SPA OJAI

# MIND & BODY CLASS SCHEDULE
## NOVEMBER 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **1**<br>830 A Breathwork & Meditation<br>9:15 A Morning Yoga Flow<br>10:15 A Gentle Yin: Stretch & Restore | **2**<br>8:30 A Pilates/Core<br>9:30 A Aerial Basics<br>10:30 A Fall Into Yoga | **3**<br>8 A Property Walk<br>9:30 A Yoga Sculpt: Sweater Weather, Strong Energy<br>11 A Core & Conditioning | **4**<br>9:30 A Reflexology & Mobility<br>10 A FUNctional Training<br>11 A Foam Rolling 101 | **5**<br>11:30 A Yoga Sculpt: Sweater Weather, Strong Energy | **6**<br>8 A Fitness Walk<br>9:30 A Yoga Sculpt: Afterglow<br>11:30 A Core & Conditioning<br>3 P Metabolic Strength Training<br>4 P Golden Hour Yoga<br>5 P Progressive Relax-ation & Meditation | **7**<br>8:30 A Breathwork & Meditation<br>9:15 A Morning Yoga Flow<br>10:15 A Gentle Yin: Stretch & Restore<br>3 P Saturday WOD<br>4 P TRX Training<br>5 P Saturday Evening Relaxtion & Mediation |
| **8**<br>8:30 A Breathwork & Meditation<br>9:15 A Morning Yoga Flow<br>10:15 A Gentle Yin: Stretch & Restore | **9**<br>8:30 A Breathwork & Meditation<br>9:15 A Morning Yoga Flow<br>10:15 A Gentle Yin: Stretch & Restore | **10**<br>8 A Yoga Sculpt: Sweater Weather, Strong Energy<br>12 P Core & Conditioning | **11**<br>8 A Nature Walk<br>9:30 A Reflexology & Mobility<br>10 A FUNctional Training<br>11 A Foam Rolling 101 | **12**<br>8:30 A Breathwork & Meditation<br>9:15 A Morning Yoga Flow | **13**<br>8 A Fitness Walk<br>9:30 A Yoga Sculpt:Afterglow<br>11 A Core & Conditioning<br>3 P Metabolic Strength Training<br>4 P Golden Hour Yoga<br>5 P Progressive Relaxation & Meditation | **14**<br>8:30A Breathwork & Meditation<br>9:15A Morning Yoga Flow<br>10:15A Gentle Yin: Stretch & Restore<br>3 P Saturday WOD<br>4 P TRX Training<br>5 P Saturday Evening Relaxtion & Mediation |
| **15**<br>8:30A Breathwork & Meditation<br>9:15 A Morning Yoga Flow<br>10:15 A Gentle Yin: Stretch & Restore | **16**<br>7:30 A Village Fitness Loop<br>9 A Foundation Fusion<br>10 A Foundation Training for Everyday Living | **17**<br>8 A Property Walk<br>9:30 A Yoga Sculpt: Sweater Weather, Strong Energy<br>11 A Core & Conditioning | **18**<br>8 A Nature Walk<br>9:30 A Reflexology & Mobility<br>10 A FUNctional Training<br>11 A Foam Rolling 101 | **19**<br>8 A Aerial Stretch & Rest<br>10:30 A Pilates Express | **20**<br>6:30 A Fitness Walk<br>10 A Yoga Sculpt:Afterglow<br>12:30 P Core & Conditioning<br>3 P Metabolic Strength Training<br>4 P Golden Hour Yoga<br>5 P Progressive Relaxtion & Meditation | **21**<br>9:30 A Fall Into Yoga<br>10:30 A Pilates Express<br>3 P Saturday WOD<br>4 P TRX Training<br>5 P Saturday Evening Relaxation & Meditation |
| **22**<br>4 P Grounded Yoga Flow | **23**<br>8:30 A Pilates/Core<br>9:30 A Aerial Basics<br>10:30 A Fall Into Yoga | **24**<br>8 A Property Walk<br>9:30 A Yoga Sculpt: Sweater Weather, Strong Energy | **25**<br>8 A Nature Walk<br>9:30 A Reflexology & Mobility<br>10 A FUNctional Training<br>11 A Foam Rolling 101 | **26**<br>8 A Turkey Trot<br>9:30 A Autumn A.M. Stretch<br>10:30 A Pilates Express | **27**<br>6:30 A Fitness Walk<br>10 A Yoga Sculpt:Afterglow<br>12:30 P Core & Conditioning<br>3 P Metabolic Strength Training<br>4 P Golden Hour Yoga<br>5 P Progressive Relaxtion & Meditation | **28**<br>8:30 A Aerial Yoga<br>9:30 A Autumn A.M. Stretch<br>10:30 A Pilates Express<br>3 P Saturday WOD<br>4 P TRX Training<br>5 P Saturday Evening Relaxation & Meditation |
| **29**<br>8:30 A Breathwork & Meditation<br>9:15 A Morning Yoga Flow | **30**<br>8:30 A Pilates/Core<br>9:30 A Aerial Basics<br>10:30 A Fall Into Yoga | Classes are complimentary for Guests of the Hotel and Spa Day Guests of the Ojai Valley Inn. Classes begin on the hour and on the half hour, lasting approximately 20 to 60 minutes. Please arrive 10 minutes early to sign in and reserve your spot.<br>All classes meet on the Fitness Veranda in the Spa Village and are hosted outdoors. Recommend athletic wear, light layers for the weather. Equipment is provided for each class. | | | | |

