



SPA OJAI

MIND & BODY CLASS SCHEDULE
SEPTEMBER 2021

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. All classes meet in the Spa Village Courtyard.</p> <p>Class schedule is subject to change. Contact Spa Reservations at 1-888-772-6524 for more information.</p>			<p>1</p> <p>8A Outdoor Steps 9A Happy Hips Yoga Flow 10A Ayurveda Talk</p>	<p>2</p> <p>8A Core and More 9A Yin Yang Yoga 10A Ojai Earth Meditation</p>	<p>3</p> <p>8A Morning Stretch 9A Yoga Hybrid 10A Mat Pilates Express</p>	<p>4</p> <p>8A Morning Stretch 9A Chakra Yoga Flow 10A Nature Meditation 11A Aqua Yoga</p>
<p>5</p> <p>8A Core and More 9A Yin Yoga 10A Wellness Talk: The Eight Limbs of Yoga 11A Aqua Yoga</p>	<p>6</p> <p>8A Mat Pilates 9A Yoga Hybrid 10A Wellness Talk: Releasing Stress</p>	<p>7</p> <p>8A Property Walk 9A Body Sculpt 10A Dynamic Stretch</p>	<p>8</p> <p>8A Outdoor Steps 9A Happy Hips Yoga Flow 10A Ayurveda Talk</p>	<p>9</p> <p>8A Core and More 9A Yin Yang Yoga 10A Ojai Earth Meditation</p>	<p>10</p> <p>8A Morning Stretch 9A Yoga Hybrid 10A Mat Pilates Express</p>	<p>11</p> <p>8A Morning Stretch 9A Chakra Yoga Flow 10A Nature Meditation 11A Aqua Yoga</p>
<p>12</p> <p>8A Core and More 9A Yin Yoga 10A Wellness Talk: The Eight Limbs of Yoga 11A Aqua Yoga</p>	<p>13</p> <p>8A Mat Pilates 9A Yoga Hybrid 10A Wellness Talk: Releasing Stress</p>	<p>14</p> <p>8A Property Walk 9A Body Sculpt 10A Dynamic Stretch</p>	<p>15</p> <p>8A Outdoor Steps 9A Happy Hips Yoga Flow 10A Ayurveda Talk</p>	<p>16</p> <p>8A Core and More 9A Yin Yang Yoga 10A Ojai Earth Meditation</p>	<p>17</p> <p>8A Property Walk 9A Body Sculpt 10A Dynamic Stretch</p>	<p>18</p> <p>8A Morning Stretch 9A Chakra Yoga Flow 10A Nature Meditation 11A Aqua Yoga</p>
<p>19</p> <p>8A Core and More 9A Yin Yoga 10A Wellness Talk: The Eight Limbs of Yoga 11A Aqua Yoga</p>	<p>20</p> <p>8A Mat Pilates 9A Yoga Hybrid 10A Wellness Talk: Releasing Stress</p>	<p>21</p> <p>8A Property Walk 9A Body Sculpt 10A Dynamic Stretch</p>	<p>22</p> <p>8A Outdoor Steps 9A Happy Hips Yoga Flow 10A Ayurveda Talk</p>	<p>23</p> <p>8A Core and More 9A Yin Yang Yoga 10A Ojai Earth Meditation</p>	<p>24</p> <p>8A Morning Stretch 9A Yoga Hybrid 10A Mat Pilates Express</p>	<p>25</p> <p>8A Morning Stretch 9A Chakra Yoga Flow 10A Nature Meditation 11A Aqua Yoga</p>
<p>26</p> <p>8A Core and More 9A Yin Yoga 10A Wellness Talk: The Eight Limbs of Yoga 11A Aqua Yoga</p>	<p>27</p> <p>8A Mat Pilates 9A Yoga Hybrid 10A Wellness Talk: Releasing Stress</p>	<p>28</p> <p>8A Property Walk 9A Body Sculpt 10A Dynamic Stretch</p>	<p>29</p> <p>8A Outdoor Steps 9A Happy Hips Yoga Flow 10A Ayurveda Talk</p>	<p>30</p> <p>8A Core and More 9A Yin Yang Yoga 10A Ojai Earth 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.



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MIND & BODY CLASS DESCRIPTIONS

MIND & BODY

Dynamic Stretch: This 30 minute class focuses primarily on the neck, shoulders, hips, and back using effective, therapeutic movements designed to safely ease tightness and tension.

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

Nature Meditation: Invite your attention to the dynamic, breathing, ever-changing qualities of the living earth in this present moment.

Ojai Earth Meditation: Deeply focusing on the root chakra to assist in grounding, we will tap into the healing energy of Ojai to guide, strengthen, and rejuvenate your entire being.

YOGA

Chakra Yoga Flow: Find peace as we flow gently through this all-level yoga flow designed to balance all seven energy centers.

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.

Yin Yoga: Rest deeply and relax completely during this gentle, restorative yin yoga class.

Yin Yang Yoga: Flow with us through this invigorating asana practice. We will finish with replenishing restorative poses.

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

CARDIO

Outdoor Steps: A quick routine to increase your heart rate by walking up over 100 steps from the herb garden to the Shangri-La Pavilion and repeating three to five cycles of push-ups along the way.

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.

WALKS

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.

CORE, BOSU & MORE

Aqua Tone and Stretch: Keep cool in the pool with this blend of toning and flexibility movement.

Aqua Yoga: Join us for this fun and gentle form of aqua yoga. The water will support your joints, free your movement, and create resistance to build muscles in a safe way. The therapeutic effects of the water will reset your nervous system and refresh your mind as we dive deep into the breath.

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

Mat Pilates Express: In this quick 30 minute routine, develop core strength and balance muscles.

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