



SPA OJAI

MIND & BODY CLASS SCHEDULE
MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9A Morning Meditation 9:30A Gentle Morning Flow 10:45A Restorative Yoga & Sound	2 9A Morning Meditation 9:30A Gentle Morning Flow 10:45A Restorative Yoga: Peace & Release	3 8A Fitness Walk 9:30A Yoga Sculpt 11A Strength Training	4 7A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101	5 9A Morning Meditation 9:30A Gentle Morning Flow 10:45A Restorative Yoga: Peace & Release	6 8A Fitness Walk 9:30A Yoga Sculpt 11A Strength Training 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation	7 9A Morning Meditation 9:30A Gentle Morning Flow 10:45A Restorative Yoga & Sound 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation
8 9A Morning Meditation 9:30A Gentle Morning Flow 10:45A Restorative Yoga & Sound	9 9A Morning Meditation 9:30A Gentle Morning Flow 10:45A Restorative Yoga: Peace & Release	10 8A Fitness Walk 9:30A Yoga Sculpt 11A Strength Training	11 7A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101	12 9A Morning Meditation 9:30A Gentle Morning Flow 10:45A Restorative Yoga: Peace & Release	13 8A Fitness Walk 9:30A Yoga Sculpt 11A Strength Training 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation	14 9A Morning Meditation 9:30A Gentle Morning Flow 10:45A Restorative Yoga & Sound 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation
15 7:30A Reflexology & Mobility 8A Fitness Walk 9A FUNctional Training 10A Sunday Affirmations & Meditations	16 9A Morning Meditation 9:30A Gentle Morning Flow 10:45A Restorative Yoga: Peace & Release	17 8A Fitness Walk 9:30A Yoga Sculpt: Lucky & Lit 11A Strength Training	18 7A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101	19 9A Morning Meditation 9:30A Gentle Morning Flow 10:45A Restorative Yoga: Peace & Release	20 8A Fitness Walk 9:30A Yoga Sculpt 11A Strength Training 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation	21 <i>No Classes</i>
22 <i>No Classes</i>	23 <i>No Classes</i>	24 <i>No Classes</i>	25 <i>No Classes</i>	26 9A Morning Meditation 9:30A Gentle Morning Flow 10:45A Restorative Yoga: Peace & Release	27 8A Fitness Walk 9:30A Yoga Sculpt 11A Strength Training 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Progressive Relaxation & Meditation	28 9:30A Yoga Sculpt
29 7:30A Reflexology & Mobility 8A Fitness Walk 9A FUNctional Training 10A Sunday Affirmations & Meditations	30 1:30PM Reflexology & Mobility 9:30A FUNctional Training 3P Foam Rolling 101	31 8A Fitness Walk 9:30A Yoga Sculpt 11A Strength Training	<p>Classes are complimentary for guests of the Ojai Valley Inn and Spa Ojai. Classes begin on the hour and on the half hour and last for approximately 45 to 60 minutes. Please arrive 10 minutes early to sign in and reserve your spot.</p> <p>All classes meet on the Fitness Veranda in the Spa Village and are hosted outdoors. Kindly dress appropriately for the weather.</p>			

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

MIND & BODY

Morning Meditation: Breath & Gratitude: A 20-Minute guided practice beginning with gentle movement to settle your body, followed by breath awareness and heart-centered gratitude.

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.

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

Sunday Affirmations & Meditation: 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

Restorative Yoga & Sound: A 60 minute class designed to ease tension and calm the nervous system. Supported yin postures gently stretch the 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.

Balance & Stability Yoga: This 45 minute steady flow develops strength through the core and improves balance in standing poses. A supportive class that leaves you feeling aligned, steady, and energized..

Gentle Morning Flow: Transitions: A slow, breath-centered class designed to ease you into the day. Gentle movement and mindful transitions support flexibility, balance, and a calm, focused mind.

Saturdays and Sundays (10:45am): Restorative Yoga: Peace & Release: A 60 minute calming practice featuring long held, supported postures to gently release tension in the hips, spine, and shoulders. Designed to encourage deep relaxation, quiet the mind, and support nervous system reset.

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 movement.

Yoga Sculpt: Lucky & Lit: A 60-minute St. Patrick's themed class tapping into Gratitude & Fire. Medium to high intensity class that combines traditional yoga postures and flow with strength training using dumbbells. Class will conclude with a restorative savasana to seal

practice.

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 registering. All fitness levels.

CORE & STRENGTH

Strength Training: A focused 45-minute strength training class that features three rounds of 45-second exercises with 20-second recovery. Designed to challenge your endurance and stamina. All Levels welcome.

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

TRX Training: This total-body fitness program uses gravity against your own bodyweight to simultaneously develop strength, balance, flexibility and core stability. Class size is limited.

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

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

CARDIO & MORE

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

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.

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.

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