



SPA OJAI

MIND & BODY CLASS SCHEDULE  
OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>All classes meet in the Spa Village Courtyard. Classes are hosted outdoors. Please come in layers.</p>						<p><b>8A</b> Mindfulness Meditation <b>1</b></p> <p><b>9A</b> Slow Flow Yoga</p> <p><b>10A</b> Back to Nature Wellness Talk</p> <p><b>11A</b> Aerial Yoga</p> <p><b>3P</b> Saturday WOD</p> <p><b>4P</b> Metabolic Strength Training</p> <p><b>5P</b> Stretch &amp; Roll</p>
<p><b>2</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Yogalates</p> <p><b>10A</b> Ayurveda Wellness Talk</p> <p><b>11A</b> Aerial Yoga</p>	<p><b>3</b></p> <p><b>8A</b> Mat Pilates</p> <p><b>9A</b> Yoga with the Beatles</p> <p><b>10A</b> Intro to Aerial Yoga</p>	<p><b>4</b></p> <p><b>8A</b> Morning Stretch</p> <p><b>9A</b> Full Body Resistance Band Workout</p> <p><b>10A</b> Fitness Walk</p>	<p><b>5</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Walking Weights Workout</p> <p><b>10A</b> Morning Stretch</p>	<p><b>6</b></p> <p><b>8A</b> Moving Meditation</p> <p><b>9A</b> Yoga &amp; Rock Classics</p> <p><b>10A</b> Mat Pilates Express</p>	<p><b>7</b></p> <p><b>8A</b> Dynamic Stretch</p> <p><b>9A</b> Lower Body Circuit</p> <p><b>10A</b> Outdoor Steps</p> <p><b>2P</b> Aerial Yoga</p> <p><b>3P</b> Body Scan Meditation</p>	<p><b>8</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Slow Flow Yoga</p> <p><b>10A</b> Back to Nature Wellness Talk</p>
<p><b>9</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Yogalates</p> <p><b>10A</b> Ayurveda Wellness Talk</p> <p><b>11A</b> Aerial Yoga</p>	<p><b>10</b></p> <p><b>8A</b> Mat Pilates</p> <p><b>9A</b> Yoga with the Beatles</p> <p><b>10A</b> Intro to Aerial Yoga</p>	<p><b>11</b></p> <p><b>8A</b> Morning Stretch</p> <p><b>9A</b> Full Body Resistance Band Workout</p> <p><b>10A</b> Fitness Walk</p>	<p><b>12</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Walking Weights Workout</p> <p><b>10A</b> Morning Stretch</p>	<p><b>13</b></p> <p><b>8A</b> Moving Meditation</p> <p><b>9A</b> Yoga &amp; Rock Classics</p> <p><b>10A</b> Mat Pilates Express</p>	<p><b>14</b></p> <p><b>8A</b> Dynamic Stretch</p> <p><b>9A</b> Lower Body Circuit</p> <p><b>10A</b> Outdoor Steps</p> <p><b>2P</b> Aerial Yoga</p> <p><b>3P</b> Body Scan Meditation</p>	<p><b>15</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Slow Flow Yoga</p> <p><b>10A</b> Back to Nature Wellness Talk</p> <p><b>11A</b> Aerial Yoga</p> <p><b>3P</b> Saturday WOD</p> <p><b>4P</b> Metabolic Strength Training</p> <p><b>5P</b> Stretch &amp; Roll</p>
<p><b>16</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Yogalates</p> <p><b>10A</b> Ayurveda Wellness Talk</p> <p><b>11A</b> Aerial Yoga</p>	<p><b>17</b></p> <p><b>8A</b> Mat Pilates</p> <p><b>9A</b> Yoga with the Beatles</p> <p><b>10A</b> Intro to Aerial Yoga</p>	<p><b>18</b></p> <p><b>8A</b> Morning Stretch</p> <p><b>9A</b> Full Body Resistance Band Workout</p> <p><b>10A</b> Fitness Walk</p>	<p><b>19</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Walking Weights Workout</p> <p><b>10A</b> Morning Stretch</p>	<p><b>20</b></p> <p><b>8A</b> Moving Meditation</p> <p><b>9A</b> Yoga &amp; Rock Classics</p> <p><b>10A</b> Mat Pilates Express</p>	<p><b>21</b></p> <p><b>8A</b> Dynamic Stretch</p> <p><b>9A</b> Lower Body Circuit</p> <p><b>10A</b> Outdoor Steps</p> <p><b>2P</b> Aerial Yoga</p> <p><b>3P</b> Body Scan Meditation</p>	<p><b>22</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Slow Flow Yoga</p> <p><b>10A</b> Back to Nature Wellness Talk</p> <p><b>3P</b> Saturday WOD</p> <p><b>4P</b> Metabolic Strength Training</p> <p><b>5P</b> Stretch &amp; Roll</p>
<p><b>23</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Yogalates</p> <p><b>10A</b> Ayurveda Wellness Talk</p> <p><b>11A</b> Aerial Yoga</p>	<p><b>24</b></p> <p><b>8A</b> Mat Pilates</p> <p><b>9A</b> Yoga with the Beatles</p> <p><b>10A</b> Intro to Aerial Yoga</p>	<p><b>25</b></p> <p><b>8A</b> Morning Stretch</p> <p><b>9A</b> Full Body Resistance Band Workout</p> <p><b>10A</b> Fitness Walk</p>	<p><b>26</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Walking Weights Workout</p> <p><b>10A</b> Morning Stretch</p>	<p><b>27</b></p> <p><b>8A</b> Moving Meditation</p> <p><b>9A</b> Yoga &amp; Rock Classics</p> <p><b>10A</b> Mat Pilates Express</p>	<p><b>28</b></p> <p><b>8A</b> Dynamic Stretch</p> <p><b>9A</b> Lower Body Circuit</p> <p><b>10A</b> Outdoor Steps</p> <p><b>2P</b> Aerial Yoga</p> <p><b>3P</b> Body Scan Meditation</p>	<p><b>29</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Slow Flow Yoga</p> <p><b>10A</b> Back to Nature Wellness Talk</p> <p><b>11A</b> Aerial Yoga</p> <p><b>3P</b> Saturday WOD</p> <p><b>4P</b> Metabolic Strength Training</p> <p><b>5P</b> Stretch &amp; Roll</p>
<p><b>30</b></p> <p><b>8A</b> Mindfulness Meditation</p> <p><b>9A</b> Yogalates</p> <p><b>10A</b> Ayurveda Wellness Talk</p> <p><b>11A</b> Aerial Yoga</p>	<p><b>31</b></p> <p><b>8A</b> Mat Pilates</p> <p><b>9A</b> Yoga with the Beatles</p> <p><b>10A</b> Intro to Aerial Yoga</p>	<p><i>Private Mind &amp; 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.</i></p>				



