



SPA OJAI

MIND & BODY CLASS SCHEDULE
JANUARY 2019

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>Classes marked with an asterisk (*) meet in the Spa Village Courtyard; all other classes meet in the Mind & Body studio, located down the stairs to the right of the Spa Ojai lobby. Class schedule is subject to change.</p>		7:30 A Stretch 1 8 A Fitness Walk* 9 A Yoga Flow 10 A Nutritional Wellness Talk* 2 P History & Botany Walking Tour* 3 P Spin & Yoga Fusion 4 P Self-Myofascial Release	7:30 A Stretch 2 8 A Fitness Walk* 9 A Self-Myofascial Release 10 A Nutritional Wellness Talk* 2 P Core & More 3 P Spinning 4 P Relax & Stretch	7:30 A Stretch 3 8 A Fitness Walk* 9 A TRX 2 P Outdoor Steps* 3 P Yoga Flow 4 P Body Scan Meditation	7:30 A Stretch 4 8 A Fitness Walk* 9 A Hatha Yoga 10 A Nutritional Wellness Talk* 3 P Spin & Stretch 4 P Yoga Flow 5 P 30-Min Qi Gong	7:30 A Stretch 5 8 A Fitness Walk* 9 A Yoga for Life 2 P Toning on the Ball 3 P Basic Barre & Weights 4 P Relaxing Yoga
	7:30 A Stretch 6 8 A Fitness Walk* 9 A Yin Yoga 2 P TRX 3 P Yogic Waves 4 P Meditation	7:30 A Stretch 7 8 A Fitness Walk* 9 A Toning on the Ball 2 P Spin & Stretch 3 P Hatha Yoga 4 P 30-Min Qi Gong	7:30 A Stretch 8 8 A Fitness Walk* 9 A Yoga Flow 10 A Nutritional Wellness Talk* 2 P History & Botany Walking Tour* 3 P Spinning 4 P Hatha Yoga	7:30 A Stretch 9 8 A Fitness Walk* 9 A Self-Myofascial Release 2 P Spinning 3 P HIIT 4 P Relax & Stretch	7:30 A Stretch 10 8 A Fitness Walk* 9 A TRX 2 P Outdoor Steps* 3 P Yoga Flow 4 P Body Scan Meditation	7:30 A Stretch 11 8 A Fitness Walk* 9 A Hatha Yoga 10 A Nutritional Wellness Talk* 3 P Spin & Stretch 4 P Yogic Waves 5 P 30-Min Qi Gong
7:30 A Stretch 13 8 A Fitness Walk* 9 A Yin Yoga 2 P TRX 3 P Yoga Flow 4 P Meditation	7:30 A Stretch 14 8 A Fitness Walk* 9 A Basic Barre, Free Weights & Mat 2 P Spin & Stretch 3 P Hatha Yoga 4 P 30-Min Qi Gong	7:30 A Stretch 15 8 A Fitness Walk* 9 A Yoga Flow 10 A Nutritional Wellness Talk* 2 P History & Botany Walking Tour* 3 P HIIT 4 P Self-Myofascial Release	7:30 A Stretch 16 8 A Fitness Walk* 9 A Self-Myofascial Release 2 P Core & More 3 P Spinning 4 P Hatha Yoga	7:30 A Stretch 17 8 A Fitness Walk* 9 A TRX 2 P Outdoor Steps* 3 P Yoga Flow 4 P Body Scan Meditation	7:30 A Stretch 18 8 A Fitness Walk* 9 A Yogic Waves 10 A Nutritional Wellness Talk* 3 P Spin & Stretch 4 P Hatha Yoga 5 P 30-Min Qi Gong	7:30 A Stretch 19 8 A Fitness Walk* 9 A Spin & Yoga Fusion 10 A Nutritional Wellness Talk* 2 P Toning on the Ball 3 P Pilates Inspired Mat 4 P Relaxing Yoga
7:30 A Stretch 20 8 A Fitness Walk* 9 A Yin Yoga 2 P TRX 3 P Yoga Flow 4 P Meditation	7:30 A Stretch 21 8 A Fitness Walk* 9 A Pilates Inspired Mat 2 P Spin & Stretch 3 P Yoga Flow 4 P 30-Min Qi Gong	7:30 A Stretch 22 8 A Fitness Walk* 9 A Yoga Flow 10 A Nutritional Wellness Talk* 2 P History & Botany Walking Tour* 3 P Spinning 4 P Hatha Yoga	7:30 A Stretch 23 8 A Fitness Walk* 9 A Self-Myofascial Release 2 P HIIT 3 P Spin & Yoga Fusion 4 P Relax & Stretch	7:30 A Stretch 24 8 A Fitness Walk* 9 A TRX 2 P Outdoor Steps* 3 P Yoga Flow 4 P Body Scan Meditation	7:30 A Stretch 25 8 A Fitness Walk* 9 A Hatha Yoga 10 A Nutritional Wellness Talk* 3 P Spin & Stretch 4 P Yoga Flow 5 P 30-Min Qi Gong	7:30 A Stretch 26 8 A Fitness Walk* 9 A Spin & Yoga Fusion 10 A Nutritional Wellness Talk* 2 P Toning on the Ball 3 P Basic Barre, Free Weights & Mat 4 P Relaxing Yoga
7:30 A Stretch 27 8 A Fitness Walk* 9 A Yin Yoga 2 P TRX 3 P Yogic Waves 4 P Meditation	7:30 A Stretch 28 8 A Fitness Walk* 9 A Pilates Inspired Mat 2 P Spin & Stretch 3 P Yoga Flow 4 P 30-Min Qi Gong	7:30 A Stretch 29 8 A Fitness Walk* 9 A Yogic Waves 10 A Peace & Joy Meditation 11 A Nutritional Wellness Talk* 2 P History & Botany Walking Tour* 3 P Spinning 4 P Core & More	7:30 A Stretch 30 8 A Fitness Walk* 9 A Self-Myofascial Release 10 A Peace & Joy Meditation 2 P HIIT 3 P Spin & Yoga Fusion 4 P Relax & Stretch	7:30 A Stretch 31 8 A Fitness Walk* 9 A TRX 2 P Outdoor Steps* 3 P Yoga Flow 4 P Body Scan Meditation		

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.

Body Scan Meditation: Focus attention on physical sensations in the body and cultivate 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.

YOGA

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

Hatha Yoga: Concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dhyana), 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.

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

WALKS

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

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 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.

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.

Relax & Stretch: In this class you are guided through a gentle stretch to ease the body into the rest of the evening. You will feel relaxed and rejuvenated.

CARDIO

Outdoor Steps: A quick routine to get your heart rate up. This class is a great way to start or end your workout. The class starts at the bottom of the herb garden and ends at the top of the pavilion. There are 100 stair steps and 3-5 cycles of push-ups.

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.

Spin & Stretch: Traditional Spinning combined with stretching off the bike.

5K Ojai Run: Starting at Spa Ojai, we will take a short run onto the bike path. From there, we will either continue on the bike path through downtown, or a circle loop incorporating the Valley View Preserve.

CORE, BOSU & MORE

Arms & Abs: A dynamic & fun workout that focuses on the abdominals, triceps, biceps, and forearms.

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.

Intermediate On the Ball Tone: 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.

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.

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!

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.