



SPA OJAI

MIND & BODY CLASS SCHEDULE
MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>					<p>1</p> <p>9A Yoga Sculpt 10:30A Strength Training 1P Fitness Walk 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Progressive Muscle Relaxation & Meditation</p>	<p>2</p> <p>8:30A Aerial Basics 9:30A Pilates Express 3P Saturday WOD 4P TRX Training 5P Saturday Evening Stretch & Meditation</p>
<p>3</p> <p>8:30A Morning Yoga Flow 9:45A Restorative Yoga & Sound</p>	<p>4</p> <p>8A Pilates/Core 9A Aerial Basics 10A Contemplative Stretch</p>	<p>5</p> <p>8A Fitness Walk 9:30A Yoga Sculpt</p>	<p>6</p> <p>7A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101</p>	<p>7</p> <p>8A Morning Presence Meditation 8:30A Morning Yoga Flow 9:45A Restorative Yoga & Sound</p>	<p>8</p> <p>9A Floating Meditation (\$\$) 10:30A Yoga Sculpt 12P Strength Training 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Progressive Muscle Relaxation & Meditation</p>	<p>9</p> <p>8A Aerial Basics 9A Pilates Express 3P Saturday WOD 4P TRX Training 5P Saturday Evening Stretch & Meditation</p>
<p>10</p> <p>8A Morning Presence Meditation 8:30A Morning Yoga Flow</p>	<p>11</p> <p>8:30A Pilates/Core 9:30A Aerial Basics 10:30A Contemplative Stretch</p>	<p>12</p> <p>8A Strength Training 9:30A Yoga Sculpt</p>	<p>13</p> <p>7A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101</p>	<p>14</p> <p>8:30A Contemplative Stretch Yoga for Hips,Thighs, and Lower Backs 9:30A Aerial Stretch & Rest</p>	<p>15</p> <p>9A Floating Meditation (\$\$) 10:30A Yoga Sculpt 12P Strength Training 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Progressive Muscle Relaxation & Meditation</p>	<p>16</p> <p>9A Contemplative Stroll 10A Aerial Basics 11A Pilates Express 3P Saturday WOD 4P TRX Training 5P Saturday Evening Stretch & Meditation</p>
<p>17</p> <p>8A Morning Presence Meditation 8:30A Morning Yoga Flow 9:45A Restorative Yoga & Sound</p>	<p>18</p> <p>10:30A Pilates Express 11:30A Aerial Basic 12P Contemplative Stretch</p>	<p>19</p> <p>7A Fitness Walk 9A Yoga Sculpt</p>	<p>20</p> <p>7A Nature Walk 9:30A Reflexology & Mobility 10A FUNctional Training 11A Foam Rolling 101</p>	<p>21</p> <p>8:30A Contemplative Stretch Yoga for Hips,Thighs, and Lower Backs 9:30A Aerial Stretch & Rest</p>	<p>22</p> <p>9A Floating Meditation (\$\$) 10:30A Yoga Sculpt 12P Strength Training 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Progressive Muscle Relaxation & Meditation</p>	<p>23</p> <p>9A Contemplative Stroll 10A Aerial Basics 11A Pilates Express 3P Saturday WOD 4P TRX Training 5P Saturday Evening Stretch & Meditation</p>
<p>24</p> <p>7:30A Reflexology & Mobility 8A Fitness Walk 9A FUNctional Training 10A Sunday Affirmations & Meditation</p>	<p>25</p> <p>8:30A Pilates/Core 9:30A Aerial Basic 10:30A Contemplative Stretch</p>	<p>26</p> <p>8A Property Walk 9:30A Yoga Sculpt</p>	<p>27</p> <p>No Classes</p>	<p>28</p> <p>No Classes</p>	<p>29</p> <p>No Classes</p>	<p>30</p> <p>9A Contemplative Stroll 10A Aerial Basics 11A Pilates Express 3P Saturday WOD 4P TRX Training 5P Saturday Evening Stretch & Meditation</p>
<p>31</p> <p>7:30A Reflexology & Mobility 8A Fitness Walk 9A FUNctional Training 10A Sunday Affirmations & Meditation</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

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. Limited Capacity up to 8 Guests.

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.

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.

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

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.

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.

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

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.

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.

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.

MIND & BODY CLASS DESCRIPTIONS

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 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.

CORE & STRENGTH

Strength Flow: A mix of strength and yoga-inspired movements to build endurance, boost mobility and feel strong from within. All levels welcome.

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

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.

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

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

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.

Contemplative Stroll: A gently paced quiet walk to our beautiful herb garden and orchard. Drink in the natural sights and sounds and find yourself refreshed.

Fitness Walk: A brisk 45 minute walk into Downtown Ojai and back to Spa Village. Walking shoes required.

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