



SPA OJAI

MIND & BODY CLASS SCHEDULE

JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30 A Stretch 8 A Fitness Walk* 9 A Pilates 2 P Water Aerobics** 3 P Yoga Flow 4 P 30 Min. Qi Gong	7:30 A Stretch 8 A Fitness Walk* 9 A Yogic Waves 2 P TRX 3 P Spin & Yoga Fusion 4 P History & Botany Walk*	7:30 A Stretch 8 A Fitness Walk* 9 A Self Myofascial Release 2 P Core & More 3 P Spinning 4 P Hatha Yoga	7:30 A Stretch 8 A Fitness Walk* 9 A TRX 2 P Step It Up* 3 P Yin/Yang Yoga 4 P Yoga Nidra	7:30 A Stretch 8 A Fitness Walk* 9 A Hatha Yoga 2 P Water Aerobics** 3 P Toning on the Ball 4 P Relaxing Yoga	7:30 A Stretch 8 A Fitness Walk* 9 A Spin & Yoga Fusion 10 A Family Friendly Yoga (Orchard Lawn) 2 P Basic Barre 3 P Pilates Inspired Mat 4 P Relaxing Yoga
7:30 A Stretch 8 A Fitness Walk* 9 A Self Myofascial Release 2 P TRX 3 P Yogic Waves 4 P Meditation	7:30 A Stretch 8 A Fitness Walk* 9 A Yin Yang Yoga 2 P TRX 3 P Hatha Yoga 4 P History & Botany Walk*	7:30 A Stretch 8 A Fitness Walk* 9 A Yogic Waves 2 P Core & More 3 P Spin & Yoga Fusion 4 P Hatha Yoga	7:30 A Stretch 8 A Fitness Walk* 9 A Self Myofascial Release 10 A Nutritional Wellness Talk* 2 P HIIT 3 P Spinning 4 P Hatha Yoga	7:30 A Stretch 8 A Fitness Walk* 9 A TRX 2 P RunINN* 3 P Chakra Yoga Flow 4 P Chakra Meditation	7:30 A Stretch 8 A Fitness Walk* 9 A Spin & Yoga Fusion 2 P Hatha Yoga 3 P TRX 4 P Self Myofascial Release	7:30 A Stretch 8 A Fitness Walk* 9 A Spin & Yoga Fusion 10 A Nutritional Wellness Talk* 2 P TRX 3 P Yogic Waves 4 P Meditation
7:30 A Stretch 8 A Fitness Walk* 9 A Yin Yoga 2 P Toning on the Ball 3 P Basic Barre & Weights 4 P Relaxing Yoga	7:30 A Stretch 8 A Fitness Walk* 9 A Pilates Inspired Mat 2 P TRX 3 P Self Myofascial Release 4 P Yoga Flow	7:30 A Stretch 8 A Fitness Walk* 9 A Yogic Waves 2 P HIIT 3 P Spinning 4 P Hatha Yoga	7:30 A Stretch 8 A Fitness Walk* 9 A Self Myofascial Release 10 A Nutritional Wellness Talk* 2 P TRX 3 P Core & More 4 P History & Botany Walk*	7:30 A Stretch 8 A Fitness Walk* 9 A TRX 2 P Self Myofascial Release 3 P Yin/Yang Yoga 4 P Yoga Nidra	7:30 A Stretch 8 A Fitness Walk* 9 A Hatha Yoga 2 P Arms & Abs 3 P Yoga for Life 4 P Hula Hoops (Meet at the Artist Cottage Wishing Tree)	7:30 A Stretch 8 A Fitness Walk* 9 A Spin & Yoga Fusion 10 A Nutritional Wellness Talk* 2 P Core & More 3 P Warrior Legs 4 P Yoga for Life
7:30 A Stretch 8 A Fitness Walk* 9 A Yin Yoga 2 P TRX 3 P Yogic Waves 4 P Meditation	7:30 A Stretch 8 A Fitness Walk* 9 A Pilates 2 P Arms & Abs 3 P Warrior Legs 4 P Yoga for Life	7:30 A Stretch 8 A Fitness Walk* 9 A Yogic Waves 10 A Mindfulness Meditation 2 P TRX 3 P Spinning 4 P Hatha Yoga	7:30 A Stretch 8 A Fitness Walk* 9 A Self Myofascial Release 10 A Mindfulness Meditation 2 P Core & More 3 P Spin & Yoga Fusion 4 P History & Botany Walk*	7:30 A Stretch 8 A Fitness Walk* 9 A TRX 10 A Nutritional Wellness Talk* 2 P Step It Up* 3 P Chakra Yoga Flow 4 P Chakra Meditation	7:30 A Stretch 8 A Fitness Walk* 9 A Hatha Yoga 2 P Core & More 3 P Warrior Legs 4 P Yoga for Life	7:30 A Stretch 8 A Fitness Walk* 9 A Spin & Yoga Fusion 10 A Nutritional Wellness Talk* 2 P Toning on the Ball 3 P Basic Barre & Weights 4 P Relaxing Yoga
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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.



