

CHRISTOPHER HARRISON'S

ANTIGRAVITY® AERIAL YOGA

INSTRUCTOR WORKBOOK: FEBRUARY 2016

CREATED BY CHRISTOPHER HARRISON



ANTIGRAVITY® MISSION

To inspire the world to become lighter in body and mind; spreading health and happiness through innovative movement; living up to the name AntiGravity® – in both senses of the word.

ANTIGRAVITY® COMPANY VALUES

SAFETY * QUALITY * INTEGRITY * INCLUSIVITY * RESPECT * ORIGINALITY

ANTIGRAVITY® LONG TERM GOALS

To have a Harrison AntiGravity® Hammock in every household.
To make AntiGravity® Techniques accessible worldwide.



Christopher Harrison's ANTIGRAVITY®

DISCLAIMER

The AntiGravity® Programs are exercise programs designed to encourage interaction between adults and an instructor in a dynamic environment. It is not intended as medical or physician advice, nor is it intended to treat, cure, or prevent any specific medical or physical condition. If any doubt exists as to the ability of a person to perform any exercise safely without harm to themselves or to others, please have them obtain a release from a professional health care provider before admitting them to a class.

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KEEPING THE WORKBOOK CURRENT

From time to time, there may be updates and revisions to this workbook. The current version is always available on the AntiGravity® Fitness website. It is important that your workbook stays current so that new procedures and information are passed on to all instructors.

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OVERVIEW

Explore the evolution of yoga into 3-dimensional space. This body/mind/spirit course provides everything you need to instruct a safe and challenging Aerial Yoga class to students of all levels. Every asana, vinyasa sequence, and grip/wrap/trap on the Harrison AntiGravity® Hammock is named and taught with clear progressions. Designed by the original creator of the genre, Christopher Harrison, this course allows you to present three distinct, flowing Aerial Yoga classes, learning all the different grips/wraps/traps and spotting needed to do so. Utilizing the Harrison AntiGravity® Hammock to gain leverage and move freely in all dimensions of open space, classes are designed to be safe, challenging, and entertaining. AntiGravity® Intelligent Aerial Techniques have also been approved by NASM, AFAA, ACE, CYQ, & Yoga Alliance.



INCEPTION STATEMENT

How I discovered yoga is a story of true divine intervention. The universe had a roundabout way to lead me to awareness, the circumstances of which helped lead me to further understand the deeper meaning of antigravity in the process.

In 1996, I went to India on production work. My AntiGravity® performance team was given the extreme honor to perform the Opening Ceremonies for the Miss India Pageant. I was choreographing the show and performing with my company. The stress put my back out before I got on stage, and I performed on heavy painkillers. At age 35, my body was a wreck. I had compressed discs in my neck, my knees (having already had eight surgeries) were in constant pain, I had a torn hamstring I could not get to heal, and I had dissolved ligaments in both of my wrists. I knew I needed help, and I'd heard of the healing effects of Ayurveda. After the production, I traveled into Kerala and stayed at Somatherum (a former banana plantation) to heal. While I was there I discovered yoga. "In life, hidden in the forces that pull us down is the energy to lift us up!"

Without the distractions of New York City, I was able to quiet my mind and re-evaluate my life and my health. I immersed myself in Hatha yoga with the careful guidance of a wise guru there. He emphasized pranayama to get in touch with my deeper understanding of self in order to manifest change. I learned the power of stillness and of mindful movement. It was not easy. I was known for my explosive/high-energy style and for my perfected body-lines. Hatha style yoga forced me to ease off my extreme approach; my instructor wouldn't even allow me to point my foot! I became a sponge for learning once again and extended my stay twice. While there, I taught the local fishing village kids how to do cartwheels and became quite fond of the community.

Upon my return to New York, I continued my yogic studies at Integral Yoga, as well as various studios around the city and during my travels. The yogic influence not only changed my perception of the pace of my life, but also my creative work. My mission became to discover ananda (joyful bliss) in my pursuits and to help others experience the same through my work. I learned to enjoy the process of creation, not just the moment of execution or afterglow upon a project's completion. Most of all, I expanded my awareness of the integration of body, mind, and spirit, rather than treating them as separate pursuits. Yoga changed that for me, as an athlete, as an artist, and as a man.

However, as much as I loved yoga, I found that no matter how much I worked on proper alignment, it still bothered my neck, wrists and knees. I had to ice my joints after a class, and I was only in my 30's. This was supposed to be a solution for life, but although I practiced without pushing, I was still in pain.

Around that time, in an attempt to rescue our aging joints I took my performance team off the ground and up into the air. My silk hammock invention was created out of that necessity — and because of its inherent beauty. We discovered that we could hang upside down from around the hips to get rid of kinks in our backs. I put the silk hammocks up into the AntiGravity® Skyloft (our Midtown Manhattan rehearsal space) and in my home and started using it for inversions.

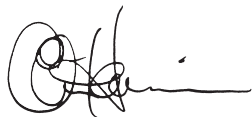


This inspired me to create an aerial conditioning warm-up for my company. The warm-up began to naturally find a flow with yoga as the context, but with a hybridization of movements from all my life experience. Four specific things helped me to understand why it fit into the yoga realm: 1) the ability to do inversions for a longer period without compression on my delicate neck, 2) levitating pranayama & meditation in the hammock, 3) the down dog series with the hammock pulling upward at the hips (Iyengar style), and 4) the ananda discovered in swinging and playing. By 2007, it was ready to be shared with the world.

I am committed to honoring the ancient practice of yoga with my own rendition of AntiGravity® Aerial Yoga. I fully acknowledge that I am but a neophyte in comparison to masters who have dedicated their entire lives to the practice of yoga. I do not claim to be the enlightened guru who understands the wisdom of the ages, and I am grateful to all the yogis and gurus who have come before me in order for the practice of yoga to be so rich with knowledge. I have created this technique out of respect for them with as much integrity as I know how.

The great Swaami Sivananda evolved the ancient form of yoga into Hatha, a practice that could be more easily shared with the masses. BKS Iyengar evolved yoga by adding props to the practice, making it more therapeutic. Bikram evolved yoga by putting poses into an exacting sequence, and brought it into a hot room. The yogic form is constantly evolving. AntiGravity® Yoga can serve as both an evolution up into the air for yogis who want a challenge and as a portal for newbies who want to go deeper into the practice of traditional yoga. The unique methodology, combined with my philosophy of antigravity as a light-hearted approach to life, seems to be the natural evolution for yoga for our time. I am both honored and humbled to be the vessel for this new genre to emerge.

