



SPA OJAI

MIND & BODY CLASS SCHEDULE
MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	8:30 A Body Scan Meditation 9:30 A Yoga Sculpt 10:30 A Aerial Yoga	8 A Full Body Resistance Band Workout 9 A Dynamic Stretch 10 A Property Walk	8:30 A LIIT 9:30 A Morning Stretch 10:30 A Property Walk	8:30 A Morning Stretch 9:30 A Yoga & Rock Classics 10:30 A Mat Pilates Express	8:30 A Mat Pilates 9:30 A Yoga with the Beatles 10:30 A Morning Stretch 2 P Metabolic Strength Training 3 P YOGA 4 P Stretch & Roll	8:30 A Yoga with the Beatles 9:30 A Aerial Yoga 2 P Saturday WOD 3 P Metabolic Strength Training 4 P Stretch & Roll
7	8	9	10	11	12	13
8:30 A Property Walk 9:30 A Gentle Yoga 10:30 A Sleep Wellness Talk 11:30 A Aerial Yoga	8:30 A Body Scan Meditation 9:30 A Yoga Sculpt 10:30 A Aerial Yoga	8:30 A Mat Pilates 9:30 A Yoga with the Beatles 10:30 A Morning Stretch	8:30 A LIIT 9:30 A Morning Stretch 10:30 A Property Walk	8:30 A Morning Stretch 9:30 A Yoga & Rock Classics 10:30 A Mat Pilates Express	8:30 A Full Body Resistance Band Workout 9:30 A Dynamic Stretch 10:30 A Property Circuit	8:30 A Yoga with the Beatles 9:30 A Aerial Yoga
14	15	16	17	18	19	20
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28	29	30	31	<p>Classes are complimentary for guests of the Ojai Valley Inn. Classes begin promptly 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>		
8:30 A Property Walk 9:30 A Gentle Yoga 10:30 A Sleep Wellness Talk 11:30 A Aerial Yoga	8:30 A Body Scan Meditation 9:30 A Yoga Sculpt 10:30 A Aerial Yoga	8:30 A Mat Pilates 9:30 A Yoga with the Beatles 10:30 A Morning Stretch	8:30 A LIIT 9:30 A Morning Stretch 10:30 A Property Walk			

Private Mind & Body classes, guided hikes, and geocaching adventures are also available with advance reservations.

Please contact Discover Ojai at (805) 640-3562 for more information.



SPA OJAI

MIND & BODY CLASS DESCRIPTIONS

MIND & BODY

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.

Body Scan Meditation (30 minutes): Focuses attentions on physical sensations in the body and cultivates the ability to notice what is being experienced in all 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.

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

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.

YOGA

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.

Yoga Sculpt: Strengthen your whole body and mind with this yoga class with weights.

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

Gentle Yoga: Slowing down can be deeply healing and transformative. Move your body in a gentle, compassionate way during this gentle yoga flow class.

WELLNESS TALKS

Wellness: Optimize Your Sleep: Sleep is the foundation for all pillars of health such as physical health, emotional health, cognitive health, and social health. Learn how to maximize your sleep and the benefits of healthy sleeping habits.

CORE & STRENGTH

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

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

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

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.

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.

CARDIO & MORE

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

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.

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

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.

LIIT: Low Intensity Interval Training. Receive the benefits of interval training but with more rest and recovery.

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