SPA OJAI

MIND & BODY CLASS DESCRIPTIONS

MIND & BODY

Mindful Meditation: Learn mindfulness practice for being more present, calm, and focused at work and at sports. Taught by the author of ZEN GOLF: Mastering the Mental Game.

Qi Gong (Chi Kung): Learning to open the energetic pathways of the body with ease to follow movement.

Chakra Meditation: Guided meditation to assist in understanding, strengthening and re-balancing the energy centers in your subtle body.

YOGA

Yoga Flow: A gentle Vinyasa-style class that flows from one pose to the next; all levels welcome.

Chakra Yoga Flow: Find peace as we flow gently through this all levels yoga flow designed to balance all of your seven energy centers.

Hatha Yoga: Concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana), with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Hatha yoga postures also stretch and align the body, promoting balance and flexibility.

Yoga for Life: Yoga for all levels that stimulates breath, strength, balance and relaxation.

Yin Yoga: Nourish your body and mind by enjoying a blissful yoga experience. This class dissolves stress stored in the body's tissues; you will utilize bolsters, blocks, straps, & blankets as a way to comfort & support the yoga postures.

Yoga Nidra: Rejuvenate your mind, body and soul during this powerful guided yogic sleep practice.

Yogic Waves: A unique style of practice with an emphasis on wavelike spinal movements, economy of motion and harmony of body, breath, and mind.

Yin/Yang Yoga: You will be guided through a strong yoga flow, and finish your practice with replenishing restorative postures. This class is perfect for finding your balance and joy.

TALKS

Nutritional Wellness Talk: Enjoy an insightful dialog in a relaxing environment with Ojai's Holistic Nutrition expert, Carolyn Maul. Weekly topics range from Anti-Inflammatory Foods, Probiotic Rich Foods, "Inflammaging", and Seasonal Power Foods. There will be an interactive Q&A session so please bring your questions!

STRETCHING

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

Self Myofascial Release: Let go of tightness & tension while increasing mobility in the body with self-care massage tools designed by the innovative company, RAD.

WALKS

Fitness Walk: A brisk walk into downtown Ojai and back. Walking shoes required.

History & Botany Walk: Did you know that the Ojai Valley Inn is a member of the Historic Hotels of America? Join us for this leisurely walk around the 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.

CARDIO

Step It Up: This is not your usual outdoor steps class. Have fun during this calorie blasting unique workout which will include squat jumps, side steps, push-ups and more.

Spin & Yoga Fusion: Get a full body workout with cardio and flexibility built in. Warm up with a 20-minute spin on the bike. Then transition to the mat for an active yoga flow. Beginners welcome.

Spinning: A high intensity 45 minute Spin class. All levels welcome.

RunINN: Motivate your senses and release tension with this 25 minute run across the property with light stretches before and after the run. Meet in the Spa Village Courtyard.

CORE, BOSU & MORE

Basic Ballet Barre, Free Weights, & Mat Work: This soft intermediate class integrates 3 fun full body toning methods.

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

HIIT: High Intensity Interval Training. This is a fast moving; high energy class using variety of exercises that will tone all major muscle groups.

Hula Hoops: Playfully build mobility and core strength with hula hoops.

Toning On the Ball: Strengthen major muscle groups adapting familiar moves to the stability ball.

Intermediate Pilates Inspired Mat: Integrate muscular lengthening and strengthening with flowing moves.

TRX: This total-body fitness program uses gravity against your own body weight to simultaneously develop strength, balance, flexibility and core stability. The TRX® is attached to an anchor point, grab the handles or secure feet in the hand/foot cradles. Class size is limited and fitness shoes are recommended.

Warrior Legs: Create strength, stability, balance, and power in your lower body. Be prepared to work your core, glutes, quads and hamstrings.

Water Aerobics: Come and enjoy an aerobics class utilizing different tools while in the water making for a fun outdoor workout session. All levels welcome.

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