



SPA OJAI

MIND & BODY CLASS SCHEDULE  
DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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; all other classes meet in the Mind &amp; Body studio, located down the stairs to the right of the Spa Ojai lobby. Class schedule is subject to change.</p> <p><i>Private Mind &amp; 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 &amp; Body Fitness Supervisor, Carolyn Maul at 805.640.2014.</i></p>						<p><b>7:30 A</b> Stretch <b>1</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Spin &amp; Yoga Fusion  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> Basic Barre &amp; Weights  <b>3 P</b> Toning on the Ball  <b>4 P</b> Relaxing Yoga</p>
<p><b>7:30 A</b> Stretch <b>2</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yin Yoga  <b>3 P</b> TRX  <b>4 P</b> Meditation  <b>5 P</b> Candlelight Yoga</p>	<p><b>7:30 A</b> Stretch <b>3</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Pilates Inspired Mat  <b>2 P</b> Spin &amp; Stretch  <b>3 P</b> Yoga Flow  <b>4 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>4</b>  <b>8 A</b> Fitness Walk*  <b>8 A</b> Mindful Meditation  <b>9 A</b> Yoga Flow  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> Botanical Walking Tour*  <b>3 P</b> Spinning  <b>4 P</b> Hatha Yoga</p>	<p><b>7:30 A</b> Stretch <b>5</b>  <b>8 A</b> Fitness Walk*  <b>8 A</b> Mindful Meditation  <b>9 A</b> Self Myofascial Release  <b>2 P</b> Core &amp; More  <b>3 P</b> Spin &amp; Yoga Fusion  <b>4 P</b> Relax &amp; Stretch</p>	<p><b>7:30 A</b> Stretch <b>6</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> TRX  <b>2 P</b> Outdoor Steps*  <b>3 P</b> Yoga Flow  <b>4 P</b> Body Scan Meditation</p>	<p><b>7:30 A</b> Stretch <b>7</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yoga Flow  <b>10 A</b> Nutritional Wellness Talk*  <b>3 P</b> Spin &amp; Stretch  <b>4 P</b> 30-Min Qi Gong  <b>5 P</b> Candlelight Yoga</p>	<p><b>7:30 A</b> Stretch <b>8</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Spin &amp; Yoga Fusion  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> Arms &amp; Abs  <b>3 P</b> Yoga for Life  <b>4 P</b> Hula Hoops (<i>Lap Pool</i>)</p>
<p><b>7:30 A</b> Stretch <b>9</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yin Yoga  <b>3 P</b> TRX  <b>4 P</b> Meditation  <b>5 P</b> Candlelight Yoga</p>	<p><b>7:30 A</b> Stretch <b>10</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Pilates Inspired Mat  <b>2 P</b> Spin &amp; Stretch  <b>3 P</b> Hatha Yoga  <b>4 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>11</b>  <b>8 A</b> Fitness Walk*  <b>8 A</b> Mindful Meditation  <b>9 A</b> Yoga Flow  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> Botanical Walking Tour*  <b>3 P</b> Spin &amp; Yoga Fusion  <b>4 P</b> Self Myofascial Release</p>	<p><b>7:30 A</b> Stretch <b>12</b>  <b>8 A</b> Fitness Walk*  <b>8 A</b> Peace &amp; Joy Meditation  <b>9 A</b> Self Myofascial Release  <b>2 P</b> Arms &amp; Abs  <b>3 P</b> Yoga for Life  <b>4 P</b> Hula Hoops (<i>Lap Pool</i>)</p>	<p><b>7:30 A</b> Stretch <b>13</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> TRX  <b>2 P</b> Outdoor Steps*  <b>3 P</b> Yoga Flow  <b>4 P</b> Body Scan Meditation</p>	<p><b>7:30 A</b> Stretch <b>14</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Hatha Yoga  <b>10 A</b> Nutritional Wellness Talk*  <b>3 P</b> Spin &amp; Stretch  <b>4 P</b> 30-Min Qi Gong  <b>5 P</b> Candlelight Yoga</p>	<p><b>7:30 A</b> Stretch <b>15</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Spin &amp; Yoga Fusion  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> Toning on the Ball  <b>3 P</b> Pilates Inspired Mat  <b>4 P</b> Relaxing Yoga</p>
<p><b>7:30 A</b> Stretch <b>16</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yin Yoga  <b>3 P</b> TRX  <b>4 P</b> Meditation  <b>5 P</b> Candlelight Yoga</p>	<p><b>7:30 A</b> Stretch <b>17</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Pilates Inspired Mat  <b>2 P</b> Spin &amp; Stretch  <b>3 P</b> Yoga Flow  <b>4 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>18</b>  <b>8 A</b> Fitness Walk*  <b>8 A</b> Mindful Meditation  <b>9 A</b> Yoga Flow  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> Botanical Walking Tour*  <b>3 P</b> Spinning  <b>4 P</b> Hatha Yoga</p>	<p><b>7:30 A</b> Stretch <b>19</b>  <b>8 A</b> Fitness Walk*  <b>8 A</b> Peace &amp; Joy Meditation  <b>9 A</b> Self Myofascial Release  <b>2 P</b> Arms &amp; Abs  <b>3 P</b> Yoga for Life  <b>4 P</b> Hula Hoops (<i>Lap Pool</i>)</p>	<p><b>7:30 A</b> Stretch <b>20</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> TRX  <b>2 P</b> Outdoor Steps*  <b>3 P</b> Yoga Flow  <b>4 P</b> Body Scan Meditation</p>	<p><b>7:30 A</b> Stretch <b>21</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yoga Flow  <b>10 A</b> Nutritional Wellness Talk*  <b>3 P</b> Spin &amp; Stretch  <b>4 P</b> 30-Min Qi Gong  <b>5 P</b> Candlelight Yoga</p>	<p><b>7:30 A</b> Stretch <b>22</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Spin &amp; Yoga Fusion  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> Toning on the Ball  <b>3 P</b> Basic Barre &amp; Weights  <b>4 P</b> Relaxing Yoga</p>
<p><b>7:30 A</b> Stretch <b>23</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yin Yoga  <b>3 P</b> TRX  <b>4 P</b> Meditation  <b>5 P</b> Candlelight Yoga</p>	<p><b>7:30 A</b> Stretch <b>24</b>  <b>8 A</b> Fitness Walk*  <b>8 A</b> Peace &amp; Joy Meditation  <b>9 A</b> Basic Barre &amp; Weights  <b>2 P</b> Spin &amp; Stretch  <b>3 P</b> Hatha Yoga  <b>4 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>25</b>  <b>8 A</b> Fitness Walk*  <b>3 P</b> Yoga Flow  <b>4 P</b> Meditation</p>	<p><b>7:30 A</b> Stretch <b>26</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Self Myofascial Release  <b>2 P</b> Core &amp; More  <b>3 P</b> Spin &amp; Yoga Fusion  <b>4 P</b> Relax &amp; Stretch</p>	<p><b>7:30 A</b> Stretch <b>27</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> TRX  <b>2 P</b> Outdoor Steps*  <b>3 P</b> Yoga Flow  <b>4 P</b> Body Scan Meditation</p>	<p><b>7:30 A</b> Stretch <b>28</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yoga Flow  <b>10 A</b> Nutritional Wellness Talk*  <b>3 P</b> Spin &amp; Stretch  <b>4 P</b> 30-Min Qi Gong  <b>5 P</b> Candlelight Yoga</p>	<p><b>7:30 A</b> Stretch <b>29</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Spin &amp; Yoga Fusion  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> Toning on the Ball  <b>3 P</b> Pilates Inspired Mat  <b>4 P</b> Relaxing Yoga</p>
<p><b>7:30 A</b> Stretch <b>30</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yin Yoga  <b>3 P</b> TRX  <b>4 P</b> Meditation  <b>5 P</b> Candlelight Yoga</p>	<p><b>7:30 A</b> Stretch <b>31</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Toning on the Ball  <b>2 P</b> Spin &amp; Stretch  <b>3 P</b> Hatha Yoga  <b>4 P</b> 30-Min Qi Gong</p>					