Christopher Harrison, creator



THE PRINCIPLES OF ANTIGRAVITY®

1. TRUST

To experience AntiGravity®, you must first “Suspend your Disbelief” and Trust.

2. MONITOR YOUR RESISTANCE

Do your best; no better, no less.

3. WEIGHT DISTRIBUTION

Harmony requires an even distribution of your weight.

4. PLUMBLINE RELATIONSHIP

Gravity constantly pulls you back to your center.

5. TENSION VS SLACK

Give all your tension to the Harrison Hammock and allow it to release tension from your life.

6. FULCRUM POINT

Life is all about balance. Find it here and now.

7. ECONOMY OF MOTION

Things are either easy or hard based on our understanding of basic physics and our ability to streamline.

8. PRESENCE

The present moment is where you discover your power. Breathe and live Mindfully.

9. RESISTANCE VS FLOW

Water always finds its way. Ride with the current tide and flow with ease. What you resist persists.

10. MOMENTUM & TIMING

Success is based either on luck or on your understanding of momentum and timing.



THE ANTIGRAVITY® PHILOSOPHY

1. SAFETY FIRST

Fun is more important than perfect; safety is more important than fun.

2. LEVITY

AntiGravity® also means against graveness; smile and contract your zygomatic muscles during this exercise OR laugh and contract your risible muscles during this exercise.

3. PURSUIT OF EXCELLENCE

Rather than striving to be perfect, strive for excellence. Do your best; no better no less.

4. OPEN UP BE FREE.

When you open up space in your body, you open up space in your mind. When you open up space in your mind, you experience life with more abundance! Open Up. Be Free. Fly High with AntiGravity®!

5. DREAM OF FLIGHT

When you have a flight dream, it is interpreted that part of you is seeking freedom. Spread your wings here and experience being free!

6. ACCESSIBILITY TO WEALTH

Your true wealth is your health, and my job is to make you filthy rich!

7. MUSIC AS INSPIRATION

Your mind is always aware of the rhythm of your heart and yearns to synchronize with the beat. Tune in and experience harmony.

8. FOUNTAIN OF YOUTH

You are only as young as your spine is flexible and your mind is open! We are truly reversing the process of aging in this class and taking a sip from the fountain of youth.

9. USE IT OR LOSE IT

In order to combat the effects of gravity as the body ages, the joints need to be pushed to maintain mobility and the vertebral discs need to be hydrated to minimize shrinkage.

10. PURSUIT OF AWARENESS

Healing happens from within. When you come into the present moment and become aware, you become your own healer.

11. SHOWING UP

Congratulations, the hardest part of an AntiGravity® class is showing up, so you are already a success. The rest of what you achieve is pure bonus. Practice “showing UP” and enjoy the boost in your life!



THINGS TO REMEMBER

PREMISE OF ANTIGRAVITY

"In Life, Hidden in the forces that pull us down is the energy to lift us up!"

Christopher Harrison

MOTTO

"Be Safe, Have Fun, Kick Ass — in that order."

Christopher Harrison

CHRISTOPHER HARRISON'S PERSONAL GUARANTEE

"If you can 'suspend your disbelief,' I guarantee that I can make you healthier, happier, and taller in just one session." *Christopher Harrison*

RULE OF THUMB

Always maintain contact with the Harrison AntiGravity® Hammock.

ANTIGRAVITY SALUTATION

"Fly High!"



ANTIGRAVITY® AERIAL YOGA

Prati (anti) Gurutva (gravity)

Yoga is constantly evolving and, when compared to the thousands of years it has been in existence, has experienced exponential growth in recent years. AntiGravity® Aerial Yoga, the latest evolution, forged an entirely new genre, moving the form from a strictly ground-based to a *salamba* (suspension) practice. The task of a yogi, according the Buddhists, is *asamsaktah*, to remain “unattached”, which requires keeping an open mind to new interpretations. Just as B.K.S. Iyengar added props to yoga and Bikram added heat to yoga, Christopher Harrison added suspension to yoga. Yoga is a practice of awareness, of body, mind, and spirit. Despite evolution of the technique, this is the basis for the form and the one constant in all yoga disciplines. As a fusion technique based on an apparatus, AntiGravity® Aerial Yoga is far from traditional forms of yoga. However, the technique does follow this same formula by considering the person as a whole while bringing mindfulness and breath into the practice.

BODY

To exercise the body, we work the muscles by building strength and gaining flexibility. We lubricate the joints and increase mobility. We build greater kinesthetic awareness, increasing our agility, balance, and speed. We re-align our skeletal system and decompress the spine. We create greater circulation, stamina, and lung capacity through cardiovascular exercise. We refresh our lymphatic and endocrine systems and stimulate hormonal growth. We seek to find a balance and to minimize injuries in the process.

MIND

How do we exercise the mind? Every time we give the body a command, who is it that gives the command? Who is it that tells us how far to go and when to stop? It is the mind. The body and mind are inextricably connected throughout any kind of fitness regime. Our mind is either our motivator or the slacker that can lead us to inertia. The mind is both disciplinarian and sloth. It builds up stories about ourselves that either motivate us or hinder us. Just because we are practicing yoga does not mean that we are necessarily following the high path of the mind. Everyone exercises for different reasons. Many people practice because the voices of the mind are acting as dictator, telling them they are not good enough. Truly exercising the mind is done by expanding knowledge, opening new neural pathways in our brain. This requires an element of risk-taking, of choosing curiosity over judgment. This is positive mind work, creating positive patterns of kindness to one's self and to others. Choosing to think about possibilities for growth and change versus thoughts of scarcity and fear is expanding one's mind. Exercising the mind requires opening it to new thought. It is equally as challenging as exercising the body, perhaps more.



