



SPA OJAI

MIND & BODY CLASS SCHEDULE  
OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>Classes are complimentary for guests of the Ojai Valley Inn and Spa Ojai. 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>Schedule is subject to change. Contact Spa Reservations at 1-888-772-6524 for more information.</p>					<b>1</b>	<b>2</b>		
<p><b>8 A</b> Morning Stretch <b>9 A</b> Yoga Hybrid <b>10 A</b> Mat Pilates Express <b>4 P</b> Introduction to Aerial Yoga</p>	<p><b>8 A</b> Morning Stretch <b>9 A</b> Chakra Yoga Flow <b>10 A</b> Ayurveda Talk <b>11 A</b> Nature Meditation</p>	<p><b>3</b></p> <p><b>8 A</b> Core and More <b>9 A</b> Restorative Yoga <b>10 A</b> Wellness Talk: The Eight Limbs of Yoga <b>11 A</b> Body Scan Meditation</p>	<p><b>4</b></p> <p><b>8 A</b> Mat Pilates <b>9 A</b> Yoga Hybrid <b>10 A</b> Wellness Talk: Releasing Stress</p>	<p><b>5</b></p> <p><b>8 A</b> Property Walk <b>9 A</b> Body Sculpt <b>10 A</b> Dynamic Stretch</p>	<p><b>6</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Happy Hips Yoga Flow</p>	<p><b>7</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Core and More <b>10 A</b> Ojai Earth Meditation</p>	<p><b>8</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Yoga Hybrid <b>10 A</b> Mat Pilates Express <b>4 P</b> Introduction to Aerial Yoga</p>	<p><b>9</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Chakra Yoga Flow <b>10 A</b> Ayurveda Talk <b>11 A</b> Nature Meditation</p>
<p><b>10</b></p> <p><b>8 A</b> Core and More <b>9 A</b> Restorative Yoga <b>10 A</b> Wellness Talk: The Eight Limbs of Yoga <b>11 A</b> Body Scan Meditation</p>	<p><b>11</b></p> <p><b>8 A</b> Mat Pilates <b>9 A</b> Yoga Hybrid <b>10 A</b> Wellness Talk: Releasing Stress</p>	<p><b>12</b></p> <p><b>8 A</b> Property Walk <b>9 A</b> Body Sculpt <b>10 A</b> Dynamic Stretch</p>	<p><b>13</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Happy Hips Yoga Flow <b>10 A</b> Ayurveda Talk</p>	<p><b>14</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Core and More <b>10 A</b> Ojai Earth Meditation</p>	<p><b>15</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Yoga Hybrid <b>10 A</b> Mat Pilates Express <b>4 P</b> Introduction to Aerial Yoga</p>	<p><b>16</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Chakra Yoga Flow <b>10 A</b> Ayurveda Talk <b>11 A</b> Nature Meditation</p>		
<p><b>17</b></p> <p><b>8 A</b> Core and More <b>9 A</b> Restorative Yoga <b>10 A</b> Wellness Talk: The Eight Limbs of Yoga <b>11 A</b> Body Scan Meditation</p>	<p><b>18</b></p> <p><b>8 A</b> Mat Pilates <b>9 A</b> Yoga Hybrid <b>10 A</b> Wellness Talk: Releasing Stress</p>	<p><b>19</b></p> <p><b>8 A</b> Property Walk <b>9 A</b> Body Sculpt <b>10 A</b> Dynamic Stretch</p>	<p><b>20</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Happy Hips Yoga Flow <b>10 A</b> Ayurveda Talk</p>	<p><b>21</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Core and More <b>10 A</b> Ojai Earth Meditation</p>	<p><b>22</b></p> <p><b>10 A</b> Yoga Hybrid <b>11 A</b> Mat Pilates Express <b>4 P</b> Introduction to Aerial Yoga</p>	<p><b>23</b></p> <p><b>7:30 A</b> Morning Stretch <b>10 A</b> Chakra Yoga Flow <b>11 A</b> Nature Meditation</p>		
<p><b>24</b></p> <p><b>8 A</b> Core and More <b>9 A</b> Restorative Yoga <b>10 A</b> Wellness Talk: The Eight Limbs of Yoga <b>11 A</b> Body Scan Meditation</p>	<p><b>25</b></p> <p><b>8 A</b> Mat Pilates <b>9 A</b> Yoga Hybrid <b>10 A</b> Wellness Talk: Releasing Stress</p>	<p><b>26</b></p> <p><b>8 A</b> Property Walk <b>9 A</b> Body Sculpt <b>10 A</b> Dynamic Stretch</p>	<p><b>27</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Happy Hips Yoga Flow <b>10 A</b> Ayurveda Talk</p>	<p><b>28</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Core and More <b>10 A</b> Ojai Earth Meditation</p>	<p><b>29</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Yoga Hybrid <b>10 A</b> Mat Pilates Express <b>4 P</b> Introduction to Aerial Yoga</p>	<p><b>30</b></p> <p><b>8 A</b> Morning Stretch <b>9 A</b> Chakra Yoga Flow <b>10 A</b> Ayurveda Talk <b>11 A</b> Nature Meditation</p>		
<p><b>31</b></p> <p><b>8 A</b> Core and More <b>9 A</b> Restorative Yoga <b>10 A</b> Wellness Talk: The Eight Limbs of Yoga <b>11 A</b> Body Scan Meditation</p>	<p><i>Private Mind &amp; 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.</i></p>							



SPA OJAI

## MIND & BODY CLASS DESCRIPTIONS

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### MIND & BODY

**Dynamic Stretch:** This 30 minute class focuses primarily on the neck, shoulders, hips, and back using effective, therapeutic movements designed to safely ease tightness and tension.

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

**Nature Meditation:** Invite your attention to the dynamic, breathing, ever-changing qualities of the living earth in this present moment.

**Ojai Earth Meditation:** Deeply focusing on the root chakra to assist in grounding, we will tap into the healing energy of Ojai to guide, strengthen, and rejuvenate your entire being.

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### YOGA

**Chakra Yoga Flow:** Find peace as we flow gently through this all-level yoga flow designed to balance all seven energy centers.

**Happy Hips Yoga Flow:** Join us for this gentle flow targeting your hip flexors. We will move through deep stretches of the legs, back, hips, and heart.

**Introduction to Aerial Yoga:** A first step to learning the basic aerial movements, postures, and stretches in a safe, fun environment. This class is appropriate for all fitness levels and body types.

**Restorative Yoga:** Rest deeply and relax completely during this gentle, restorative yin yoga class.

**Yoga Hybrid:** This slow flow yoga class integrates multiple styles and postures. All levels welcome.

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### 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.

**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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### 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.

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### CORE, BOSU & MORE

**Body Sculpt:** This 45 minute full body workout hits all the major muscle groups using body weight and dumbbells.

**Core and More:** Performance focus on the muscles of your core – abdominals, lower back, hips and thighs – will help you stand taller and prevent the back pain from which most eventually suffer. All levels.

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

**Mat Pilates Express:** In this quick 30 minute routine, develop core strength and balance muscles.

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