# SPA OJAI

## MIND & BODY CLASS DESCRIPTIONS

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### 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.

**Qi Gong (Chi Kung):** Learning to open the energetic pathways of the body with ease to follow movement.

**Body Scan Meditation:** Focus attention on physical sensations in the body and cultivate the ability to notice what is being experienced in all of the systems of the body - bones, skin, internal organs, digestion, etc. This mindfulness practice can help reduce stress, improve well-being, and decrease aches and pains.

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### YOGA

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

**Hatha Yoga:** Concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana), 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.

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

**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.

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### WALKS

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

**Historical Walking Tour:** The Ojai Valley Inn is a part of the Historic Hotels of America. Learn about the Inn's history during a leisurely walk around the property. Walking shoes required.

**Botanical Walking Tour:** A leisurely horticulture tour around Ojai Valley Inn's property. You will learn dozens of trees and plants that are among the close to 10,000 species of plants present on the grounds.

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### 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.

**Relax & Stretch:** In this class you are guided through a gentle stretch to ease the body into the rest of the evening. You will feel relaxed and rejuvenated.

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### CARDIO

**Outdoor Steps:** A quick routine to get your heart rate up. This class is a great way to start or end your workout. The class starts at the bottom of the herb garden and ends at the top of the pavilion. There are 100 stair steps and 3-5 cycles of push-ups.

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

**Spin & Stretch:** Traditional Spinning combined with stretching off the bike.

**5K Ojai Run:** Starting at Spa Ojai, we will take a short run onto the bike path. From there, we will either continue on the bike path through downtown, or a circle loop incorporating the Valley View Preserve.

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### CORE, BOSU & MORE

**Arms & Abs:** A dynamic & fun workout that focuses on the abdominals, triceps, biceps, and forearms.

**Basic Ballet Barre, Free Weights, & Mat Work:** This soft intermediate class integrates 3 fun full body toning methods.

**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 variety of exercises that will tone all major muscle groups.

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

**Intermediate On the Ball Tone:** 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 Aerobics:** Come and enjoy an aerobics class utilizing different tools while in the water making for a fun outdoor workout session. All levels welcome.

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### TALKS

**Nutritional 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 Winter Power Foods. There will be an interactive Q&A session so please bring your questions!

*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.*