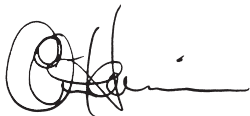
SPIRIT

How do we exercise the spirit? By quieting both the body and the mind. In Stillness, we remember our essence. We remember who we truly are, before we were given a name and a country and a religion and all the labels we carry. When we bring ourselves truly into the present moment and shut off all the voices of the mind, we are exercising Spirit. Our mind is tricky. It wants to take us into the past with thoughts of regret. It wants to take us into the future with thoughts of "should". Our mind's ego resists coming into the Now moment. The ego thinks that it already knows what is best and that we do not need to quiet it. However, when we are successful at quieting the mind — even for a moment — something happens. When we leave the ego of the mind and come into the present, we remember our connection to the universe. This is exercising Spirit. The more we exercise Spirit, the easier it is to deal with the challenges of life. We become the calm amongst the chaos and the eye of the storm. When we remember that we are not our brain, but that we have a brain, we then realize we are not our thoughts, but that we have thoughts. Connecting with our spirit helps us to control our thought patterns, sending away those that do not serve our better good and replacing them with thoughts of a higher consciousness. It takes practice, and it takes time, just like building muscle and mental acuity takes time. This practice is what differentiates yoga from other exercise techniques.

AntiGravity® Aerial Yoga is truly unique and original. However, we do not suggest that your regular ground-based yoga practice should be abandoned in its stead. Suspension-based yoga is both a gateway into a full yoga practice for neophytes and a chance to expand on an existing yoga practice for seasoned practitioners. Becoming whole as a person requires that we change up our patterns, maintaining a connection to both the earth and the sky.

Thank you for choosing to practice and fly with us.

Christopher Harrison, creator



BANDHA BASICS

- Jalandhara banda (chinlock)
Make a double chin while lifting from the crown of the head. As in tadasana.
- Pada bandha (foot)
Lift the arch while pressing down against the floor with all the muscles of your feet. Use this in all standing poses.
- Mula bandha (perineum)
Imagine the muscles of your pelvic floor are like the number 8 and where the lines cross is the perineum. This lies directly between your anus and genitals. Lift up and feel the pelvis tuck slightly under. This is related to earth. As in monkey.
- Uddiyana means “flying up.”
Draw the navel toward the back and upward to engage abdominal muscles and apply the Uddiyana bandha.
- Ha mani bandha (fingers clasping)
As in tugs & levitations, push grip, etc.
- Tha mani bandha (fingers extended)
As in porcupine, planks, horse, & half moon



SPOTTING

One of the most unique things about AntiGravity® techniques is that the Harrison AntiGravity® Hammock acts as the ultimate spotter. However, there are times when you will need to also help.

Spotting is the act of effectively assisting another through the biomechanics of a physical skill with use of one's hands or arms in order to keep them from falling. Utilizing the principles of physics, the spotter (AKA assistant) helps to move the body into correct positioning for proper execution.

Since AntiGravity® is most often taught as a group class, one cannot get caught up in spotting everyone through a skill. Instead, we use progressions and cues to guide one to safe execution. This section of your manual will outline some of the more important things to remember.

Note: this portion of the AG practice differs distinctly from yoga. In many forms of yoga, one never touches the head. Because timing is often crucial in AG, these spotting techniques are more in line with gymnastics coaching.

Fear: When someone is afraid, they are not trusting. They will be in resistance rather than flow. They will be making things harder for themselves because their own beliefs are grounded in failure rather than success. You must assure them that they are capable; remind them that they can trust the Hammock, the technique, and yourself. Ask them to visualize themselves completing the move before giving them any kind of spot or mechanical tips.

Strength: Provided one is using correct biomechanics, challenges of strength are usually related to a weak core. Your manual assist will give them the extra bump they need for success. Often the tiniest assist will do. As soon as they finish the move, let them know how close they are to achieving the move and assure them that they will get this move in time. Let them know that it is good to have something to aspire to in order to gauge their progress. If the challenge is grip strength, then you need to give an extra careful spot or possibly move back a progression until they have gained proper strength to execute.

Body Awareness: While someone is gaining awareness, they will often need some support getting their body to respond to their command. Before you assist them through the move, first make certain they know the trajectory of movement; which way is front and back, up and down, as well as where they will start and finish the move. You may want to ask them to watch one more time and then to visualize themselves doing it. This is often accomplished simply by telling them where to look as they go through the move.



SPOTTING STATEMENT

“There may be times I need to do a hands-on spot to assure your safety. If this is not OK, please raise your hand and let me know now.”

SEVEN BASIC RULES OF SPOTTING

1. Knowing **when** to spot and **where** to spot is knowing **how** to spot.
2. Be aggressive: This means be fast and forceful. You cannot be a good spotter and be timid. Be the sweet nurse with the long needle, speaking gently and remaining calm while moving swiftly.
3. Be in the right place: Stand with your center of gravity near their center of gravity and in a place where you can get proper leverage. At times you may need to kneel to be effective. Watch for flailing legs.
4. Chin to chest: If there is danger of the head coming towards the ground, protect the neck by pressing and holding the head forward, so that the chin goes to the chest.
5. Consider trajectory of motion: Where does their body need to be at the completion of the movement, and what must you do to help get it there? Should your arms be in front or in back of the Hammock? Do you need to switch them to a second position within the timing of the movement? Use an imaginary red pen to draw the trajectory of motion and visualize the in and the out of the movement.
6. Spot the torso, not limbs: Support usually comes best from under the lower back or between the shoulder blades. Legs and arms may at times be used as a lever, but feet must always be free for a landing. The exception is for LegLock Spot, where we spot the limbs.
7. Be modest and consciously aware of hand placement and body to body placement.

NOTE: The Harrison AntiGravity® Hammock is the best spotter; you, as the spotter, help the Hammock help the student.



SPOTTING TIPS

- Learn to visually ascertain when a spot is actually necessary versus when you are being manipulated into holding one's hand. Most often the AG Hammock does the spotting. Spotting should be a last resort after cueing and progressions.
- Understand the kinesthetic awareness level of the student. Often when tipping upside down, people lose their relationship to space and do not know which way is up or down, front or back. Understand the mode of operation for a student. Are they a dare-devil or overly timid? Either spectrum can be dangerous. Are they body aware? Do they need to do a few more progressions?
- Only spot someone through something you feel they can be successful at with your guidance. If you are at all unsure, ask them to do more progressions and/or seek another assistant, or ask them to take a private lesson where you can give better attention. As a general rule, it is usually best to only teach things you can effectively execute and spot yourself.
- Be conscious of where you are standing and/or touching in relation to the vulnerable parts of their body. They may be in resistance because of where you are standing. As a general rule, never stand between someone's legs when they are held open.
- Break the movement into two parts. Know the "in" and the "out" and the front side and back side. Know how to be ready to spot both parts. When required to hold significant weight, use arms, not just hands.
- Engage your legs by lowering your center of gravity to meet theirs as best as possible.
- Learn to cue based on body parts (ie: look at bellybutton) and landmarks in the room (ie: windows or mirrors).
- Utilize a 1-2-3 or "ready, set, go" timing to be maximally effective and to guard yourself against being accidentally knocked. You, the spotter, does the counting! (Not the student).
- Ascertain your student's level by asking them to make one attempt before spotting.
- Always SCAN shoulder wraps and LegLocks from back of room
- INVERSION DEMO RULE: "When your students can no longer see you, get out of the Hammock and walk the room."
- Remind students of the Rule of Thumb — Do not lose contact of the Hammock.



