



SPA OJAI

MIND & BODY CLASS SCHEDULE
JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Classes are complimentary for guests of the Ojai Valley Inn and Spa Ojai. Classes begin on the hour and last for approximately 45 minutes. Please arrive a few minutes early to sign-in and reserve your spot. All classes meet in the Spa Village Courtyard.</p> <p>Due to physical distancing requirements, capacity is limited. To ensure a safe and comfortable environment for all, classes are offered outdoors and do not require equipment or mats.</p> <p>Class schedule is subject to change. Contact Spa Reservations at (888) 772-6524 for more information.</p>						<p>1</p> <p>8 A Property Walk 9 A Gentle Detox Yoga Flow 10 A Ayurveda Talk 11 A Aerial Yoga</p>
<p>2</p> <p>8 A Core and More 9 A Serene Yin Yoga & Meditation 10 A Wellness Talk: The Eight Limbs of Yoga 11 A Intro to Aerial Yoga</p>	<p>3</p> <p>8 A Mat Pilates 9 A Yoga with the Beatles 10 A Morning Stretch (30 min)</p>	<p>4</p> <p>8 A Property Walk 9 A BOSU Blast 10 A Stretch & Roll</p>	<p>5</p> <p>8 A Property Walk 9 A Happy Hips Yoga Flow 10 A Boundless Meditation</p>	<p>6</p> <p>8 A Property Walk 9 A Core and More 10 A Intro to Aerial Yoga</p>	<p>7</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Releasing Stress Talk (30 min) 3 P Intro to Aerial Yoga</p>	<p>8</p> <p>8 A Property Walk 9 A Gentle Detox Yoga Flow 10 A Ayurveda Talk 11 A Aerial Yoga</p>
<p>9</p> <p>8 A Property Walk 9 A Vinyasa Yoga Flow 10 A Wellness Talk: The Eight Limbs of Yoga 11 A Intro to Aerial Yoga</p>	<p>10</p> <p>8 A Mat Pilates 9 A Yoga with the Beatles 10 A Morning Stretch (30 min)</p>	<p>11</p> <p>8 A Property Walk 9 A BOSU Blast 10 A Stretch & Roll</p>	<p>12</p> <p>8 A Property Walk 9 A Happy Hips Yoga Flow 10 A Boundless Meditation</p>	<p>13</p> <p>8 A Property Walk 9 A Core and More 10 A Intro to Aerial Yoga</p>	<p>14</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Releasing Stress Talk (30 min) 3 P Intro to Aerial Yoga</p>	<p>15</p> <p>8 A Property Walk 9 A Gentle Detox Yoga Flow 10 A Ayurveda Talk 11 A Aerial Yoga</p>
<p>16</p> <p>8 A Property Walk 9 A Vinyasa Yoga Flow 10 A Wellness Talk: The Eight Limbs of Yoga 11 A Intro to Aerial Yoga</p>	<p>17</p> <p>8 A Mat Pilates 9 A Yoga with the Beatles 10 A Morning Stretch (30 min)</p>	<p>18</p> <p>8 A Property Walk 9 A BOSU Blast 10 A Stretch & Roll</p>	<p>19</p> <p>8 A Property Walk 9 A Happy Hips Yoga Flow 10 A Boundless Meditation</p>	<p>20</p> <p>8 A Property Walk 9 A Core and More 10 A Intro to Aerial Yoga</p>	<p>21</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Releasing Stress Talk (30 min) 3 P Intro to Aerial Yoga</p>	<p>22</p> <p>8 A Property Walk 9 A Gentle Detox Yoga Flow 10 A Ayurveda Talk 11 A Aerial Yoga</p>
<p>23</p> <p>8 A Property Walk 9 A Vinyasa Yoga Flow 10 A Wellness Talk: The Eight Limbs of Yoga 11 A Intro to Aerial Yoga</p>	<p>24</p> <p>8 A Mat Pilates 9 A Yoga with the Beatles 10 A Morning Stretch (30 min)</p>	<p>25</p> <p>8 A Property Walk 9 A BOSU Blast 10 A Stretch & Roll</p>	<p>26</p> <p>8 A Property Walk 9 A Happy Hips Yoga Flow 10 A Boundless Meditation</p>	<p>27</p> <p>8 A Property Walk 9 A Core and More 10 A Intro to Aerial Yoga</p>	<p>28</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Releasing Stress Talk (30 min) 3 P Intro to Aerial Yoga</p>	<p>29</p> <p>8 A Property Walk 9 A Gentle Detox Yoga Flow 10 A Ayurveda Talk 11 A Aerial Yoga</p>
<p>30</p> <p>8 A Property Walk 9 A Vinyasa Yoga Flow 10 A Wellness Talk: The Eight Limbs of Yoga 11 A Intro to Aerial Yoga</p>	<p>31</p> <p>8 A Mat Pilates 9 A Yoga with the Beatles 10 A Morning Stretch (30 min)</p>	<p><i>Private Mind & Body classes, premium fitness sessions, guided hikes, and geocaching adventures are also available with advance reservations. Premium private fitness sessions include Aerial Yoga, TRX, and Pilates. Please contact Discover Ojai at (866) 887-4007 for more information.</i></p>				



