



SPA OJAI

MIND & BODY CLASS SCHEDULE
JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>8:30 A Presence Meditation 9:30 A Yogalates 10:30 A Wellness Talk: Back to Nature 11:30 A Morning Stretch</p> <p style="text-align: right;">●</p>	<p>2</p> <p>8:30 A Presence Meditation 9:30 A Core and More 10:30 A Morning Stretch</p> <p style="text-align: right;">●</p>	<p>3</p> <p>8:30 A Mat Pilates 9:30 A Yoga with the Beatles 10:30 A Morning Stretch</p> <p style="text-align: right;">●</p>	<p>4</p> <p>8:30 A Full Body Resistance Band Workout 9:30 A Morning Stretch 10:30 A Fitness Walk</p> <p style="text-align: right;">●</p>	<p>5</p> <p>8:30 A Morning Stretch 9:30 A Yoga & Rock Classics 10:30 A Pilates Express</p> <p style="text-align: right;">●</p>	<p>6</p> <p>8:30 A Core and More 9:30 A Property Circuit 10:30 A Fitness Walk 2 P Metabolic Strength Training 3 P YOUGA 4 P Stretch & Roll</p> <p style="text-align: right;">●</p>	<p>7</p> <p>2 P Saturday WOD 3 P Metabolic Strength Training 4 P Stretch & Roll</p> <p style="text-align: right;">●</p>
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<p>29</p> <p>8:30 A Presence Meditation 9:30 A Yogalates 10:30 A Wellness Talk: Back to Nature 11:30 A Morning Stretch</p> <p style="text-align: right;">●</p>	<p>30</p> <p>8:30 A Presence Meditation 9:30 A Core and More 10:30 A Morning Stretch</p> <p style="text-align: right;">●</p>	<p>31</p> <p>8:30 A Mat Pilates 9:30 A Yoga with the Beatles 10:30 A Morning Stretch</p> <p style="text-align: right;">●</p>	<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> <ul style="list-style-type: none"> ● Classes meet in the Garden Room from 1/1-1/15/23 ● Classes meet in Hacienda A from 1/16-1/22/23 ● Classes meet in the Shangri La Pavilion from 1/23-1/31/23 			

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

MIND & BODY

Morning Stretch (30 minutes): Begin your day with gentle stretching and lengthening of all the major muscle groups

Stretch & Roll (30 minutes): This athletic stretch class utilizes a foam roller to target tight areas within the body by means of self myofascial release. The benefits of foam rolling include decreased muscle tension and improved joint range of motion.

Presence Meditation: The more we train our focus to be in the moment, the more our happiness develops and grows

YOGA

Yoga with the Beatles: A slow flow class integrating stretch, strength, and style to Beatles music.

YOuGA: Gentle flow yoga moving through favored poses to fun music. This yoga session is for YOU.

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

Yoga and Rock Classics: A blend of strength and stretch poses to energizing rock music.

CARDIO

Saturday WOD: This Saturday “Workout of the Day” involves high intensity circuit training.

Outdoor Steps: A circuit to increase your heart rate by repeating cycles of total body movements from the Orchard Garden to the Shangri-La Pavilion

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

Property Circuit: Focus on lower body cardio and interval training while making your way across property and back.

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.

Metabolic Strength Training: Exercise multiple muscle groups simultaneously in this full body functional workout

TALKS

Back to Nature: There is an immense amount of research showing that nature is good for our health. Spending time in nature reduces stress, lowers our blood pressure, improves our mental outlook, gives us healthy nutrients like oxygen and Vitamin D, and decreases pain

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