TYPES OF SPOTS

Safety: The Safety Spot is the most important. It is when you physically move the body to ensure it is out of harms way. It is most commonly used in ensuring proper wraps.

Verbal: The Verbal Spot is most common and should always utilize a student's name to tell them to do a specific action.

Comfort: The Comfort Spot is when you assist your student with a wrap that may cause them pain. It is most commonly used in getting into a lever before an inversion. A student cannot be in Flow and find proper alignment until they are comfortable.

Alignment: An Alignment Spot is when you assist your student to find proper posture. It is most often used in inversions.

Momentum Assist: The Momentum Assist Spot helps a student who may not have enough strength or body awareness to get their body through an action. It is most often used in flips and tricks. Leverage style spotting (support a limb and pushing) is a Momentum Assist.

Orientation Spot: Assisting the student to know where they are in time and space.

WHERE TO SPOT FROM

Understanding where to spot is what makes you effective. If you stand in the wrong place, you cannot use proper leverage to give the student support. These directions are considered most often for entering into the skill. Use common sense.

Facing: standing in front of the student (most commonly used for Falling Star/Cowboy Flip)

Side: standing at one side of the student (commonly used for partial and full flips)

Behind: standing directly behind the student (commonly used for inversions)

HAND PLACEMENT

- Hand on back of head (not neck)
- Hand at small of back (not butt) - usually for back flips
- Hand between shoulder blades - usually for front flips
- Holding one leg on shin for leverage on front flips (keep one leg free)



COMMON SPOTS IN ANTIGRAVITY®

HIPS OVER SHOULDERS (Hammock in Front / Hammock Behind):

Used for: All inverted levitations, including BackWrapDoubleWristWrap, BackWrapSingleWristWrap, UpwardRollGrip, OpenHammockShoulderWrap, Bat, Flying Shoulder Stand.

Hammock Behind: First half of back flip (standing upright, arms overhead, bringing knees to chest). Place one hand at lower back to assist the up. Keep one hand behind the Hammock to catch knees to keep from going too far over. For an easier option, the student can start with one leg lifted or with a kick.

Hammock in Front: First half of front flip (bowing forward, bent over in right angle with Hammock in front position, arms in inlocate position). Have participant bend one knee, lifting foot off the ground. Grab under their shin and have them push down into your hand as they jump up on your cue. Press chin to chest.

BACK INVERSIONS: (in/out):

Used for: Any BackBeltWrap, BootyWrap, or SkirtWrap Inversions.

Full Body Spot: **During the “in” phase**, place your chest on their back and chin on their shoulder, slowly help lower them through lever into the inversion while talking them through the process. Switch to Shoulders Spot when nearing completion. Once you see the “Triangle of Ease” shoulders/wrists/head in Lever, begin LegLock Spot.

LegLock Spot: Choose where to stand to do this effectively based on how easy it is to reach their ankles. **From Behind**, During the “in”, cue legs towards shoulders (or back of room) around the OUTSIDE of the Hammock. Assertively pull both legs simultaneously back behind Plumline (**Coaxing Spot**). Ask them to bend their knees and place soles of feet together as they wrap around into “LegLock”. Keep their chin on their chest at all times. **From In Front**, once you see the “Triangle of Ease” wrists/shoulders/head in the Lever, let them go and walk in front. Turn your palms up so that your palms come inside their legs from center. Push DOWN and OUT assertively to bring their legs around the Hammock and feet behind the Plumline (**Pressure Assist Spot**). **During the “out”**, make certain their hands are grabbing Hammock below the knee and push their chin to their chest. Unwrap their toe lock if necessary, pulling soles of feet together. Place hands gently under shoulders. Do not push them upward.

SHOULDER SPOT:

Used for: Handstand, Falling Star, Vitruvian Man, Queen Bee

Assist the trajectory of movement by either pushing up from under the shoulders (handstand and Vitruvian Man) or supporting fronts of shoulders for the sake of slowing down falling movement (Falling Star).



WRIST SPOT:

Used for: Any back inversions when student places palms unnecessarily on the floor. Palms on the floor gives a false sense of security and actually makes it possible for someone to loosen the grip of the Hammock, which could result in coming out if they are not properly wrapped. Once you are certain that they are in an appropriate LegLock, perform the Wrist Spot by pulling both wrists out to the sides as wide as possible at the same time. Place the backs of the hands on the floor. If needed, also put your hand on the back of their head to pull chin to chest. Speak softly and reassuringly in their ear. This is NOT a safety spot unless legs are wrapped incorrectly.

PANIC SPOT:

Used for: Any back inversions where student either does not want to let go of the Hammock (from Behind) or lets go and is walking around on the floor with their hands (in Front). **From Behind**, from Spiderman Holding, should someone not want to let go of the Hammock. Ensure their legs are locked (LegLock Spot), kneeling or squatting behind the student, hold his or her head, maintaining chin to chest. Speak softly and direct them to interlock their hands (one at a time) behind your neck while you maintain contact on their shoulders for **PartnerNeckHookWrap**. Pull them behind the Plumblines while you come to your knees. From there, allow them to put their hands onto their belly button, maintaining focus, easing them back under the Plumblines. From there they can place their elbows or the backs of their hands onto the floor and finally relax the neck. Caution them not to press up off of the floor, as they may lose tension unless their feet are locked. **From in Front**, from Spiderman where client is walking around on their hands. Ensure their legs are locked (LegLock Spot), come in front of the student and take their hands off of the floor. Direct them to look towards you and place their hands down in front of the Plumblines, into Wishbone then pull them forward to Wheelbarrow (shoulders over wrists) and press their palms gently into the floor for **Wheelbarrow Grounding**.

