch** 21 8 A Fitness Walk' 9 A Spin & Yoga Fusion 10 A Nutritional Wellness Talk' 2 P Pilates Inspired Mat 3 P Toning on the Ball 4 P Relaxing Yoga |
| 7:30 A 30 Min. Stretch** 22 8 A Fitness Walk' 9 A Prana Yoga Flow 2 P TRX 3 P Yogic Waves 4 P Meditation | 7:30 A 30 Min. Stretch** 23 8 A Fitness Walk' 9 A Pilates Inspired Mat 2 P Water Works (Energy Pool) 3 P Balanced Body 4 P Relaxing Yoga | 7:30 A 30 Min. Stretch** 24 8 A Fitness Walk' 9 A Yogic Waves** 2 P TRX 3 P Spinning 4 P Hatha Yoga | 7:30 A 30 Min. Stretch** 25 8 A Fitness Walk' 9 A Self Myofascial Release 2 P Core & More 3 P Spin & Yoga Fusion 4 P History & Botany Walk' | 7:30 A 30 Min. Stretch** 26 8 A Fitness Walk' 9 A TRX** 10 A Nutritional Wellness Talk' 2 P Self Myofascial Release 3 P Power Vinyasa 4 P Yoga Nidra | 7:30 A 30 Min. Stretch** 27 8 A Fitness Walk' 9 A Hatha Yoga** 3 P Water Works (Energy Pool) 4 P Balanced Body 5 P Relaxing Yoga | 7:30 A 30 Min. Stretch** 28 8 A Fitness Walk' 9 A Spin & Yoga Fusion 10 A Nutritional Wellness Talk' 2 P Pilates Inspired Mat 3 P Basic Barre & Weights 4 P Relaxing Yoga |
| 7:30 A 30 Min. Stretch** 29 8 A Fitness Walk' 9 A Yin Yoga 2 P TRX 3 P Yogic Waves 4 P Meditation | 7:30 A 30 Min. Stretch** 30 8 A Fitness Walk' 9 A Pilates Inspired Mat 2 P Water Works (Energy Pool) 3 P Balanced Body 4 P Relaxing Yoga | <p>Classes are complimentary for guests of the Ojai Valley Inn and Spa Ojai, and begin on the hour and last for approximately 45 minutes. Please arrive a few minutes early to sign-in and reserve your spot.</p> <p>Classes marked with an asterisk (*) meet in the Spa Village Courtyard; classes marked with two asterisks (**) meet at the Fitness Veranda. All other classes meet in the Mind & Body studio, located down the stairs to the right of the Spa Ojai lobby. Class schedule is subject to change.</p> | | | | |

Private Mind & Body classes, private guided hikes, geocaching adventures, and personal training are also available with advance reservations. Please inquire at the Spa Front Desk, Discover Ojai Experience Planning Center or contact Mind & Body Fitness Supervisor, Carolyn Maul at 805.640.2014.



SPA OJAI

MIND & BODY CLASS DESCRIPTIONS

MIND & BODY

Mindful Meditation: Learn mindfulness practice for being more present, calm, and focused at work and at sports. Taught by the author of ZEN GOLF: Mastering the Mental Game.

Ojai Earth Meditation: Deep focus on the Muladhara (Root) Chakra to assist in grounding your Self. We will tap into the healing energy of Ojai to guide, strengthen and rejuvenate your entire being.

YOGA

Yoga Flow: A gentle Vinyasa-style class that flows from one pose to the next; all levels welcome.

Prana Yoga Flow: Connect to the deep rhythm of your breath as we move through powerful yoga poses all guided by the beat of your heart.

Hatha Yoga: Concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dhyana), with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Hatha yoga postures also stretch and align the body, promoting balance and flexibility.

Relaxing Yoga: Gentle, quiet, slow moving poses and breathwork to settle the mind and stretch the body.

Power Vinyasa: Sync your movement with your breath in this invigorating power yoga flow class.

Yoga for Life: Yoga for all levels that stimulates breath, strength, balance and relaxation.

Yin Yoga: Nourish your body and mind by enjoying a blissful yoga experience. This class dissolves stress stored in the body's tissues; you will utilize bolsters, blocks, straps, & blankets as a way to comfort & support the yoga postures.

Yoga Nidra: Rejuvenate your mind, body and soul during this powerful guided yogic sleep practice.

Yogic Waves: A unique style of practice with an emphasis on wavelike spinal movements, economy of motion and harmony of body, breath, and mind.

Yin/Yang Yoga: You will be guided through a strong yoga flow, and finish your practice with replenishing restorative postures. This class is perfect for finding your balance and joy.

WALKS

Fitness Walk: A brisk walk into downtown Ojai and back. Walking shoes required.

History & Botany Walk: Did you know that the Ojai Valley Inn is a member of the Historic Hotels of America? Join us for this leisurely walk around the property to learn about the Inn's interesting history and dozens of trees and plants that are among the 10,000 species of plants present on the grounds. Walking shoes required.

TALKS

Nutritional Wellness Talk: Enjoy an insightful dialog in a relaxing environment with Ojai's Holistic Nutrition expert, Carolyn Maul. Weekly topics range from Anti-Inflammatory Foods, Probiotic Rich Foods, "Inflammaging", and Seasonal Power Foods. There will be an interactive Q&A session so please bring your questions!

CARDIO

Spin & Yoga Fusion: Get a full body workout with cardio and flexibility built in. Warm up with a 20-minute spin on the bike. Then transition to the mat for an active yoga flow. Beginners welcome.

Spinning: A high intensity 45 minute Spin class. All levels welcome.

STRETCHING

Morning Stretch: Begin your day with gentle stretching and lengthening of all the major muscle groups.

Self Myofascial Release: Let go of tightness & tension while increasing mobility in the body with self-care massage tools designed by the innovative company, RAD.

CORE, BOSU & MORE

Basic Barre & Weights: This soft intermediate class integrates 3 fun full body toning methods.

Balanced Body: Improve your balance and coordination by combining the mind-body practices of yoga, tai chi and Pilates to lengthen and strengthen the muscles and focus the mind.

Core & More: Performance focus on the muscles of your core – abdominals, lower back, hips and thighs- will help you stand taller and prevent back pain. The biggest benefits come from the inside, pillar strength, the basis of all movement. All levels welcome.

HIIT: High Intensity Interval Training. This is a fast moving, high energy class using a variety of exercises that will tone all major muscle groups.

Hula Hoops: Playfully build mobility and core strength with hula hoops.

Toning On the Ball: Strengthen major muscle groups adapting familiar moves to the stability ball.

Intermediate Pilates Inspired Mat: Integrate muscular lengthening and strengthening with flowing moves.

TRX: This total-body fitness program uses gravity against your own body weight to simultaneously develop strength, balance, flexibility and core stability. The TRX® is attached to an anchor point, grab the handles or secure feet in the hand/foot cradles. Class size is limited and fitness shoes are recommended.

Water Works: Join us at the Energy Pool for this spirited cardio and toning workout.

Private Mind & Body classes, private guided hikes, geocaching adventures, and personal training are also available with advance reservations. Please inquire at the Spa Front Desk, Discover Ojai Experience Planning Center or contact Mind & Body Fitness Supervisor, Carolyn Maul at 805.640.2014.