SPA OJAI

MIND & BODY CLASS DESCRIPTIONS

MIND & BODY

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

Stretch & Roll (30 minutes): This athletic stretch class utilizes a foam roller to target tight areas within the body by means of self myofascial release. The benefits of foam rolling include decreased muscle tension and improved joint range of motion.

Boundless Meditation: During this meditation, we will guide you to find the freedom of connecting to the boundless dimension of pure consciousness.

Serene Yin Yoga & Meditation: Find and tend to your inner stillness during the bustling holiday season as we move through a slow-paced all-level yoga flow. We will finish with longer-held yin poses and deep meditation to renew body, mind, and spirit.

YOGA

Happy Hips Yoga Flow: Join us for this gentle flow targeting your hip flexors. We will move through deep stretches of the legs, back, hips, and heart.

Yoga Hybrid: This slow flow yoga class integrates multiple styles and postures. All levels welcome.

Intro to Aerial Yoga (45 minutes): A first step to learning the basic aerial movements, postures, and stretches in a safe, fun environment. This class is appropriate for all fitness levels and body types.

Yoga with the Beatles: A slow flow class integrating stretch, strength, and style to Beatles music.

Gentle Detox Yoga Flow: Flow with us as we stimulate the digestive system including twists, bends, and deep stretches to bring about vitality and peace of mind.

Vinyasa Yoga Flow: Find your equanimity and come ready to move from one pose to the next while syncing your breath with movement.

Private Mind & Body classes, premium fitness sessions, guided hikes, and geocaching adventures are also available with advance reservations. Premium private fitness sessions include Aerial Yoga, TRX, and Pilates. Please contact Discover Ojai at (866) 887-4007 for more information.

CORE, BOSU & MORE

Mat Pilates: Build, strengthen, and tone your core on the mat in this all levels class.

Core & More: Performance focus on the muscles of your core - abdominals, lower back, hips, and thighs - will help you stand taller and prevent the back pain from which most eventually suffer. All levels.

Property Walk: A brisk 45 minute walk around our beautiful property. Learn about the history of the Ojai Valley Inn and the town of Ojai from our local guides. Walking shoes are required.

BOSU Blast: Total body training using the BOSU trainer and dumbbells. This class is ideal for intermediate to advanced fitness levels. Due to physical distancing guidelines this class can accommodate a maximum of six guests.

WELLNESS TALKS

Ayurveda Talk (30 minutes): In Sanskrit, Ayurveda means the "Science of Life". Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the "Mother of all Healing." This interactive session explores living and practicing an ayurvedic lifestyle.

Releasing Stress (30 minutes): This interactive discussion tackles the different causes of stress and how it influences our daily lives. Learn how to identify stress and release it in a healthy, productive way.

The Eight Limbs of Yoga (30 minutes): The physical postures of yoga make up only one eighth of our yoga practice. In this session we will explore all parts of this healing practice, and begin to feel their lasting benefits on and off the mat.