



SPA OJAI

MIND & BODY CLASS SCHEDULE OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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. All classes meet on the Fitness Veranda in the Spa Village and are hosted outdoors. Kindly dress appropriately for the weather. <i>From 10/17-19, sessions marked with a (**) will take place at the Shangri La Pavilion, while those marked (**) will be hosted in the Hacienda Courtyard.</i>			1 7A Nature Walk 9:30A Reflexology & Mobility 10A FUNCTIONal Training 11A Foam Rolling 101	2 8:30A Yoga with the Beatles 9:30A Aerial Basics 10:30A Pilates Express	3 8A Floating Meditation (\$\$) 9A Property Walk 10A Yoga Sculpt 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Foam Rolling 101	4 7:30A Mat Pilates 10:30A Aerial Basics 3P Saturday WOD 4P TRX Training 5P Progressive Relaxation & Meditation
5 8A Gentle Morning Flow: Transitions 9A Property Walk 10A Yin & Release: Fall Unwind	6 7A Nature Walk 8:30A Aerial Stretch & Rest 9:30A Mat Pilates 10:30A Yoga at the Opera	7 7A Fitness Walk 8:30A Yoga Sculpt 10A Yoga Sculpt	8 7A Nature Walk 9:30A Reflexology & Mobility 10A FUNCTIONal Training 11A Foam Rolling 101	9 8:30A Yoga with the Beatles 9:30A Aerial Basics 10:30A Pilates Express	10 8A Floating Meditation (\$\$) 9A Property Walk 10A Yoga Sculpt 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Foam Rolling 101	11 10:30A Mat Pilates
12 8A Gentle Morning Flow: Transitions 9A Prana Flow: Breath & Balance 10A Yin & Release: Fall Unwind	13 8:30A Aerial Stretch & Rest 9:30A Mat Pilates 10:30A Yoga at the Opera	14 7A Fitness Walk 8:30A Yoga Sculpt 10A Yoga Sculpt	15 7A Nature Walk 9:30A Reflexology & Mobility 10A FUNCTIONal Training 11A Foam Rolling 101	16 8:30A Yoga with the Beatles 9:30A Aerial Basics 10:30A Pilates Express	17 No Classes	18 No Classes
19 No Classes	20 8:30A Aerial Stretch & Rest 9:30A Mat Pilates 10:30A Yoga at the Opera	21 7A Fitness Walk 8:30A Yoga Sculpt 10A Yoga Sculpt	22 7A Nature Walk 9:30A Reflexology & Mobility 10A FUNCTIONal Training 11A Foam Rolling 101	23 8A Property Walk 9:30A Yoga Sculpt	24 8A Floating Meditation (\$\$) 9A Property Walk 10A Yoga Sculpt 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Foam Rolling 101	25 8:30A Gentle Morning Flow 9:30A Fitness Walk 10:30A Foam Rolling 101 3P Saturday WOD 4P TRX Training 5P Progressive Relaxation & Meditation
26 8A Gentle Morning Flow: Transitions 9A Prana Flow: Breath & Balance 10A Yin & Release: Fall Unwind	27 8:30A Aerial Stretch & Rest 9:30A Mat Pilates 10:30A Yoga at the Opera	28 8:30A Yoga Hybrid 9:30A Aerial Basics 10:30A Contemplative Stretch	29 7A Nature Walk	30 8:30A Yoga with the Beatles 9:30A Aerial Basics 10:30A Pilates Express	31 8A Floating Meditation (\$\$) 9A Property Walk 10A Yoga Sculpt 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Foam Rolling 101	

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.

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.

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.

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

Prana Flow (Breath & Balance): A fluid, energizing practice that links breath with movement. This class encourages stability and presence while building strength and focus.

Yin & Release (Fall Unwind): A quiet, grounding practice with long-held stretches to release tension in the hips, spine, and shoulders. Ideal for rest, reflection, and relaxation.

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.

Aerial Basics: Your body will enjoy familiar poses in a creative slow flow. Limited Capacity up to 8Guests.

Yoga at the Opera: Practice your favorite poses at a concert of arias.

Yin & Release: A slow, ground practice designed to unwind tension and quiet the mind. With the support of props and breath, you'll settle into long-held postures that gently open the hips, spine, and shoulders. This meditative class invites deep release, inner stillness, and a sense of calm that lingers.

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

MIND & BODY CLASS DESCRIPTIONS

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 Stretch & Rest: Enjoy gentle movement that concludes with "cocooning" inside the silk hammock. Limited Capacity up to 8 Guests.

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.

Mat Pilates: Classic moves for improved posture, alignment, core strength, and flexibility.

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.

Property Walk: A brisk 45 minute walk around our beautiful property. Learn about the history of the Inn as you take in the scenery. Walking shoes are required.

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

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