



SPA OJAI

MIND & BODY CLASS SCHEDULE
DECEMBER 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>Classes marked with an asterisk (*) meet at the Fitness Veranda. All other classes meet in the Spa Village Courtyard.</p>		<p>1</p> <p>8 A History & Botany Walking Tour 9 A Poolside Yoga* 10 A Yoga Nidra</p>	<p>2</p> <p>8 A Core & More* 9 A Gratitude Yoga 10 A Ayurveda Talk</p>	<p>3</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*</p>	<p>4</p> <p>8 A Property Walk 9 A Bodyweight Basics 10 A Optimal Mobility*</p>	<p>5</p> <p>7:30 A Foothill Fitness Walk* 9:30 A Pranayama* 10 A Poolside Yoga* 11 A Yoga Nidra</p>
<p>6</p> <p>8 A Property Walk 9 A Gratitude Yoga 10 A Core & More* 11 A Body Scan Meditation</p>	<p>7</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*</p>	<p>8</p> <p>8 A History & Botany Walking Tour 9 A Poolside Yoga* 10 A Yoga Nidra</p>	<p>9</p> <p>8 A Core & More* 9 A Gratitude Yoga 10 A Ayurveda Talk</p>	<p>10</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*</p>	<p>11</p> <p>8 A Property Walk 9 A Bodyweight Basics 10 A Optimal Mobility*</p>	<p>12</p> <p>7:30 A Foothill Fitness Walk* 9:30 A Pranayama* 10 A Poolside Yoga* 11 A Yoga Nidra</p>
<p>13</p> <p>8 A Property Walk 9 A Gratitude Yoga 10 A Core & More* 11 A Body Scan Meditation</p>	<p>14</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*</p>	<p>15</p> <p>8 A History & Botany Walking Tour 9 A Poolside Yoga* 10 A Yoga Nidra</p>	<p>16</p> <p>8 A Core & More* 9 A Gratitude Yoga 10 A Ayurveda Talk</p>	<p>17</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*</p>	<p>18</p> <p>8 A Property Walk 9 A Bodyweight Basics 10 A Optimal Mobility*</p>	<p>19</p> <p>7:30 A Foothill Fitness Walk* 9:30 A Pranayama* 10 A Poolside Yoga* 11 A Yoga Nidra</p>
<p>20</p> <p>8 A Property Walk 9 A Gratitude Yoga 10 A Core & More* 11 A Body Scan Meditation</p>	<p>21</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*</p>	<p>22</p> <p>8 A History & Botany Walking Tour 9 A Poolside Yoga* 10 A Yoga Nidra</p>	<p>23</p> <p>8 A Core & More* 9 A Gratitude Yoga 10 A Ayurveda Talk</p>	<p>24</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*</p>	<p>25</p> <p>8 A Property Walk 9 A Bodyweight Basics 10 A Optimal Mobility*</p>	<p>26</p> <p>7:30 A Foothill Fitness Walk* 9:30 A Pranayama* 10 A Poolside Yoga* 11 A Yoga Nidra</p>
<p>27</p> <p>8 A Property Walk 9 A Gratitude Yoga 10 A Core & More* 11 A Body Scan Meditation</p>	<p>28</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*</p>	<p>29</p> <p>8 A History & Botany Walking Tour 9 A Poolside Yoga* 10 A Yoga Nidra</p>	<p>30</p> <p>8 A Core & More* 9 A Gratitude Yoga 10 A Ayurveda Talk</p>	<p>31</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*</p>	<p>Due to physical distancing requirements, capacity is limited. To ensure a safe and comfortable environment, 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>	

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.



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MIND & BODY CLASS DESCRIPTIONS

MIND & BODY

Body Scan Meditation (30 Minutes): Focuses attention on physical sensations in the body and cultivates 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.

Pranayama (30 Minutes): Allow yourself to de-stress and rest the thinking mind by shifting your awareness to the breath to enter a deeper state of meditation.

YOGA

Gratitude Yoga: Celebrate the internal, still energy of the season as we move deeply into gratitude during this slower-paced all-level yoga flow, while focusing deeply on your breath.

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

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

Yoga Nidra: Learn to use the breath to quiet the mind and enjoy deep conscious relaxation.

WELLNESS TALKS

Ayurveda Talk: 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.

WALKS

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.

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

STRETCHING

Full Body Stretch (30 Minutes): Improve full body range of motion and flexibility with a 30 minute stretch.

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

CORE, BOSU & MORE

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 welcome.

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