



SPA OJAI

MIND & BODY CLASS SCHEDULE  
JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8:30 A Aerial Basics 9:30 A Pilates/Core 10:30 A Yoga for Hips, Thighs, and Lower Back	<b>2</b> 7:30 A Fitness Walk 9:30 A Yoga Sculpt 11 A Strength Training	<b>3</b> 7 A Nature Walk 8 A Yoga Sculpt	<b>4</b> 8:30 A Yoga Basics 9:30 A Aerial Stretch & Rest 10:30 A Pilates Express	<b>5</b> 9 A Floating Meditation (\$\$) 10:30 A Yoga Sculpt 3 P Affirmation Yoga 4 P Golden Hour Yoga 5 P Progressive Relaxation & Meditation	<b>6</b> 8:30 A Yoga for Hips, Thighs, & Lower Back 9:30 A Pilates/Core 10:30 A Aerial Stretch & Rest 3 P Saturday WOD 4 P TRX Training 5 P Saturday Evening Relaxation & Meditation
<b>7</b> 8 A Morning Presence Meditation 8:30 A Morning Yoga Flow 5 P Restorative Yoga & Sound	<b>8</b> 8 A Morning Presence Meditation 8:30 A Morning Yoga Flow 9:45 A Restorative Yoga & Sound	<b>9</b> 7:30 A Fitness Walk 9:30 A Yoga Sculpt	<b>10</b> 9:30 A Reflexology & Mobility 10 A FUNctional Training 11 A Foam Rolling 101	<b>11</b> 9:30 A Yoga Basics 10:30 A Aerial Stretch & Rest 11:30 A Pilates Express	<b>12</b> 9 A Floating Meditation (\$\$) 10:30 A Yoga Sculpt 3 P Affirmation Yoga 4 P Golden Hour Yoga 5 P Progressive Relaxation & Meditation	<b>13</b> 8:30 A Yoga for Hips, Thighs, & Lower Back 9:30 A Pilates/Core 10:30 A Aerial Stretch & Rest 3 P Saturday WOD 4 P TRX Training 5 P Saturday Evening Relaxation & Meditation
<b>14</b> 8 A Morning Presence Meditation 8:30 A Morning Yoga Flow	<b>15</b> 8:30 A Aerial Basics 9:30 A Pilates/Core 10:30 A Yoga for Hips, Thighs, and Lower Back	<b>16</b> 7:30 A Fitness Walk 9:30 A Yoga Sculpt	<b>17</b> 7 A Nature Walk 9:30 A Reflexology & Mobility 10 A FUNctional Training 11 A Foam Rolling 101	<b>18</b> 8:30 A Yoga Basics 9:30 A Aerial Stretch & Rest 10:30 A Pilates Express	<b>19</b> 9 A Floating Meditation (\$\$) 10:30 A Yoga Sculpt 3 P Affirmation Yoga 4 P Golden Hour Yoga 5 P Progressive Relaxation & Meditation	<b>20</b> 8:30 A Yoga for Hips, Thighs, & Lower Back 9:30 A Pilates/Core 10:30 A Aerial Stretch & Rest 3 P Saturday WOD 4 P TRX Training 5 P Saturday Evening Relaxation & Meditation
<b>21</b> 7:30 A Morning Presence Meditation 8 A Morning Yoga Flow 4:30 P Restorative Yoga & Sound	<b>22</b> 8:30 A Aerial Basics 9:30 A Pilates/Core 10:30 A Yoga for Hips, Thighs, and Lower Back	<b>23</b> 7:30 A Village Fitness Loop 9 A Foundation Fusion 10 A Foundation Training for Everyday Living	<b>24</b> 7 A Nature Walk 8:30 A Yoga Sculpt	<b>25</b> 9:30 A Aerial Stretch & Rest 10:30 A Pilates Express	<b>26</b> 8 A Pilates Express 10:30 A Aerial Stretch & Rest 3 P Affirmation Yoga 4 P Golden Hour Yoga 5 P Progressive Relaxation & Meditation	<b>27</b> 8 A Pilates/Core 9 A Aerial Yoga 10 A Contemplative Stretch 3 P Saturday WOD 4 P TRX Training 5 P Saturday Evening & Relaxation
<b>28</b> 7:30 A Village Fitness Loop 9 A Foundation Fusion 10 A Foundation Training for Everyday Living	<b>29</b> 8:30 A Aerial Basics 9:30 A Pilates/Core 10:30 A Yoga for Hips, Thighs, and Lower Back	<b>30</b> 7:30 A Fitness Walk 9:30 A Yoga Sculpt	Classes are complimentary for guests of the Ojai Valley Inn and Spa Ojai. Classes last for approximately 45 to 60 minutes. Please arrive 10 minutes early to sign in and reserve your spot. All classes meet on the Fitness Veranda in the Spa Village and are hosted outdoors. Kindly dress appropriately for the weather.			

Private Mind & Body classes and guided hikes are also available with advance reservations.  
Please contact Discover Ojai at (805) 640-3562 for more information.



