



SPA OJAI

MIND & BODY CLASS SCHEDULE

JULY 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. 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.</p> <p>Class schedule is subject to change. Contact Spa Reservations at 1-888-772-6524 for more information.</p>				<p>1</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Wellness Talk: Releasing Stress</p>	<p>2</p> <p>7:30 A Pranayama 8 A Property Walk 9 A Poolside Yoga</p>	<p>3</p> <p>7:30 A Foothill Fitness Walk 9:30 A Pranayama 10 A Poolside Yoga 11 A Yoga Nidra</p>
<p>4</p> <p>8 A Property Walk 9 A Detox and Thrive Yoga 10 A Wellness Talk: The Eight Limbs of Yoga 11 A Aqua Yoga</p>	<p>5</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Aqua Tone and Stretch</p>	<p>6</p> <p>8 A Property Walk 9 A Healthy Posture and Optimal Mobility 10 A Cardio Splash</p>	<p>7</p> <p>8 A Outdoor Steps 9 A Detox and Thrive Yoga 10 A Ayurveda Talk</p>	<p>8</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Wellness Talk: Releasing Stress</p>	<p>9</p> <p>7:30 A Pranayama 8 A Property Walk 9 A Poolside Yoga</p>	<p>10</p> <p>7:30 A Foothill Fitness Walk 9:30 A Pranayama 10 A Poolside Yoga 11 A Yoga Nidra</p>
<p>11</p> <p>8 A Property Walk 9 A Detox and Thrive Yoga 10 A Wellness Talk: The Eight Limbs of Yoga 11 A Aqua Yoga</p>	<p>12</p> <p>7:30 A Pranayama 8 A Property Walk 9 A Poolside Yoga</p>	<p>13</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Aqua Tone and Stretch</p>	<p>14</p> <p>8 A Outdoor Steps 9 A Detox and Thrive Yoga 10 A Ayurveda Talk</p>	<p>15</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Wellness Talk: Releasing Stress</p>	<p>16</p> <p>8 A Property Walk 9 A Healthy Posture and Optimal Mobility 10 A Cardio Splash</p>	<p>17</p> <p>7:30 A Foothill Fitness Walk 9:30 A Pranayama 10 A Poolside Yoga 11 A Yoga Nidra</p>
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<p>25</p> <p>8 A Property Walk 9 A Detox and Thrive Yoga 10 A Wellness Talk: The Eight Limbs of Yoga 11 A Aqua Yoga</p>	<p>26</p> <p>7:30 A Pranayama 8 A Property Walk 9 A Poolside Yoga</p>	<p>27</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Aqua Tone and Stretch</p>	<p>28</p> <p>8 A Outdoor Steps 9 A Detox and Thrive Yoga 10 A Ayurveda Talk</p>	<p>29</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Wellness Talk: Releasing Stress</p>	<p>30</p> <p>8 A Mat Pilates 9 A Yoga Hybrid 10 A Aqua Tone and Stretch</p>	<p>31</p> <p>7:30 A Foothill Fitness Walk 9:30 A Pranayama 10 A Poolside Yoga 11 A Yoga Nidra</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

Aqua Yoga: Join us for this fun and gentle form of aqua yoga. The water will support your joints, free your movement, and create resistance to build muscles in a safe way. The therapeutic effects of the water will reset your nervous system and refresh your mind as we dive deep into the breath.

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.

WALKS

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.

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

CORE, BOSU & MORE

Aqua Tone and Stretch: Keep cool in the pool with this blend of toning and flexibility movement.

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.

Mat Pilates: Build, strengthen, and tone your core on the mat in this all levels class.

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