



SPA OJAI

MIND & BODY CLASS SCHEDULE  
OCTOBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Classes are complimentary for guests of the Ojai Valley Inn. Classes 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>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>Classes marked with an asterisk (*) meet at the Fitness Veranda. All other classes meet in the Spa Village Courtyard. Class schedule is subject to change. Contact Spa Reservations at 1-888-772-6524 for more information.</p>				<p><b>1</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Property Walk</p>	<p><b>2</b></p> <p>7:30 A Optimal Mobility*</p> <p>8 A Property Walk</p> <p>9 A Bodyweight Basics</p>	<p><b>3</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A History &amp; Botany Walking Tour</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Nature Meditation</p>
<p><b>4</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Core &amp; More*</p>	<p><b>5</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Property Walk</p>	<p><b>6</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Foothill Fitness Walk</p>	<p><b>7</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Wellness Talk: Kombucha</p>	<p><b>8</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Property Walk</p>	<p><b>9</b></p> <p>7:30 A Optimal Mobility*</p> <p>8 A Property Walk</p> <p>9 A Bodyweight Basics</p>	<p><b>10</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A History &amp; Botany Walking Tour</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Nature Meditation</p>
<p><b>11</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Core &amp; More*</p>	<p><b>12</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Property Walk</p>	<p><b>13</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Foothill Fitness Walk</p>	<p><b>14</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Wellness Talk: Kombucha</p>	<p><b>15</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Property Walk</p>	<p><b>16</b></p> <p>7:30 A Optimal Mobility*</p> <p>8 A Property Walk</p> <p>9 A Bodyweight Basics</p>	<p><b>17</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A History &amp; Botany Walking Tour</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Nature Meditation</p>
<p><b>18</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Core &amp; More*</p>	<p><b>19</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Property Walk</p>	<p><b>20</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Foothill Fitness Walk</p>	<p><b>21</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Wellness Talk: Kombucha</p>	<p><b>22</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Property Walk</p>	<p><b>23</b></p> <p>7:30 A Optimal Mobility*</p> <p>8 A Property Walk</p> <p>9 A Bodyweight Basics</p>	<p><b>24</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A History &amp; Botany Walking Tour</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Nature Meditation</p>
<p><b>25</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Core &amp; More*</p>	<p><b>26</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Property Walk</p>	<p><b>27</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Foothill Fitness Walk</p>	<p><b>28</b></p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Wellness Talk: Kombucha</p>	<p><b>29</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Property Walk</p>	<p><b>30</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p>	<p><b>31</b></p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A History &amp; Botany Walking Tour</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Nature Meditation</p>

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.



## SPA OJAI

### MIND & BODY CLASS DESCRIPTIONS

**Bodyweight Basics:** Warm up, tone up and cool down as you work all the major muscle groups in this fun strength and cardio class. Adaptations can be made to suit all fitness levels.

**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 from which many eventually suffer. All levels.

**Feet to the Ground Yoga:** You will be guided through an outdoor yoga flow of standing asanas, and finish your practice with replenishing restorative postures. This class is perfect for finding your balance and joy, while standing connected to the Earth.

**Foothill Fitness Walk:** This vigorous route takes you up Foothill Road to the Pratt Trailhead at the base of the Topatopa Mountains. Please allow up to 90 minutes for this out and back trip.

**History & Botany Walking Tour:** Did you know that the Ojai Valley Inn is a member of the Historic Hotels of America? Join us for this leisurely walk around 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.

**Morning 30 Min. Stretch:** Begin your day with gentle stretching and lengthening of all the major muscle groups.

**Morning Meditation:** During this 25 minute meditation session, invite your attention out of the past and future and into the dynamic, breathing, ever-changing qualities of the living Earth in this present moment. We will center ourselves in a beautiful space outside, with mindful breathing to stimulate the relaxation response in the body.

**Nature Meditation:** Guided meditation to assist in understanding, strengthening and re-balancing the energy centers in your subtle body. Nature's healing wisdom will guide us back to our inner light.

**Optimal Mobility:** A 25 minute class designed to gently and effectively unlock tightness plus improve joint function and range of motion throughout the body.

**Property Walk:** A brisk 45 minute walk around the beautiful property. Learn about the history of the Inn as you take in the scenery. Walking shoes required.

**Wellness Talk: Kombucha:** In this 30 minute interactive session, learn about the history of kombucha, some of its health benefits, and tips for making your own batch at home. Participants will receive an exclusive discount offer from Revel Kombucha Bar, a unique kombucha tasting room in Downtown Ojai.

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