



SPA OJAI

MIND & BODY CLASS SCHEDULE
NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 A Property Walk 9 A Gratitude Yoga 10 A Core & More* 11 A Body Scan Meditation	8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*	8 A History & Botany Walking Tour 9 A Poolside Yoga* 10 A Yoga Nidra	8 A Core & More* 9 A Gratitude Yoga 10 A Body Scan Meditation	8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*	8 A Property Walk 9 A Bodyweight Basics 10 A Optimal Mobility*	7:30 A Foothill Fitness Walk 9:30 A Pranayama* 10 A Poolside Yoga* 11 A Yoga Nidra
8	9	10	11	12	13	14
8 A Property Walk 9 A Gratitude Yoga 10 A Core & More* 11 A Body Scan Meditation	8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*	8 A History & Botany Walking Tour 9 A Poolside Yoga* 10 A Yoga Nidra	8 A Core & More* 9 A Gratitude Yoga 10 A Body Scan Meditation			
15	16	17	18	19	20	21
				8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*	8 A Property Walk 9 A Bodyweight Basics 10 A Optimal Mobility*	7:30 A Foothill Fitness Walk 9:30 A Pranayama* 10 A Poolside Yoga* 11 A Yoga Nidra
22	23	24	25	26	27	28
8 A Property Walk 9 A Gratitude Yoga 10 A Core & More* 11 A Body Scan Meditation	8 A Core & More* 9 A Gratitude Yoga 10 A Body Scan Meditation	8 A History & Botany Walking Tour 9 A Poolside Yoga* 10 A Yoga Nidra	8 A Core & More* 9 A Gratitude Yoga 10 A Body Scan Meditation	8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*	8 A Foothill Fitness Walk 10 A Poolside Yoga*	7:30 A Foothill Fitness Walk 9:30 A Pranayama* 10 A Poolside Yoga* 11 A Yoga Nidra
29	30	<p>Classes are complimentary for guests of the Ojai Valley Inn. Classes 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>Due to physical distancing requirements, capacity is limited. To ensure a safe and comfortable environment for all, classes are offered outdoors and do not require equipment or mats.</p> <p>Classes marked with an asterisk (*) meet at the Fitness Veranda. All other classes meet in the Spa Village Courtyard. Class schedule is subject to change. Contact Spa Reservations at 1-888-772-6524 for more information.</p>				
8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*	8 A Property Walk 9 A Yoga Hybrid 10 A Full Body Stretch*					

Private Mind & 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.



SPA OJAI

MIND & BODY CLASS DESCRIPTIONS

MIND & BODY

Body Scan Meditation (30 Minutes): Focuses attention on physical sensations in the body and cultivates 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.

Pranayama (30 Minutes): Allow yourself to destress and rest the thinking mind by shifting your awareness to the breath to enter a deeper state of meditation.

YOGA

Gratitude Yoga: Celebrate the internal, still energy of Autumn as we move deeply into Gratitude during this slower-paced all-level yoga flow, while focusing deeply on your breath.

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

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

Yoga Nidra: Learn to use the breath to quiet the mind and enjoy deep conscious relaxation.

WALKS

Foothill Fitness Walk: This vigorous route takes you up Foothill Road to the Pratt Trailhead at the base of the Topatopa Mountains. Please allow up to 90 minutes for this out and back trip.

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 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.

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.

STRETCHING

Full Body Stretch (30 Minutes): Improve full body range of motion and flexibility with a 30 minute stretch.

Optimal Mobility: A 25 minute class designed to gently and effectively unlock tightness plus improve joint function and range of motion throughout the body.

CORE, BOSU & MORE

Bodyweight Basics: Warm up, tone up and cool down as you work all the major muscle groups in this fun strength and cardio class. Adaptations can be made to suit all fitness levels.

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 from which many eventually suffer. All levels welcome.

Private Mind & 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.