MOST PRECARIOUS MOMENTS TO SCAN FOR

WrongSideWrap: in a backward inversion is the opposite of "LegLock." Always check the legs to ensure there is no Hammock crossing in front of the shins. Perform a LegLock Spot when needed, bringing the legs around the outside of the Hammock. Note: Once students are in handstand, NEVER spot them as they go into Skydiver pose. In the case that you have missed the proper wrap, if you touch them and they are wrapped incorrectly they could fall out.

LEGLOCK CUES TO AVOID WRONGSIDEWRAP:

1. The Hammock should cross around the back, over the thighs, under the shins.
2. Press the backs of your shins against the Hammock and apply tension.
3. Weave the Hammock around your legs as you come into "WideCircleLegLock."

Narrow Knees Through Center: in a backward inversion, students with little kinesthetic awareness attempt to bring their legs through the center of the Hammock points rather than WideCircleLegLock. Demo WideCircleLegLock to avoid Narrow Knees Through Center and scan the room accordingly. When needed, bring the legs around the outside of the Hammock to perform a LegLock Spot.



HopeWrap: in a backward inversion, students who hold fear tend to tighten their legs, not allowing their knees to bend. Sometimes students with larger thighs and weak abs have the same challenge because during BootyWrap they allow the Hammock to sneak down the back of the legs. The fabric prohibits full LegLock, forcing the student to wrap only their heels around the Hammock. Legs then are straight and not fully locked in, which gives them a false sense of security. Should that student put any pressure on the ground, their legs may come unwrapped. We call this the HopeWrap because we hope they stay in. If possible, perform a LegLock Spot, bringing the legs around the outside of the Hammock and ensuring their knees are bent, but only if you know they are not going to push on the ground. If this Spot is not possible, bring them out of the wrap and start again, or try another.

Disorientated Focus: in any lever position, should a student's eyes wander back, they are coming into Disoriented Focus. Force them to press chin to chest and look at their feet. Should their head go back and their hands not slide up simultaneously, they could miss the appropriate wrap and teeter backwards.

SAFETY BUTTON

"Press your safety button." Your safety button is located between your collar bones and approximately 5 inches above your sternum. When pressed, the safety button keeps your neck safe. However, it can only be pressed by your chin, with your mouth closed. We also refer to this as "chin to chest." Chin to Chest allows for spine flexion, making it possible to forward flip.

SPOTTING FLIPS

FLIPS & WALKOVERS (Front Flip / Back Flip):

Used for: All flips, whether Hammock is open or closed.

Front Flip: Follow directions for "Hips Over Shoulders: Hammock in Front" listed above. Switch hands once they pass center, supporting the midback to help control their soft landing. Check inlocate position of arms before attempting to spot.

Back Flip: Follow directions for "Hips Over Shoulders: Hammock Behind" listed above. Switch hands once past center to hips if necessary in order to ease landing.

SPOTTING FLAMINGO/GLIDER/TENSION MOUNTS

REVERSEANKLETRAP SPOT:

Used for: Wings & Planks Sequence, Holy Grail Sequence or Apollo Flip.

In the situation where the student has trouble keeping their balance while executing Flamingo/Glider/Tension Mount, the instructor can offer a steadying hand by standing in front or to the side of the student. This spot can also be used during the course of any ReverseAnkleTrap exercise, not just when they are using a mount. A hand or even a chair can be used to help steady their balance.



POSES AND SEQUENCES

The following AntiGravity® Aerial Yoga movement sequences are a combination of poses, wraps, and kinetic actions put together to create a flowing exercise series. Static poses are either fully Hammock-supported or a combination of ground and Hammock-supported. Moving poses include up and down, swinging, and circular motion. Using proper Grips, Wraps, and Traps is essential for ease of movement and safety. Be careful not to skip steps within the progressions — this is especially applicable when it comes to Mounts and Dismounts in inversions sequences.

For the sake of safety, we require that you strictly follow the exercises and sequences. However, like all art forms, this technique is constantly growing. At the time of this printing, all new exercises have not necessarily been included in the Manual.



INTRODUCTION AND WELCOME

Refer to your AntiGravity® Fundamentals manual for the touch points necessary for your class introduction. When you reach the Description, use the paragraph below to inspire your description of AntiGravity® Aerial Yoga:

DIFFERENTIATION FOR ANTIGRAVITY® AERIAL YOGA PROGRAM

AntiGravity® Aerial Yoga was originally created by Christopher Harrison as a fusion technique drawing on his varied movement backgrounds. Since its public launch in 2007, the genre has boomed. The AntiGravity® logo you see signifies that you are studying with the original.







ANTIGRAVITY® AERIAL YOGA 1

CLASS DESIGN 1, "Supreme Spine"



AntiGravity® Aerial Yoga 1, Class Design 1

“Supreme Spine”

CLASS INTRODUCTION

ESTABLISHING PRESENCE

Womb / Yin Yang Sequence

GWT: PouchWrap
Pouch
Side Saddle
Kick Switch
Saddle
GWT: HeelTrap
Straddle Sit
Womb
Yin
Yin Yang
Straddle Sit
OTHER SIDE
Womb
Saddle
Kick Switch
Side Saddle
GWT: PouchWrap

1ST INVERSION

BootyWrap Inversion / Harrison Handstand

Pouch
GWT: BootyWrap
Hollow Body Lever
Straddle Lever
WideCircleLegLock
Monkey Holding
Monkey
Accordion
Harrison Handstand
Accordion
Monkey
Monkey Holding
WideCircleUnlock
GWT: PouchWrap
Floating Child's Pose

*NOTE: Harrison Handstand
can be done in EITHER
BootyWrap or BackBeltWrap
(see photo tree page)



Mountain Grounding

Warrior Sequence

GWT: BackWrap
BackLean
Lunge
Horse
Warrior One
Warrior Two
Triangle Pose
Bent Knee Triangle
Half Moon
Bent Knee Triangle
Half Moon
Bent Knee Triangle
Warrior Two
Warrior One
Lunge
OTHER SIDE

Whirly Bird

GWT: BackWrap
BackLean
Chair
Wind Up
Double Stag Spin
Whirly Bird
BackWrap Split
BackLean