## SPA OJAI

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### MIND & BODY

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**Morning Stretch:** Begin your day with gentle stretching and lengthening of all the major muscle groups.

**Mobility Training:** Improve the range of motion of your joints and muscles while alleviating everyday aches and pains.

**Dynamic Stretch:** This 30 minute class focuses primarily on the neck, shoulders, hips and back using effective, therapeutic movements designed to ease tightness and tension safely.

**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.

**Mindfulness Meditation:** Slow down your thoughts and calm your body and mind.

**Moving Meditation:** Slow moving intentional stretches to improve flexibility and quiet the mind.

**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, digestions, etc. This mindfulness practice can help reduce stress, improve well-being, and decrease aches and pains.

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### YOGA

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**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.

**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.

**Slow Flow Yoga:** Reconnect to yourself during this deep and slow, all levels yoga flow.

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

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### CORE & STRENGTH

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**Mat Pilates:** Build, strengthen, and tone your core on the mat in this all levels class.

**Yogalates:** Build strength and tone muscles while improving flexibility and mind-body harmony in this yoga pilates fusion class.

**Full Body Resistance Band Workout:** Sculpt and tone your body using resistance bands in this total body workout.

## MIND & BODY CLASS DESCRIPTIONS

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

**Lower Body Circuit:** Focusing on the legs and glutes, tone your lower body with this targeted dumbbell workout.

**Mat Pilates Express:** In this quick 30 minute routine, develop core strength and balance muscles.

**Walking Weights Workout:** Revel in the fresh air during this fun workout including sets of jump squats, planks, push-ups, and more. Weights are optional for use.

**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 most eventually suffer.

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### CARDIO & MORE

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**Saturday WOD:** This Saturday "Workout of the Day" involves high intensity circuit training.

**Outdoor Steps:** A quick routine to increase your heart rate by walking up over 100 steps from the herb garden to the Shangri-La Pavilion and repeating three to five cycles of push-ups along the way.

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

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### WELLNESS TALKS (30 MINUTES)

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**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.

**Ayurveda Talk:** In Sanskrit, Ayurveda means the "Science of Life". Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the "Mother of all Healing." This interactive session explores living and practicing an ayurvedic lifestyle.

*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.*