



SPA OJAI

MIND & BODY CLASS SCHEDULE
MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8A Mindfulness Meditation 9A Yogalates 10A Wellness Talk: Ayurveda 11A Aerial Yoga	2 8:30A Yoga Hybrid	3 8A Walk and Tone 9A Full Body Bootcamp 10A Morning Stretch	4 8A Mindfulness Meditation 9A Yogalates 10A Morning Stretch	5 8A Morning Jog 9A Core & More 10A Morning Stretch	6 8A Morning Stretch 9A Yoga with the Beatles 10A Intro to Aerial 2P Core and More 3P Mobility Training	7 8A Mindfulness Meditation 9A Athlete's Yin Yoga 10A Outdoor Steps 11A Aerial Yoga 3P Saturday WOD 4P Metabolic Strength 5P Stretch and Roll
8 8A Mindfulness Meditation 9A Yogalates 10A Wellness Talk: Ayurveda 11A Aerial Yoga	9 8A Mat Pilates 9A YOuGA 10A Intro to Aerial	10 8A Walk and Tone 9A Full Body Bootcamp 10A Morning Stretch	11 8A Mindfulness Meditation 9A Yogalates 10A Morning Stretch	12 8A Morning Jog 9A Core & More 10A Morning Stretch	13 8A Property Walk 9A Functional Strength 10A Dynamic Mobility 2P Core & More 3P Mobility Training	14 8A Mindfulness Meditation 9A Athlete's Yin Yoga 10A Outdoor Steps 11A Aerial Yoga 3P Saturday WOD 4P Metabolic Strength 5P Stretch & Roll
15 8A Mindfulness Meditation 9A Yogalates 10A Wellness Talk: Ayurveda 11A Aerial Yoga	16 8A Mat Pilates 9A YOuGA 10A Intro to Aerial	17 8A Walk and Tone 9A Full Body Bootcamp 10A Morning Stretch	18 8A Mat Pilates 9A Yoga Hybrid 10A Wellness Talk: Stress	19 8A Morning Jog 9A Core & More 10A Morning Stretch	20 8A Morning Stretch 9A Yoga with the Beatles 10A Intro to Aerial	21 8A Mindfulness Meditation 9A Athlete's Yin Yoga 10A Outdoor Steps 11A Aerial Yoga
22 8A Mindfulness Meditation 9A Yogalates 10A Wellness Talk: Ayurveda 11A Aerial Yoga	23 8A Mat Pilates 9A YOuGA 10A Intro to Aerial	24 8A Walk and Tone 9A Full Body Bootcamp 10A Morning Stretch	25 8A Mindfulness Meditation 9A Yogalates 10A Morning Stretch	26 8A Morning Jog 9A Core & More 10A Morning Stretch	27 8A Morning Stretch 9A Yoga with the Beatles 10A Intro to Aerial	28 8A Mindfulness Meditation 9A Athlete's Yin Yoga 10A Outdoor Steps 11A Aerial Yoga 3P Saturday WOD 4P Metabolic Strength 5P Stretch & Roll
29 8A Mindfulness Meditation 9A Yogalates 10A Wellness Talk: Ayurveda	30 8A Mat Pilates 9A YOuGA 10A Intro to Aerial	31 8A Walk and Tone 9A Full Body Bootcamp 10A Morning Stretch	<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. All classes meet in the Spa Village Courtyard.</p> <p>Class schedule is subject to change. Contact Spa Reservations at 1-888-772-6524 for more information.</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.



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MIND & BODY

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

Boundless Meditation: During this meditation, we will guide you to find the freedom of connecting to the boundless dimension of pure consciousness.

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

Morning Mobility (30 minutes): This 30 minute class focuses primarily on the neck, shoulders, hips and back using effective, therapeutic movements designed to ease tightness and tension safely.

YOGA

Athlete's Yin Yoga: Increase flexibility, improve range of motion, speed up recovery time, and relieve stress during this deep restorative yoga class.

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

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.

Gentle Detox Yoga Flow: Flow with us as we stimulate the digestive system including twists, bends, and deep stretches to bring about vitality and peace of mind.

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

WELLNESS TALKS

Ayurveda Talk (30 minutes): 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

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practicing an ayurvedic lifestyle.

Wellness Releasing Stress (30 minutes): This interactive discussion tackles the different causes of stress and how it influences our daily lives. Learn how to identify stress and release it in a healthy, productive way.

CORE, STRENGTH & MORE

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.

Core & More: Performance focus on the muscles of your core - abdominals, lower back, hips, and thighs - will help you stand taller and prevent the back pain from which most eventually suffer. All levels.

Walk and Tone: Energizing 45 minute walk around property that includes low-impact circuits, including lunges, squats, stairs and planks. Fitness shoes are required.

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

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

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

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.

Morning Run: Starting at Spa Ojai, this run will take you through property and into town. The run is for all levels.

Property Walk: A brisk 45 min walk around our beautiful property. Learn about the history of the OVI and the town of Ojai from our local guides. Walking shoes are required.

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