



SPA OJAI

MIND & BODY CLASS SCHEDULE

MARCH 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 &amp; Body studio, located down the stairs to the right of the Spa Ojai lobby. Class schedule is subject to change.</p> <p><i>Private Mind &amp; 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 &amp; Body Fitness Supervisor, Carolyn Maul at 805.640.2014.</i></p>					<p><b>7:30 A</b> Stretch <b>1</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Hatha Yoga  <b>3 P</b> Spin &amp; Stretch  <b>4 P</b> Yoga Flow  <b>5 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>2</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Spin &amp; Yoga Fusion  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> Toning on the Ball  <b>3 P</b> Basic Barre &amp; Weights  <b>4 P</b> Relaxing Yoga</p>
<p><b>7:30 A</b> Stretch <b>3</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yin Yoga  <b>2 P</b> TRX  <b>3 P</b> Yogic Waves  <b>4 P</b> Meditation</p>	<p><b>9 A</b> Fitness Walk* <b>4</b>  <b>10 A</b> Yogic Waves  <b>3 P</b> Yoga Flow  <b>4 P</b> 30-Min Qi Gong</p>	<p><b>9 A</b> Fitness Walk* <b>5</b>  <b>10 A</b> Hatha Yoga  <b>3 P</b> Arms &amp; Abs  <b>4 P</b> Yoga for Life</p>	<p><b>7:30 A</b> Stretch <b>6</b>  <b>8 A</b> Fitness Walk*  <b>3 P</b> Yoga for Life  <b>4 P</b> Hula Hoops (Energy Pool)</p>	<p><b>7:30 A</b> Stretch <b>7</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> TRX  <b>2 P</b> Pilates Inspired Mat  <b>3 P</b> Toning on the Ball  <b>4 P</b> Relaxing Yoga</p>	<p><b>7:30 A</b> Stretch <b>8</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Hatha Yoga  <b>3 P</b> Spin &amp; Stretch  <b>4 P</b> Yoga Flow  <b>5 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>9</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Spin &amp; Yoga Fusion  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> RunINN*  <b>3 P</b> Chakra Yoga Flow  <b>4 P</b> Chakra Meditation</p>
<p><i>The gym will be closed March 4 - 6. Please visit the spin studio for an alternate workout space.</i></p>						
<p><b>7:30 A</b> Stretch <b>10</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yin Yoga  <b>2 P</b> TRX  <b>3 P</b> Yogic Waves  <b>4 P</b> Meditation</p>	<p><b>7:30 A</b> Stretch <b>11</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Basic Barre &amp; Weights  <b>2 P</b> Spin &amp; Stretch  <b>3 P</b> Yoga Flow  <b>4 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>12</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yoga Flow  <b>10 A</b> Mindfulness Meditation  <b>11 A</b> Nutritional Wellness Talk*  <b>2 P</b> History &amp; Botany Walking Tour*  <b>3 P</b> Core &amp; More  <b>4 P</b> Spin &amp; Yoga</p>	<p><b>7:30 A</b> Stretch <b>13</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Self Myofascial Release  <b>10 A</b> Mindfulness Meditation  <b>2 P</b> HIIT  <b>3 P</b> Spinning  <b>4 P</b> Hatha Yoga</p>	<p><b>7:30 A</b> Stretch <b>14</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> TRX  <b>2 P</b> RunINN*  <b>3 P</b> Power Vinyasa  <b>4 P</b> Yoga Nidra</p>	<p><b>7:30 A</b> Stretch <b>15</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yogic Waves  <b>3 P</b> Spin &amp; Stretch  <b>4 P</b> Yoga Flow  <b>5 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>16</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Spin &amp; Yoga Fusion  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> Basic Barre &amp; Weights  <b>3 P</b> Pilates Inspired Mat  <b>4 P</b> Relaxing Yoga</p>
<p><b>7:30 A</b> Stretch <b>17</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yin Yoga  <b>2 P</b> TRX  <b>3 P</b> Yogic Waves  <b>4 P</b> Meditation</p>	<p><b>7:30 A</b> Stretch <b>18</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Pilates Inspired Mat  <b>2 P</b> Spin &amp; Stretch  <b>3 P</b> Yoga Flow  <b>4 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>19</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yoga Flow  <b>10 A</b> Mindfulness Meditation  <b>11 A</b> Nutritional Wellness Talk*  <b>2 P</b> History &amp; Botany Walking Tour*  <b>3 P</b> Core &amp; More  <b>4 P</b> Spinning</p>	<p><b>7:30 A</b> Stretch <b>20</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Self Myofascial Release  <b>10 A</b> Mindfulness Meditation  <b>2 P</b> HIIT  <b>3 P</b> Spin &amp; Yoga Fusion  <b>4 P</b> Relax &amp; Stretch</p>	<p><b>7:30 A</b> Stretch <b>21</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> TRX  <b>2 P</b> RunINN*  <b>3 P</b> Power Vinyasa  <b>4 P</b> Yoga Nidra</p>	<p><b>7:30 A</b> Stretch <b>22</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Hatha Yoga  <b>3 P</b> Spin &amp; Stretch  <b>4 P</b> Yoga Flow  <b>5 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>23</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Spin &amp; Yoga Fusion  <b>11:30 A</b> Nutritional Wellness Talk*  <b>2 P</b> Pilates Inspired Mat (Fitness Veranda)  <b>3 P</b> Relaxing Yoga (Fitness Veranda)</p>
<p><b>7:30 A</b> Stretch <b>24</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yin Yoga  <b>2 P</b> TRX  <b>3 P</b> Yogic Waves  <b>4 P</b> Meditation</p>	<p><b>7:30 A</b> Stretch <b>25</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Pilates Inspired Mat  <b>2 P</b> Spin &amp; Stretch  <b>3 P</b> Yoga Flow  <b>4 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>26</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yogic Waves  <b>2 P</b> Arms &amp; Abs  <b>3 P</b> Yoga for Life  <b>4 P</b> Hula Hoops (Energy Pool)</p>	<p><b>7:30 A</b> Stretch <b>27</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Self Myofascial Release  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> History &amp; Botany Walking Tour*  <b>3 P</b> Core &amp; More  <b>4 P</b> Spinning</p>	<p><b>7:30 A</b> Stretch <b>28</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> TRX  <b>2 P</b> RunINN*  <b>3 P</b> Chakra Yoga Flow  <b>4 P</b> Chakra Meditation</p>	<p><b>7:30 A</b> Stretch <b>29</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Hatha Yoga  <b>10 A</b> Nutritional Wellness Talk*  <b>3 P</b> Spin &amp; Stretch  <b>4 P</b> Yoga Flow  <b>5 P</b> 30-Min Qi Gong</p>	<p><b>7:30 A</b> Stretch <b>30</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Spin &amp; Yoga Fusion  <b>10 A</b> Nutritional Wellness Talk*  <b>2 P</b> Toning on the Ball  <b>3 P</b> Basic Barre &amp; Weights  <b>4 P</b> Relaxing Yoga</p>
<p><b>7:30 A</b> Stretch <b>31</b>  <b>8 A</b> Fitness Walk*  <b>9 A</b> Yin Yoga  <b>2 P</b> TRX  <b>3 P</b> Yogic Waves  <b>4 P</b> Meditation</p>						



# SPA OJAI

## MIND & BODY CLASS DESCRIPTIONS

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### 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.

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### 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 (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.

**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.

**Power Vinyasa:** Sync your movement with your breath in this invigorating power yoga flow class.

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### 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.

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### 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!

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### 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.

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### 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.

**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.

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### 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.

**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.

*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.*