



SPA OJAI

MIND & BODY CLASS SCHEDULE  
DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>7:30 A</b> 30 Min. Stretch <b>1</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Prana Flow Yoga <b>3 P</b> TRX** <b>4 P</b> Core & More <b>5 P</b> Candlelight Yoga	<b>7:30 A</b> 30 Min. Stretch <b>2</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Pilates Inspired Mat <b>2 P</b> Step It Up* <b>3 P</b> Prana Flow Yoga** <b>4 P</b> Restful Savasana	<b>8 A</b> Fitness Walk* <b>3</b> <b>9 A</b> Yogic Waves** <b>2 P</b> TRX <b>3 P</b> Self Myofascial Release <b>4 P</b> Property Walking Tour*	<b>8 A</b> Fitness Walk* <b>4</b> <b>9 A</b> TRX** <b>2 P</b> Step It Up* <b>3 P</b> Self Myofascial Release <b>4 P</b> Yin Yang Yoga	<b>7:30 A</b> 30 Min. Stretch <b>5</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Core & More <b>2 P</b> TRX <b>3 P</b> Toning on the Ball <b>4 P</b> Self Myofascial Release	<b>7:30 A</b> 30 Min. Stretch <b>6</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Hatha Yoga <b>3 P</b> Property Walking Tour* <b>4 P</b> Core & More <b>5 P</b> Candlelight Yoga	<b>7:30 A</b> 30 Min. Stretch <b>7</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Pilates Inspired Mat <b>2 P</b> HIIT <b>3 P</b> Spinning <b>4 P</b> 30 Min. Stretch
<b>7:30 A</b> 30 Min. Stretch <b>8</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Toning on the Ball <b>3 P</b> TRX** <b>4 P</b> Core & More <b>5 P</b> Candlelight Yoga	<b>7:30 A</b> 30 Min. Stretch <b>9</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Pilates Inspired Mat <b>2 P</b> Step It Up* <b>3 P</b> Prana Flow Yoga** <b>4 P</b> Restful Savasana	<b>7:30 A</b> 30 Min. Stretch <b>10</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Yogic Waves <b>10 A</b> Peace & Joy Meditation <b>2 P</b> TRX <b>3 P</b> Self Myofascial Release <b>4 P</b> Property Walking Tour*	<b>8 A</b> Fitness Walk* <b>11</b> <b>9 A</b> TRX** <b>10 A</b> Peace & Joy Meditation <b>2 P</b> Nutritional Wellness Talk* <b>3 P</b> Spinning <b>4 P</b> Hatha Yoga	<b>7:30 A</b> 30 Min. Stretch <b>12</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Self Myofascial Release <b>2 P</b> Water Works (Energy Pool) <b>3 P</b> TRX** <b>4 P</b> Self Myofascial Release	<b>7:30 A</b> 30 Min. Stretch <b>13</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Hatha Yoga <b>3 P</b> Step It Up* <b>4 P</b> Pilates Inspired Mat <b>5 P</b> Candlelight Yoga	<b>7:30 A</b> 30 Min. Stretch <b>14</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Spin & Yoga Fusion <b>10 A</b> Nutritional Wellness Talk* <b>2 P</b> Ball & Barre <b>3 P</b> Pilates Inspired Mat <b>4 P</b> Relaxing Yoga
<b>7:30 A</b> 30 Min. Stretch <b>15</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Self Myofascial Release <b>3 P</b> TRX** <b>4 P</b> Core & More <b>5 P</b> Candlelight Yoga	<b>7:30 A</b> 30 Min. Stretch <b>16</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Pilates Inspired Mat <b>2 P</b> Step It Up* <b>3 P</b> Prana Flow Yoga** <b>4 P</b> Ojai Earth Meditation	<b>7:30 A</b> 30 Min. Stretch <b>17</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Yogic Waves <b>10 A</b> Peace & Joy Meditation <b>2 P</b> Nutritional Wellness Talk* <b>3 P</b> Spinning <b>4 P</b> Hatha Yoga	<b>7:30 A</b> 30 Min. Stretch <b>18</b> <b>8 A</b> Fitness Walk' <b>9 A</b> TRX** <b>10 A</b> Peace & Joy Meditation <b>2 P</b> Core & More <b>3 P</b> Spin & Yoga Fusion <b>4 P</b> Property Walking Tour*	<b>7:30 A</b> 30 Min. Stretch <b>19</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Self Myofascial Release <b>2 P</b> TRX <b>3 P</b> Toning on the Ball <b>4 P</b> Self Myofascial Release	<b>7:30 A</b> 30 Min. Stretch <b>20</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Hatha Yoga <b>3 P</b> Step It Up* <b>4 P</b> Pilates Inspired Mat <b>5 P</b> Candlelight Yoga	<b>7:30 A</b> 30 Min. Stretch <b>21</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Spin & Yoga Fusion <b>10 A</b> Nutritional Wellness Talk* <b>2 P</b> Ball & Barre <b>3 P</b> Pilates Inspired Mat <b>4 P</b> Relaxing Yoga
<b>7:30 A</b> 30 Min. Stretch <b>22</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Yin Yoga <b>3 P</b> TRX** <b>4 P</b> Core & More <b>5 P</b> Candlelight Yoga	<b>7:30 A</b> 30 Min. Stretch <b>23</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Pilates Inspired Mat <b>10 A</b> Peace & Joy Meditation <b>2 P</b> Step It Up* <b>3 P</b> Prana Flow Yoga** <b>4 P</b> Restful Savasana	<b>7:30 A</b> 30 Min. Stretch <b>24</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Yogic Waves <b>10 A</b> Peace & Joy Meditation <b>2 P</b> Nutritional Wellness Talk* <b>3 P</b> Spinning <b>4 P</b> Property Walking Tour*	<b>7:30 A</b> 30 Min. Stretch <b>25</b> <b>8 A</b> Fitness Walk' <b>9 A</b> TRX** <b>2 P</b> Step It Up* <b>3 P</b> Prana Flow Yoga** <b>4 P</b> Restful Savasana	<b>7:30 A</b> 30 Min. Stretch <b>26</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Self Myofascial Release <b>2 P</b> TRX <b>3 P</b> Toning on the Ball <b>4 P</b> Relax & Stretch	<b>7:30 A</b> 30 Min. Stretch <b>27</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Hatha Yoga <b>3 P</b> Step It Up* <b>4 P</b> Pilates Inspired Mat <b>5 P</b> Candlelight Yoga	<b>7:30 A</b> 30 Min. Stretch <b>28</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Spin & Yoga Fusion <b>10 A</b> Nutritional Wellness Talk* <b>2 P</b> Ball & Barre <b>3 P</b> Pilates Inspired Mat <b>4 P</b> Relaxing Yoga
<b>7:30 A</b> 30 Min. Stretch <b>29</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Self Myofascial Release <b>3 P</b> TRX** <b>4 P</b> Core & More <b>5 P</b> Candlelight Yoga	<b>7:30 A</b> 30 Min. Stretch <b>30</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Pilates Inspired Mat <b>10 A</b> Peace & Joy Meditation <b>2 P</b> Step It Up* <b>3 P</b> Prana Flow Yoga** <b>4 P</b> Ojai Earth Meditation	<b>7:30 A</b> 30 Min. Stretch <b>31</b> <b>8 A</b> Fitness Walk' <b>9 A</b> Yogic Waves <b>10 A</b> Nutritional Wellness Talk* <b>2 P</b> TRX <b>3 P</b> Spinning <b>4 P</b> Hatha Yoga	<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; classes marked with two asterisks (**) meet at the Fitness Veranda. 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>			

