



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Spa Ojai's Aerial Yoga is based in traditional Hatha yoga and designed to be accessible for everyone, at all levels of fitness. Using a suspended silk hammock for support and stability, we guide you to refine, realign, and renew your mat practice. Aerial Yoga focuses on safe alignment while in assisted postures, enabling you to achieve a deeper state of holistic health and wellbeing. Our instructors are AIReal Yoga™ certified. Sessions are located at the Fitness Veranda in Spa Village.</p> <p>Classes must be pre-registered through Spa Reservations. Reserve your space by calling 1-888-772-6524. Cancellations are required with 6 hours' notice to avoid a penalty fee of \$25.</p>						1
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9	10	11	12	13	14 1 P Introduction to Aerial Yoga	15 1 P Introduction to Aerial Yoga
16 1 P Introduction to Aerial Yoga	17 1 P Introduction to Aerial Yoga	18	19	20	21 1 P Introduction to Aerial Yoga	22 1 P Introduction to Aerial Yoga
23 1 P Introduction to Aerial Yoga	24 1 P Introduction to Aerial Yoga	25	26	27	28 1 P Introduction to Aerial Yoga	29 1 P Introduction to Aerial Yoga

Maximum class size is 8 students. Recommended Attire: Sleeved yoga clothing (no zippers) and barefeet or no-slip socks. Jewelry is not recommended. Please communicate with your instructor if you have any pre-existing medical conditions or injuries so safe accommodation can be provided.



SPA OJAI



AERIAL YOGA CLASS DESCRIPTIONS

LEVEL 1 CLASSES

Introduction to Aerial Yoga

45 minutes

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.

Foundational Flow

75 minutes

Take your mat practice to the next level with a comprehensive routine including the four fundamental positions of Aerial Yoga: plank, cross, hip hinge, and supine hammock poses. Moderately challenging yet appropriate for all fitness levels.

Slow Flow

45 minutes

A low-intensity and restorative practice embracing long, supported poses for deep stretch and mind and body renewal.

Floating Meditation

45 minutes

Incorporating slow, deep breath, this class begins with easy seated stretches, followed by gentle in-hammock movement and concludes with a 20 minute meditative savasana.

LEVEL 2 CLASSES

Intermediate Aerial Yoga

45 minutes

Hatha poses at moderate intensity help to build strength and endurance while improving alignment and proper form.

Suspension Core & Strength

45 minutes

A challenging, full-body workout focusing on core strength and stability. Recommended for those with an established fitness routine.

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