



SPA OJAI

MIND & BODY CLASS SCHEDULE

APRIL 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Classes are complimentary for guests of the Ojai Valley Inn and Spa Ojai. 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>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>Class schedule is subject to change. Contact Spa Reservations at 1-888-772-6524 for more information.</p>				<p>1</p> <p>8A Property Walk 9A Bodyweight Basics 10A Full Body Stretch</p>	<p>2</p> <p>8A Property Walk 9A Healthy Posture and Optimal Mobility 10A Cardio Splash</p>	<p>3</p> <p>8A Outdoor Steps 9A Detox and Thrive Yoga 10A Property Walk 11A Ayurveda Talk</p>
<p>4</p> <p>8A Property Walk 9A Detox and Thrive Yoga 10A Core and More 11A Kombucha Talk</p>	<p>5</p> <p>8A Property Run 9A History and Botany Walking Tour 10A Full Body Stretch</p>	<p>6</p> <p>8A Property Walk 9A Poolside Yoga 10A Pranayama</p>	<p>7</p> <p>8A Property Walk 9A Poolside Yoga 10A Pranayama</p>	<p>8</p> <p>8A Property Walk 9A Yoga Hybrid 10A Full Body Stretch</p>	<p>9</p> <p>8A Property Walk 9A Poolside Yoga 10A Pranayama</p>	<p>10</p> <p>8A Outdoor Steps 9A Detox and Thrive Yoga 10A Property Walk 11A Ayurveda Talk</p>
<p>11</p> <p>8A Property Walk 9A Detox and Thrive Yoga 10A Core and More 11A Kombucha Talk</p>	<p>12</p> <p>8A Property Walk 9A Yoga Hybrid 10A Full Body Stretch</p>	<p>13</p> <p>8A Property Walk 9A Poolside Yoga 10A Pranayama</p>	<p>14</p> <p>8A Property Walk 9A Poolside Yoga 10A Pranayama</p>	<p>15</p> <p>8A Property Walk 9A Yoga Hybrid 10A Full Body Stretch</p>	<p>16</p> <p>8A Property Walk 9A Healthy Posture and Optimal Mobility 10A Cardio Splash</p>	<p>17</p> <p>8A Outdoor Steps 9A Detox and Thrive Yoga 10A Property Walk 11A Ayurveda Talk</p>
<p>18</p> <p>8A Property Walk 9A Detox and Thrive Yoga 10A Core and More 11A Kombucha Talk</p>	<p>19</p> <p>8A Property Walk 9A Yoga Hybrid 10A Full Body Stretch</p>	<p>20</p> <p>8A Property Walk 9A Poolside Yoga 10A Pranayama</p>	<p>21</p> <p>8A Property Walk 9A Poolside Yoga 10A Pranayama</p>	<p>22</p> <p>8A Property Walk 9A Yoga Hybrid 10A Full Body Stretch</p>	<p>23</p> <p>8A Property Walk 9A Healthy Posture and Optimal Mobility 10A Cardio Splash</p>	<p>24</p> <p>8A Outdoor Steps 9A Detox and Thrive Yoga 10A Property Walk 11A Ayurveda Talk</p>
<p>25</p> <p>8A Property Walk 9A Detox and Thrive Yoga 10A Core and More 11A Kombucha Talk</p>	<p>26</p> <p>8A Property Walk 9A Yoga Hybrid 10A Full Body Stretch</p>	<p>27</p> <p>8A Property Walk 9A Poolside Yoga 10A Pranayama</p>	<p>28</p> <p>8A Property Walk 9A Poolside Yoga 10A Pranayama</p>	<p>29</p> <p>8A Property Walk 9A Yoga Hybrid 10A Full Body Stretch</p>	<p>30</p> <p>8A Property Walk 9A Healthy Posture and Optimal Mobility 10A Cardio Splash</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

MIND & BODY

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

Detox and Thrive Yoga: Cleanse your body and mind during this dynamic all levels yoga flow class. We will focus on stimulating the digestive system including twists, bends, and deep stretches to bring about clarity and peace of mind.

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.

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.

Kombucha (30 minutes): Learn about the history and different types of kombucha. We will cover the health benefits of this tea-based beverage as well as how to make your own batch at home.

STRETCHING

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

Healthy Posture and Optimal Mobility: Interactive discussion learning healthy posture techniques followed by a 25 minute class designed to gently and effectively unlock tightness, improve joint function and range of motion throughout the body.

WALKS

History and 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.

CARDIO

Cardio Splash: A 45 minute water workout in the Energy Pool at Spa Village. This workout will get your heart pumping as you strengthen your core, sculpt and tone.

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.

Property Run: A guided, moderate 40-45 minute jog around our beautiful property and along the Ojai Trail.

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 and 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. The biggest benefits come from the inside, pillar strength, the basis of all movement. All levels welcome.

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