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

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### MIND & BODY

**Peace & Joy Meditation:** Meditations for peace and joy, for oneself and others, taught by Joe Parent, the author of *A Walk In The Wood: Meditations on Mindfulness with a Bear Named Pooh*.

**Ojai Earth Meditation:** Deep focus on the Muladhara (Root) Chakra to assist in grounding your Self. We will tap into the healing energy of Ojai to guide, strengthen and rejuvenate your entire being.

**Restful Savasana:** Sensory stimulation and external distractions are ultimately minimized to help your body completely relax. The meditative state of yoga in Savasana has been shown to help slow the active beta brainwaves in favor of the slower states of alpha and theta brainwaves.

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### 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 (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.

**Relaxing Yoga:** Gentle, quiet, slow moving poses and breathwork to settle the mind and stretch the body.

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

**Prana Flow Yoga:** Connect to the deep rhythm of your breath as we move through powerful yoga poses all guided by the beat of your heart.

**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.

**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.

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### 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.

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### WALKS

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

**Property 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.

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### CORE, BOSU & MORE

**Balanced Body:** Improve your balance and coordination by combining the mind-body practices of yoga, tai chi and Pilates to lengthen and strengthen the muscles and focus the mind.

**Ball & Barre:** This intermediate class incorporates the Swiss Ball, Barre movements, and free weights for full body toning.

**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 a 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.

**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 Works:** Join us at the Energy Pool for this spirited cardio and toning workout.

*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.*