Dipping Bird

GWT: PushGrip from Behind, UpwardRollGrip from Behind
Swim Start
Ski Jumper
Dipping Bird R
Ski Jumper
Dipping Bird L
Swim Start
Ski Jumper



FRONTBELTWRAP SECTION

Twisted Pyramid Sequence

GWT: FrontBeltWrap
Number 7
Folded Leaf
Pyramid
Reverse Point Pyramid
Twisted Pyramid R
Twisted Pyramid L
Pyramid
Down Dog
Folded Leaf
Number 7
GWT: BackWrap
BackLean

STRENGTHENING SECTION

Wings & Planks Sequence / Forearm Sequence

ReverseAnkleTrap Mount
GWT: ReverseAnkleTrap
Flamingo
Apollo
Apollo Lunges
Dart
Glider
Scale
REPEAT
Tripod
Baby Alligator
GWT: DoubleReverseAnkleTrap
Forearm EZ Plank
Forearm Plank
Forearm Jackknife
Forearm Plank
Baby Alligator
GWT: ReverseAnkleTrap
Tripod
Dart
Glider
Scale
REPEAT
Apollo
Apollo Lunges
Flamingo

*NOTE: ReverseAnkleTrap Mounts

Located before Wings & Planks / Forearm Sequence in Class Design 1
(Flamingo Mount / Glider Mount / Tension Mount)



*NOTE: ReverseAnkleTrap Mounts
Located before Wings & Planks / Forearm Sequence in Class Design 1
(Flamingo Mount / Glider Mount / Tension Mount)

FLEXIBILITY SECTION

Holy Grail Sequence

ReverseAnkleTrap Mount
GWT: ReverseAnkleTrap, ReverseGrip
Flamingo, Bent Knee
Pegasus
Holy Grail
Flamingo, Bent Knee
GWT: DoubleReverseAnkleTrap Seated
Tweety Bird
Tweety Bird Transition
OTHER SIDE

FLIPS & TRICKS SECTION

Apollo Flip

ReverseAnkleTrap Mount
GWT: ReverseAnkleTrap
Apollo
Apollo Flip
GWT: KneeTrap
Stag
OTHER SIDE

2ND INVERSION

BackBeltWrap Inversion / Diving Eagle

BackBeltWrap Inversion Mount
GWT: BackBeltWrap
Saucer
Inverted Straddle Holding
Star
Diving Eagle
Star
Inverted Straddle Holding
Saucer
Plum
GWT: BackWrap
BackLean

*NOTE: BackBeltWrap Inversion Mounts
Located after Class Design 1
(Table Top Mount / Saucer Mount)



FLEXIBILITY SECTION

Rocking Horse / Hawk Sequence

GWT: KneeTrap

Stag

Rocking Horse

GWT: KneeTrap

Royal Stag

GWT: LowerLegWrap

Stork

GWT: OpenHammockLegWrap

Hawk

Twisted Soldier R

Twisted Soldier L

OTHER SIDE

Pericardium Stretch

GWT: YokeWrap, HalterWrap, BoaWrap

Pericardium Stretch

Monarch Butterfly

OpenHammock Step Up

TripStep

GWT: ChrisCrossStandTrap

Butterfly

Monarch Butterfly

OpenHammock Step Down

SWINGING SECTION

Free Swinging

GWT: BumWrap



3RD INVERSION

BackBeltWrap Inversion / Chandelier Sequence

BackBeltWrap Inversion Mount

GWT: BackBeltWrap

Saucer

WideCircleLegLock

Monkey

Monkey (fingertips)

One Winged Monkey

Phoenix

Chandelier

Phoenix

Phoenix (fingertips)

One Winged Monkey

Monkey (fingertips)

OTHER SIDE

Monkey Holding

WideCircleUnlock

Saucer

Plum

GWT: BackWrap

BackLean

*NOTE: BackBeltWrap Inversion Mounts
Located after Class Design 1
(Table Top Mount / Saucer Mount)

RESTING

Cocoon





BackBeltWrap Inversion Mount

Table Top Mount

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

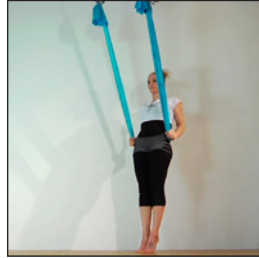
Benefits —

BackBeltWrap Inversion Mount

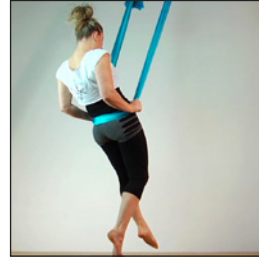
Table Top Mount



BackBeltWrap



BackBelt
at Back Tension



Tip Toe Under

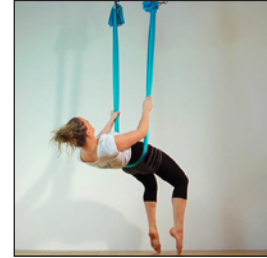


Table Top

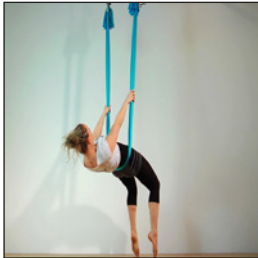
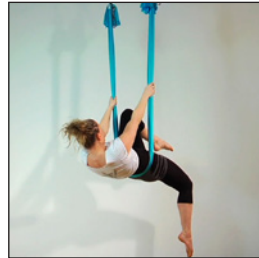
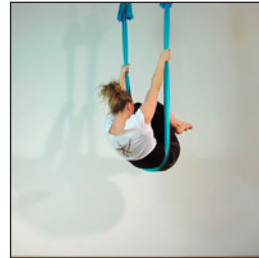


