



SPA OJAI

MIND & BODY CLASS SCHEDULE
AUGUST 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>1</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Nature Meditation</p>
<p>2</p> <p>7:30 A Morning Meditation</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Wellness Talk: Kombucha</p>	<p>3</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>4</p> <p>7:30 A Morning Meditation</p> <p>8 A Foothill Fitness Walk</p> <p>10 A Feet to the Ground Yoga</p>	<p>5</p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>6</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p>	<p>7</p> <p>7:30 A Optimal Mobility</p> <p>8 A Property Walk</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>8</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Nature Meditation</p>
<p>9</p> <p>7:30 A Morning Meditation</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Wellness Talk: Kombucha</p>	<p>10</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>11</p> <p>7:30 A Morning Meditation</p> <p>8 A Foothill Fitness Walk</p> <p>10 A Feet to the Ground Yoga</p>	<p>12</p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>13</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p>	<p>14</p> <p>7:30 A Optimal Mobility</p> <p>8 A Property Walk</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>15</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Nature Meditation</p>
<p>16</p> <p>7:30 A Morning Meditation</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Wellness Talk: Kombucha</p>	<p>17</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>18</p> <p>7:30 A Morning Meditation</p> <p>8 A Foothill Fitness Walk</p> <p>10 A Feet to the Ground Yoga</p>	<p>19</p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>20</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p>	<p>21</p> <p>7:30 A Optimal Mobility</p> <p>8 A Property Walk</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>22</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Nature Meditation</p>
<p>23</p> <p>7:30 A Morning Meditation</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Wellness Talk: Kombucha</p>	<p>24</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>25</p> <p>7:30 A Morning Meditation</p> <p>8 A Foothill Fitness Walk</p> <p>10 A Feet to the Ground Yoga</p>	<p>26</p> <p>7:30 A Morning Meditation</p> <p>8 A Feet to the Ground Yoga</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>27</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p>	<p>28</p> <p>7:30 A Optimal Mobility</p> <p>8 A Property Walk</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>29</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Nature Meditation</p>
<p>30</p> <p>7:30 A Morning Meditation</p> <p>8 A Property Walk</p> <p>9 A Feet to the Ground Yoga</p> <p>10 A Wellness Talk: Kombucha</p>	<p>31</p> <p>7:30 A 30 Min. Stretch*</p> <p>8 A Property Walk</p> <p>9 A Cardio Splash (Energy Pool)</p>	<p>Private Mind & Body classes, Aerial Yoga sessions, private guided hikes, geocaching adventures, and personal training are also available with advance reservations. Please contact our Fitness Coordinator at 805.640.2014 for more information.</p>				



SPA OJAI

MIND & BODY CLASS DESCRIPTIONS

Cardio Splash: Join us for a 45 minute water workout in the Energy Pool at Spa Ojai. This workout will get your heart pumping as you strengthen your core, sculpt, and tone. A great way to have fun and stay fit!

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.

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.

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

Morning Meditation: During this 25 minute meditation session, 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 Meditation: Guided meditation to assist in understanding, strengthening and re-balancing the energy centers in your subtle body. Nature's healing wisdom will guide us back to our inner light.

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

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

Wellness Talk: Kombucha: In this 30 minute interactive session, learn about the history of kombucha, some of its health benefits, and tips for making your own batch at home. Participants will receive an exclusive discount offer from Revel Kombucha Bar, a unique kombucha tasting room in Downtown Ojai.

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.