# SPA OJAI

## MIND & BODY CLASS DESCRIPTIONS

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### MIND & BODY

**Floating Sound Meditation (\$\$):** Let your body relax and your mind drift as you float on a raft, surrounded by the soothing sounds of crystal singing bowls, chimes, and gentle percussion. This calming experience invites deep rest, nervous system release, and a sense of peaceful clarity. Limited capacity, up to 8 in the pool. Please sign up in advance.

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

**Aerial Stretch & Rest:** Enjoy gentle movement that concludes with "cocooning" inside the silk hammock. Please arrive 10 minutes early to sign in, space is limited to 8 guests.

**Morning Presence Meditation:** A 20 minute guided meditation in our beautiful outdoor studio, using breath, body awareness, and sound to anchor attention and deepen presence.

**Saturday Evening Relaxation & Meditation:** A 30 minute class combining a full body stretch with progressive muscle relaxation & meditation to start or end your weekend right. ALL Levels,

**Reflexology & Mobility:** This 30 minute classes focuses on the feet, hips, back, and shoulders combining pressure point work with movements designed to ease tightness and tension safely and effectively.

**Foam Rolling 101:** This 30 minute class takes you through the basics of foam rolling emphasizing form and technique. All levels.

**Restorative Yoga & Sound:** A 60 minute class designed to ease tension and calm your nervous system. Support yin postures gently stretch your hips, spine, and shoulders while encouraging deep relaxation. The experience concludes with a 15 minute sound bath savasana using crystal bowls and calming instruments to support full body rest and renewal.

**Progressive Relaxation & Meditation:** A 30 minute class combining a full body stretch with progressive muscle relaxation & meditation to start or end your weekend right. ALL Levels.

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### YOGA

**Morning Yoga Flow:** A 45 minute breath centered yoga practice designed to awaken your body and mind for the day ahead. Thoughtfully sequenced yoga postures and guided breath to connect movement with awareness, supporting mobility and a steady, grounded energy. You will leave feeling clear, centered and ready for your day.

**Affirmation Yoga:** Affirmations aid to let go of stress and help reframe your perspective while refreshing your connection of mind, body and spirit. Embrace the here and now with the sense of renewal and a positive mindset. All Levels.

**Yoga for Hips, Thighs, and Lower Backs:** Offers relief to typically tight areas by combining standing poses, like warriors, with stretches and strengtheners on the mat for overall opening and ease.

**Golden Hour Yoga:** Experience a serene practice blending grounding techniques, affirmation, and gentle flows. Connect with nature and yourself during this peaceful golden hour practice. Space is limited; please arrive 10 minutes prior to register. All fitness levels.

**Aerial Yoga:** Suspended silk hammocks offer a fun "twist" on flexibility, strength, and inversion poses. Space is limited; please arrive 10 minutes early to register.

**Aerial Basics:** Enjoy being introduced to a variety of familiar strength and stretch exercises, all modified using our suspended silk hammocks. Please arrive 10 minutes early, to sign in, space is limited to 8 Guests.

**Yoga Basics:** Your body will enjoy this slow flow with quintessential poses.

**Restorative Yoga & Sound:** A 60 minute class designed to ease tension and calm your nervous system. Support yin postures gently stretch your hips, spine and shoulders while encouraging deep relaxation. The experience concludes with a 15 minute sound bath savasana using crystal bowls and calming instruments to support full body rest and renewal.

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### CORE & STRENGTH

**TRX Training:** This total body fitness program uses gravity against your own body weight to simultaneously develop strength, balance, flexibility, and core stability. Class size is limited to 8 Guests. Please arrive 10 minutes early. Most Levels.

**FUNCTIONAL Training:** A FUN non-traditional exercise class emphasizing functional movements and full-body strength training with weights. All levels.

**Pilates/Core:** Your body will love classic Mat Pilates blended with strong core moves.

**Pilates Express:** 30 minutes on the mat build core strength and postural alignment.

**Foundation Training for Everyday Living:** Move better and feel better with Foundation training! This 45-minute class features a system of corrective exercises created by Dr. Eric Goodman designed to restore natural movement patterns and support overall body function. Using a combination of powerful movements, intentional poses, and conscious breath work. Activating your muscles of the posterior chain to improve posture, stability and strength. Foundation training is for anyone interested in enhancing performance, longevity and recovery.

**Foundation Fusion:** A dynamic 45-minute class blending Foundation training, yoga, and high-intensity movement. This empowering, all levels class is designed to strengthen and realign your body while elevating energy and restoring balance - leaving you feeling refreshed and calm.

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

**Strength Training:** A dynamic full-body workout, combining weights and bodyweight movements for strength and endurance. Suitable for all levels of fitness.

**Yoga Sculpt:** A 60-minute, medium to high intensity class that combines traditional yoga postures and flow with strength training using dumbbells. This full-body workout builds strength, endurance and balance while keeping you grounded in mindful movements.

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

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### CARDIO & MORE

**Nature Walk:** On this brisk, picturesque walk, enjoy education and history regarding the Ojai Valley Inn's commitment to environmental sustainability and ecological efforts. This walk departs from the Spa Village and traverses the golf course, visiting our apiary and pollinator garden.

**Village Fitness Loop:** Start your morning with a scenic 60-minute loop through downtown Ojai. We'll walk at a brisk, but accessible pace while taking in the village highlights along the way. Finish feeling strong, revitalized and fully ready to step into your day!

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

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