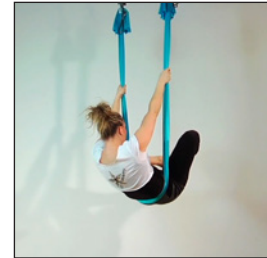
Table Top Holding



Spider



Plum



Saucer



BackBeltWrap Inversion Mount

Saucer Mount

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

BackBeltWrap Inversion Mount

Saucer Mount



BackBeltWrap
Wide Stance



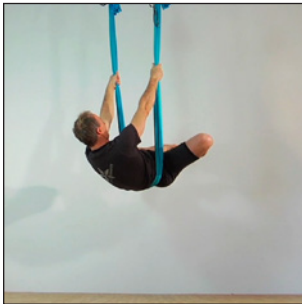
Bend Knees
Chin to Chest



Reverse Sit Up
Lower Shoulders



Slide Hands Up
Toes Together, Knees Wide



Saucer



Establishing Presence

Womb / Yin Yang Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

Establishing Presence

Womb / Yin Yang Sequence



Pouch



Side Saddle Prep



Side Saddle
Tension Press



Kick Switch



Even Spread



Saddle



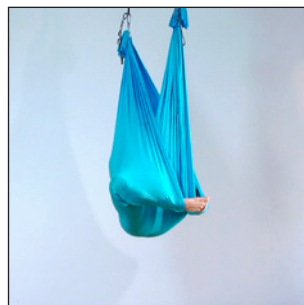
HeelTrap Prep



HeelTrap



Straddle Sit



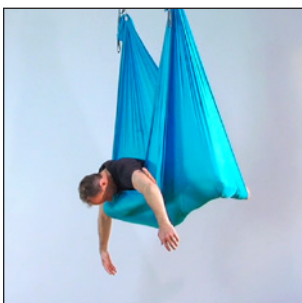
Womb



Yin Prep



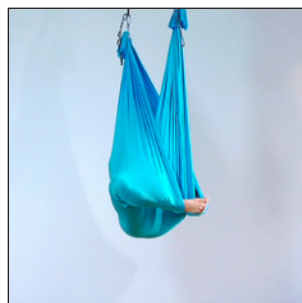
Yin



Yin Yang



Straddle Sit



Womb



Ist Inversion

BootyWrap Inversion / Harrison Handstand

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

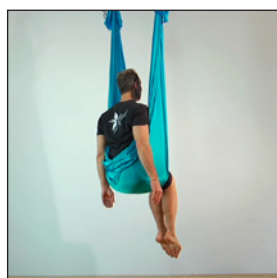
Spotting —

Alignment / Anatomical Cues —

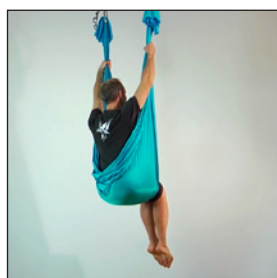
Benefits —

Ist Inversion

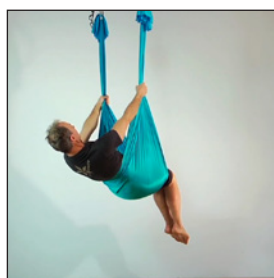
BootyWrap Inversion / Harrison Handstand



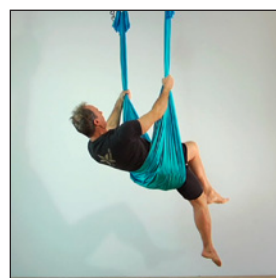
Pouch



BasicGripHigh

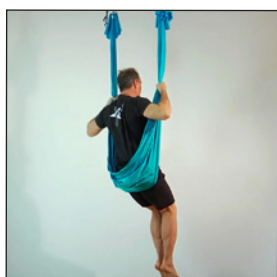


Lean Back

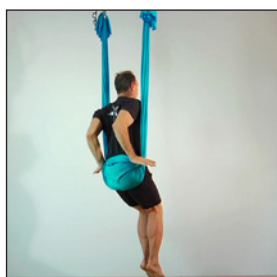


Bicycle the Legs

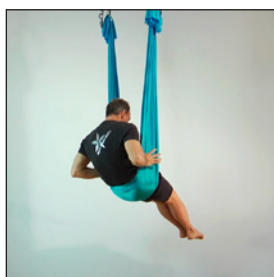
Front Edge Adjust



Sit Up



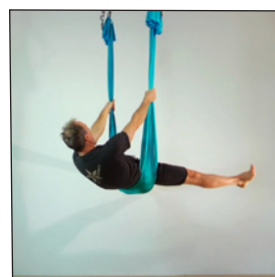
BackBelt Line
BootyWrap



Chin to Chest
Reverse Sit Up
Lower the Shoulders

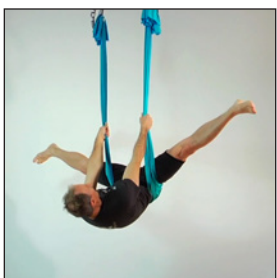


Hollow Body Lever

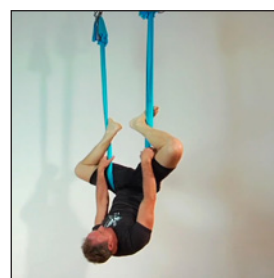
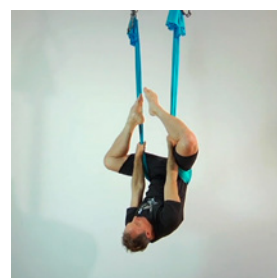


Straddle Lever

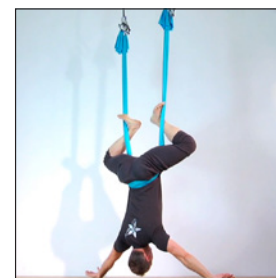
Back Edge Adjust



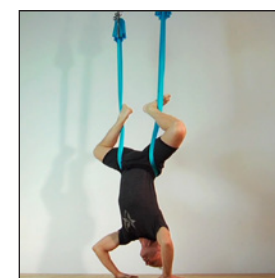
WideCircleLegLock



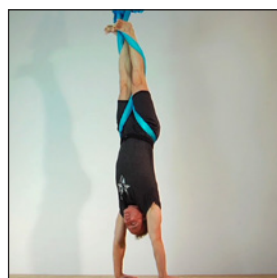
Monkey Holding



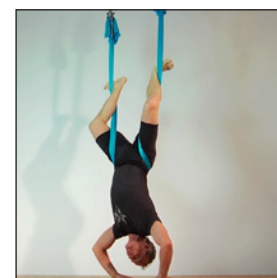
Monkey



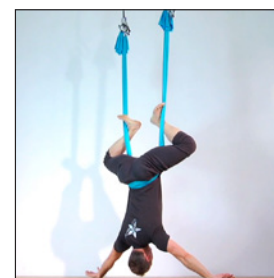
Accordian



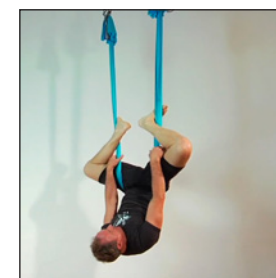
Harrison Handstand



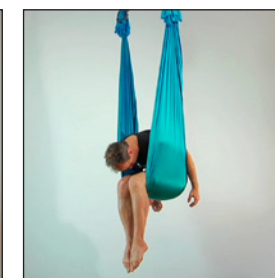
Accordian



Monkey



Monkey Holding



Floating Child's Pose

*NOTE: Harrison Handstand
can be done in EITHER
BootyWrap or BackBeltWrap
(as the photos reflect)