*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

**Breathwork & Meditation:** Begin your Sunday with 30 minutes of gentle breathwork and guided meditation. This accessible practice helps you settle your nervous system, clear your mind, and feel grounded for the day ahead. All levels welcome.

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

**Autumn Morning Stretch:** Quiet your mind, connect with your breath, and settle into a full body tension release in this stretching and flexibility session.

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

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

**Progressive Muscle Relaxation & Meditation:** A Progressive Muscle Relaxation (PMR) is a stress-reduction technique involving a sequential tensing and releasing of muscle groups throughout the body to promote physical and mental calmness. Combined with full-body stretch and meditation. All Levels. 30 min.

**Saturday Evening Stretch & Meditation:** A 30 minute class combining a full-body stretch with a short meditation to start or end your weekend. All Levels.

## YOGA

**Morning Yoga Flow:** A 45-minute breath-centered yoga practice designed to awaken your body and mind for the day ahead. Sequenced yoga postures and guided breath connect movement with awareness, supporting mobility and a steady, grounded energy. All levels are welcome.

**Gentle Yin: Stretch + Restore:** A 45-minute class focused on slow, supported stretching through accessible Yin Yoga poses. Longer holds, mindful breathing, and restorative shapes invite the body to release tension, improve mobility, and leave you feeling grounded, open, and refreshed for the day ahead. A beautiful way to start your day!

**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.

**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.

**Yoga Sculpt; Sweater Weather, Strong Energy:** A 60-minute, medium to high intensity class that combines traditional yoga postures and flow with strength training using dumbbells. Join us in blending intentional strength, feel-good flow and enjoy a playful cardio mandala burst, before settling into a relaxing stretch.

**Yoga Sculpt Afterglow:** A 60-minute, medium to high intensity class that combines traditional postures and flow with strength training using dumbbells. Our Afterflow themed class is about the energyyou carry out of the room, not just what you burn through in it.

**"Fall" Into Yoga:** Embrace the season and fall into your practice with well loved poses and a gentle flow.

**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

**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.

**Core & Conditioning:** This medium to high intensity 45 minute workout combines deep core training, functional strength, energizing conditioning intervals to improve stability, endurance and total-body power.

**Metabolic Strength Training:** A high intensity workout that combines resistance training with short rest periods, to maximize calorie burn and cardiovascular fitness. Most Levels.

**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.

**Saturday WOD "Workout of the Day":** This Saturday Workout of the Day involves high intensity exercise programming to help challenge your physical and mental toughness. Medium to High intensity. Most Levels.

## CARDIO & MORE

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

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