



SPA OJAI

MIND & BODY CLASS SCHEDULE

JULY 2020

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>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>7:30 A 30 Min. Stretch* 1 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 2 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 3 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 4 8 A Property Walk 9 A Feet to the Ground Yoga 10 A Nutritional Wellness Talk</p>
<p>7:30 A 30 Min. Stretch* 5 8 A Property Walk 9 A Feet to the Ground Yoga 10 A Nature Meditation</p>	<p>7:30 A 30 Min. Stretch* 6 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 7 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 8 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 9 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 10 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 11 8 A Property Walk 9 A Feet to the Ground Yoga 10 A Outdoor Cardio</p>
<p>7:30 A 30 Min. Stretch* 12 8 A Property Walk 9 A Feet to the Ground Yoga 10 A Nature Meditation</p>	<p>7:30 A 30 Min. Stretch* 13 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 14 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 15 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 16 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 17 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 18 8 A Property Walk 9 A Feet to the Ground Yoga 10 A Nature Meditation</p>
<p>7:30 A 30 Min. Stretch* 19 8 A Property Walk 9 A Outdoor Cardio 10 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 20 8 A Property Walk 9 A Water Works (Energy Pool)</p>	<p>7:30 A 30 Min. Stretch* 21 8 A Property Walk 9 A Nature Meditation</p>	<p>7:30 A 30 Min. Stretch* 22 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 23 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 24 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 25 8 A Property Walk 9 A Feet to the Ground Yoga 10 A Water Works (Energy Pool)</p>
<p>7:30 A 30 Min. Stretch* 26 8 A Property Walk 9 A Feet to the Ground Yoga 10 A Nature Meditation</p>	<p>7:30 A 30 Min. Stretch* 27 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 28 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 29 8 A Property Walk 9 A Outdoor Cardio</p>	<p>7:30 A 30 Min. Stretch* 30 8 A Property Walk 9 A Feet to the Ground Yoga</p>	<p>7:30 A 30 Min. Stretch* 31 8 A Property Walk 9 A Feet to the Ground Yoga</p>	

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.



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

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

Outdoor Cardio: Challenge yourself outdoors with a combination of our fun stairs workout including burpees, squat jumps, core work, and side plank sequences, then finish with a run through our beautiful property.

Nature Meditation: 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's healing wisdom will guide us back to our inner light.

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.

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 Seasonal Power Foods.

Water Works: Join us at the Energy Pool for this spirited cardio and toning workout.

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