



SPA OJAI

## MIND & BODY CLASS SCHEDULE SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 7A Nature Walk 8:30A Aerial Basics 9:30A Mat Pilates 10:30A Yoga at the Opera	<b>2</b> 7A Fitness Walk 9:30A Yoga Sculpt	<b>3</b> 7A Nature Walk 9:30A Mobility Stretch 10A FUNctional Training 11A Foam Rolling 101	<b>4</b> 8:30A Yoga with the Beatles 9:30A Aerial Stretch & Rest 10:30A Pilates Express	<b>5</b> 8A Floating Meditation (\$) 10A Yoga Sculpt 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Foam Rolling 101	<b>6</b> 8:30A Yoga & Rock Classics 10:30A Contemplative Stretch 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation
<b>7</b> 7:30A Gentle Morning Flow 8:30A Prana Flow 9:30A Yin & Release	<b>8</b> 8:30A Aerial Basics 9:30A Mat Pilates 10:30A Yoga at the Opera	<b>9</b> 7A Fitness Walk 8:30A Yoga Sculpt 10A Yoga Sculpt	<b>10</b> 7A Nature Walk 9:30A Mobility Stretch 10A FUNctional Training 11A Foam Rolling 101	<b>11</b> 8:30A Yoga with the Beatles 9:30A Aerial Stretch & Rest 10:30A Pilates Express	<b>12</b> 8A Floating Meditation (\$) 9A Property Walk 10A Yoga Sculpt 3P Metabolic Strength Training 4P Golden Hour Yoga 5P Foam Rolling 101	<b>13</b> 9:30A Aerial Basics 10:30A Contemplative Stretch 3P Saturday WOD 4P TRX Training 5P Saturday Evening Relaxation & Meditation
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<b>28</b> 7:30A Gentle Morning Flow 8:30A Prana Flow 9:30A Yin & Release	<b>29</b> 7A Nature Walk 8:30A Aerial Basics 9:30A Mat Pilates 10:30A Yoga at the Opera	<b>30</b> 8:30A Yoga Basics 9:30A Aerial Stretch 10:30A Pilates Express	<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

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

**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. \$45 per person.

**Mobility Stretch:** This 30 minute class focuses primarily on the neck, shoulders, hips, and back using effective, therapeutic movements designed to ease tightness and tension safely.

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

**Aerial Stretch & Rest:** Enjoy "cocooing" with gentle movement inside a silk hammock.

**Gentle Morning Flow:** A slow, stretchy flow to gently awaken the body and calm the mind. This heart-centered practice includes a brief meditation to help you connect within and ease into your day.

**Aerial Basics:** Your body will enjoy familiar poses in a creative slow flow. Limited capacity up to 8 guests.

**Prana Flow:** A fluid, breath-centered practice to energize and align. Movement, mindfulness, and moments of stillness come together to awaken your inner vitality.

**Yin & Release:** A slow, grounding 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 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 8 guests.

**Yoga with the Beatles:** A slow flow class integrating stretch, strength, and style to Beatles music.

**Yoga Basics:** Your body will enjoy familiar poses in a creative slow flow.

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

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

**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.

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

### 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. Walking shoes required.

**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

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

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