



SPA OJAI

MIND & BODY CLASS SCHEDULE
FEBRUARY/MARCH 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>				FEBRUARY 25 8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch	26 8 A Property Walk 9 A Bodyweight Basics 10 A Optimal Mobility	27 7:30 A Foothill Fitness Walk 9:30 A Pranayama 10 A Poolside Yoga 11 A Yoga Nidra
28 8 A Property Walk 9 A Gratitude Yoga 10 A Core & More 11 A Body Scan Meditation	MARCH 1 8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch	2 8 A Property Walk 9 A Poolside Yoga 10 A Yoga Nidra	3 8 A Core & More 9 A Gratitude Yoga 10 A Ayurveda Talk	4 8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch	5 8 A Property Walk 9 A Bodyweight Basics 10 A Optimal Mobility	6 7:30 A Foothill Fitness Walk 9:30 A Pranayama 10 A Poolside Yoga 11 A Yoga Nidra
7 8 A Property Walk 9 A Gratitude Yoga 10 A Core & More 11 A Body Scan Meditation	8 8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch	9 8 A Property Walk 9 A Poolside Yoga 10 A Yoga Nidra	10 8 A Core & More 9 A Gratitude Yoga 10 A Ayurveda Talk	11 8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch	12 8 A Property Walk 9 A Bodyweight Basics 10 A Optimal Mobility	13 7:30 A Foothill Fitness Walk 9:30 A Pranayama 10 A Poolside Yoga 11 A Yoga Nidra
14 8 A Property Walk 9 A Gratitude Yoga 10 A Core & More 11 A Body Scan Meditation	15 8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch	16 8 A Property Walk 9 A Poolside Yoga 10 A Yoga Nidra	17 8 A Core & More 9 A Gratitude Yoga 10 A Ayurveda Talk	18 8 A Property Walk 9 A Bodyweight Basics 10 A Full Body Stretch	19 8 A Property Walk 9 A Bodyweight Basics 10 A Optimal Mobility	20 7:30 A Foothill Fitness Walk 9:30 A Pranayama 10 A Poolside Yoga 11 A Yoga Nidra
21 8 A Property Walk 9 A Gratitude Yoga 10 A Core & More 11 A Body Scan Meditation	22 8 A Property Run 9 A History & Botany Walking Tour 10 A Full Body Stretch	23 8 A Property Walk 9 A Poolside Yoga 10 A Yoga Nidra	24 8 A Core & More 9 A Gratitude Yoga 10 A Ayurveda Talk	25 8 A Property Walk 9 A Bodyweight Basics 10 A Full Body Stretch	26 8 A Property Walk 9 A Bodyweight Basics 10 A Optimal Mobility	27 7:30 A Foothill Fitness Walk 9:30 A Pranayama 10 A Poolside Yoga 11 A Yoga Nidra
28 8 A Property Walk 9 A Gratitude Yoga 10 A Core & More 11 A Body Scan Meditation	29 8 A Property Run 9 A History & Botany Walking Tour 10 A Full Body Stretch	30 8 A History & Botany Walking Tour 9 A Poolside Yoga 10 A Yoga Nidra	31 8 A Core & More 9 A Gratitude Yoga 10 A Ayurveda Talk	<p>Due to physical distancing requirements, capacity is limited. To ensure a safe and comfortable environment, classes are offered outdoors and do not require equipment or mats.</p> <p>Class schedule is subject to change. Contact Spa Reservations at (888) 772-6524 for more information.</p>		

Private Mind & Body classes (including Aerial Yoga, TRX, and Pilates), guided hikes, and geocaching adventures are also available with advance reservations. Please contact Discover Ojai at (866) 887-4007 for more information.



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MIND & BODY CLASS DESCRIPTIONS

MIND & BODY

Body Scan Meditation (30 Minutes): Focuses attention on physical sensations in the body and cultivates the ability to notice what is being experienced in all of the systems of the body - bones, skin, internal organs, digestion, etc. This mindfulness practice can help reduce stress, improve well-being, and decrease aches and pains.

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

Gratitude Yoga: Celebrate the internal, still energy of the season as we move deeply into gratitude during this slower-paced all-level yoga flow, while focusing deeply on your breath.

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: 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.

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WALKS

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.

History & 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.

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

STRETCHING

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

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

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 & 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.