



SPA OJAI

MIND & BODY CLASS SCHEDULE
JUNE 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.</p> <p>All classes meet in the Spa Village Courtyard.</p> | | <p>1</p> <p>8 A Property Walk 9 A Healthy Posture and Optimal Mobility 10 A Cardio Splash</p> | <p>2</p> <p>8 A Outdoor Steps 9 A Detox and Thrive Yoga 10 A Ayurveda Talk</p> | <p>3</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Wellness Talk: Releasing Stress</p> | <p>4</p> <p>7:30 A Pranayama 8 A Property Walk 9 A Poolside Yoga</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 Detox and Thrive Yoga 10 A Core and More 11 A Wellness Talk: The Eight Limbs of Yoga</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 Property Walk 9 A Healthy Posture and Optimal Mobility 10 A Cardio Splash</p> | <p>9</p> <p>8 A Outdoor Steps 9 A Detox and Thrive Yoga 10 A Ayurveda Talk</p> | <p>10</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Wellness Talk: Releasing Stress</p> | <p>11</p> <p>7:30 A Pranayama 8 A Property Walk 9 A Poolside Yoga</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 Core and More 10 A Full Body Stretch</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 Property Walk 9 A Healthy Posture and Optimal Mobility 10 A Cardio Splash</p> | <p>16</p> <p>8 A Outdoor Steps 9 A Detox and Thrive Yoga 10 A Ayurveda Talk</p> | <p>17</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Wellness Talk: Releasing Stress</p> | <p>18</p> <p>7:30 A Pranayama 8 A Property Walk 9 A Poolside Yoga</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><i>Summer Solstice</i> 20</p> <p>8 A Summer Solstice Walk 9 A Summer Solstice Yoga 10 A "Being Light" Solstice Meditation 11 A Wellness Talk: The Eight Limbs of Yoga</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 Property Walk 9 A Healthy Posture and Optimal Mobility 10 A Cardio Splash</p> | <p>23</p> <p>8 A Outdoor Steps 9 A Detox and Thrive Yoga 10 A Ayurveda Talk</p> | <p>24</p> <p>8 A Property Walk 9 A Yoga Hybrid 10 A Wellness Talk: Releasing Stress</p> | <p>25</p> <p>7:30 A Pranayama 8 A Property Walk 9 A Poolside Yoga</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 Detox and Thrive Yoga 10 A Core and More 11 A Wellness Talk: The Eight Limbs of Yoga</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 Property Walk 9 A Healthy Posture and Optimal Mobility 10 A Cardio Splash</p> | <p>30</p> <p>8 A Outdoor Steps 9 A Detox and Thrive Yoga 10 A Ayurveda Talk</p> | <p>Due to physical distancing requirements, capacity is limited. To ensure a safe and comfortable environment, classes are offered outdoors.</p> <p>Class schedule is subject to change. Please 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

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

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.

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

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.

Healthy Posture and Optimal Mobility (30 minutes): 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.

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.

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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.

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.

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 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

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. All levels welcome.

SUMMER SOLSTICE

Summer Solstice Walk: On this longest day of the year, soak up the power of the sun during this energizing morning property walk.

Summer Solstice Yoga: Join us to celebrate the nourishing light of the sun, and the light within each of us in this heart-opening, all levels yoga flow.

"Being Light" Solstice Meditation: Many cultures have associated the summer solstice with a renewal of mind, body, and spirit. During this meditation, we will pause and reflect on the power of the pure light within.

The Eight Limbs of Yoga: 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. We will also learn how to honor and celebrate the summer solstice through our individual yoga practices.