



SPA OJAI

MIND & BODY CLASS SCHEDULE
SEPTEMBER 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>1</p> <p>8A Moving Meditation 9A Yoga with the Beatles 10A Aqua Stretch & Tone (30 min)</p>	<p>2</p> <p>8A Dynamic Mobility 9A Lower Body Circuit 10A Outdoor Steps 2P Body Scan Meditation 3P Aerial Yoga</p>	<p>3</p> <p>8A Presence Meditation 9A Slow Flow Yoga 10A Wellness Talk: Back to Nature 11A Aerial Yoga 3P Saturday WOD 4P Metabolic Strength Training 5P Stretch & Roll</p>
<p>4</p> <p>8A Presence Meditation 9A Yogalates 10A Aerial Yoga 11A Aqua Pilates</p>	<p>5</p> <p>8A Morning Stretch 9A Full Body Strength 10A Property Walk</p>	<p>6</p> <p>8A Morning Stretch 9A Resistance Bands 10A Property Walk</p>	<p>7</p> <p>8A Morning Stretch 9A Outdoor Weights Workout 10A Aqua Yoga</p>	<p>8</p> <p>8A Dynamic Mobility 9A Core and More 10A Property Walk</p>	<p>9</p> <p>8A Mat Pilates 9A Yoga Hybrid 10A Aerial Yoga 2P Body Scan Meditation 3P Happy Hips Yoga Flow</p>	<p>10</p> <p>8A Presence Meditation 9A Slow Flow Yoga 10A Wellness Talk: Back to Nature 11A Aerial Yoga 3P Saturday WOD 4P Metabolic Strength Training 5P Stretch & Roll</p>
<p>11</p> <p>9A Yogalates 10A Aerial Yoga 11A Aqua Pilates</p>	<p>12</p> <p>8A Mat Pilates 9A Yoga Hybrid 10A Aerial Yoga</p>	<p>13</p> <p>8A Morning Stretch 9A Resistance Bands 10A Property Walk</p>	<p>14</p> <p>8A Morning Stretch 9A Outdoor Weights Workout 10A Aqua Yoga</p>	<p>15</p> <p>8A Moving Meditation 9A Yoga with the Beatles 10A Aqua Stretch & Tone (30 min)</p>	<p>16</p> <p>8A Dynamic Mobility 9A Lower Body Circuit 10A Outdoor Steps 2P Body Scan Meditation 3P Aerial Yoga</p>	<p>17</p> <p>8A Presence Meditation 9A Slow Flow Yoga 10A Wellness Talk: Back to Nature 11A Aerial Yoga 3P Saturday WOD 4P Metabolic Strength Training 5P Stretch & Roll</p>
<p>18</p> <p>8A Presence Meditation 9A Yogalates 11A Aqua Pilates</p>	<p>19</p> <p>8A Mat Pilates 9A Yoga Hybrid 10A Aerial Yoga</p>	<p>20</p> <p>8A Morning Stretch 9A Yoga with the Beatles 10A Mat Pilates Express</p>	<p>21</p> <p>8A Morning Stretch 9A Outdoor Weights Workout 10A Aqua Yoga</p>	<p>22</p> <p>8A Presence Meditation 9A Yogalates 10A Morning Stretch</p>	<p>23</p> <p>8A Mat Pilates 9A Yoga Hybrid 10A Aerial Yoga 2P Body Scan Meditation 3P Happy Hips Yoga Flow</p>	<p>24</p> <p>8A Presence Meditation 9A Slow Flow Yoga 10A Wellness Talk: Back to Nature 11A Aerial Yoga</p>
<p>25</p> <p>8A Presence Meditation 9A Yogalates 10A Aerial Yoga 11A Aqua Pilates</p>	<p>26</p> <p>8A Mat Pilates 9A Yoga Hybrid 10A Aerial Yoga</p>	<p>27</p> <p>8A Morning Stretch 9A Resistance Bands 10A Property Walk</p>	<p>28</p> <p>8A Mat Pilates 9A YOUGA 10A Aerial Yoga</p>	<p>29</p> <p>8A Moving Meditation 9A Yoga with the Beatles 10A Aqua Stretch & Tone (30 min)</p>	<p>30</p> <p>8A Dynamic Mobility 9A Lower Body Circuit 10A Outdoor Steps 2P Body Scan Meditation 3P Aerial Yoga</p>	

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

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

Contemplative Stretch: Slow moving and intentional movement for flexibility and a quiet mind.

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.

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

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.

YOGA

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.

Happy Hips Yoga Flow: Join us for this gentle flow targeting your hip flexors. We will move through deep stretches of the legs, back, hips, and heart.

CORE & STRENGTH

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.

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

Full Body Strength: Sculpt and tone your body in this low-weight and high-rep dumbbell total body workout.

Outdoor Strength 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. about the Inn's history during a leisurely walk around the property. Walking shoes required.

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.

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

CARDIO & MORE

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.

Aqua Pilates: Stabilize core muscles, challenge postural alignment and balance using the natural resistance of water; this workout incorporates movements based on the Pilates Method.

Aqua Stretch & Tone (30 min): Keep cool in the pool with this beautiful blend of toning and flexibility movements.

Aqua Yoga: Join us for this fun and gentle form of aqua yoga. The water will support your joints, free your movement, and create resistance to build muscles in a safe way. The therapeutic effects of the water will reset your nervous system and refresh your mind as we dive deep into the breath.

WELLNESS TALKS (30 MINUTES)

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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