Mobility Section

Warrior Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

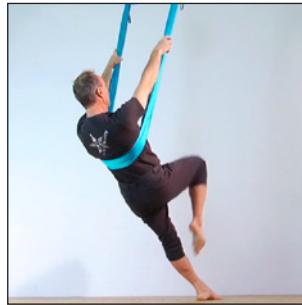
Benefits —

Mobility Section

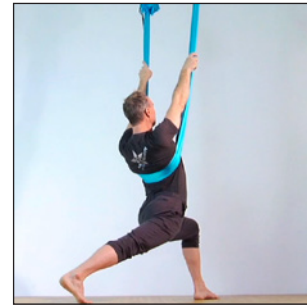
Warrior Sequence



BackLean



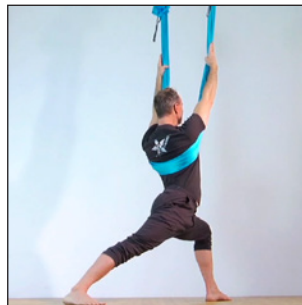
Lunge Prep



Lunge



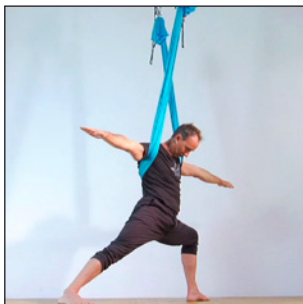
Horse



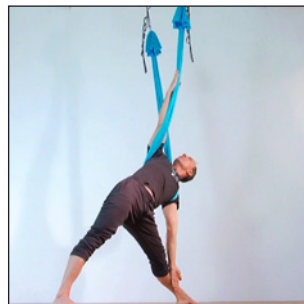
Warrior One



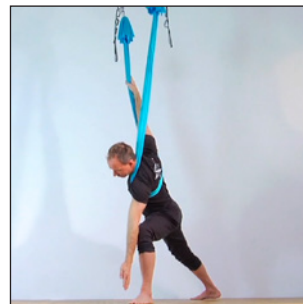
Warrior Two



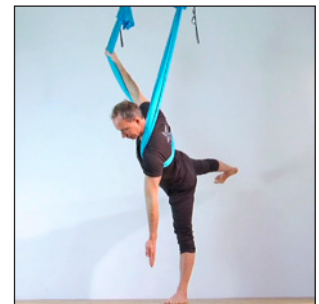
Bring Head in Front



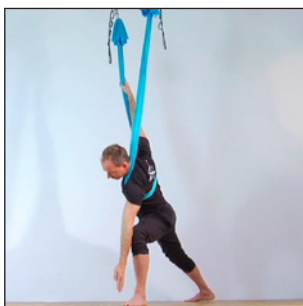
Triangle Pose



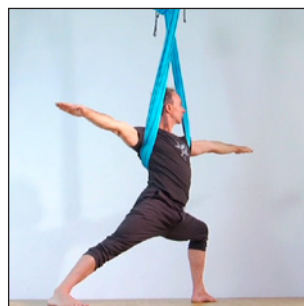
Bent Knee Triangle



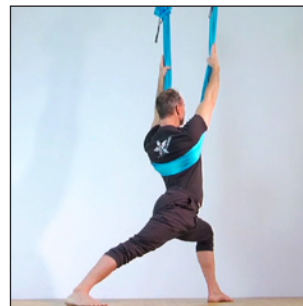
Half Moon



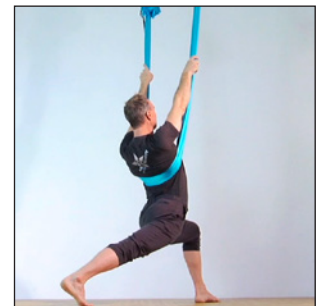
Bent Knee Triangle



Warrior Two



Warrior One



Lunge



Mobility Section

Whirly Bird

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

Mobility Section

Whirly Bird



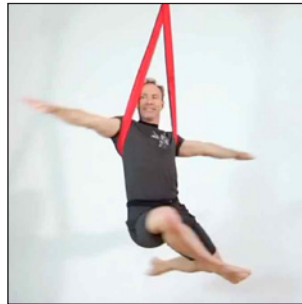
BackLean



Chair



Wind Up



Double Stag Spin



Whirly Bird



BackWrap Split



BackLean



Mobility Section

Dipping Bird

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

Mobility Section

Dipping Bird



PushGrip from Behind



UpwardRollGrip from Behind



Step Forward



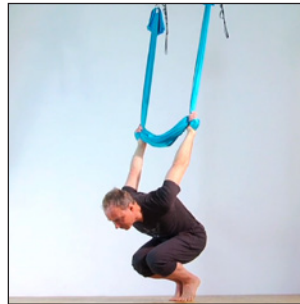
Swim Start



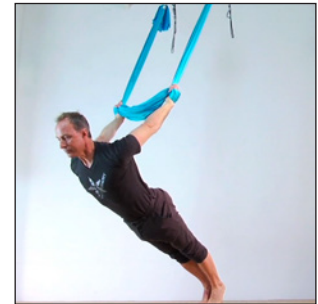
Ski Jumper



Dipping Bird



Swim Start



Ski Jumper



FrontBeltWrap Section

Twisted Pyramid Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

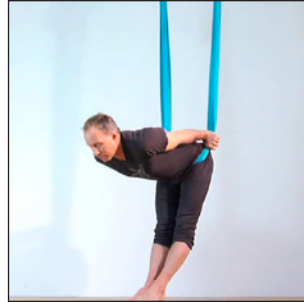
Benefits —

FrontBeltWrap Section

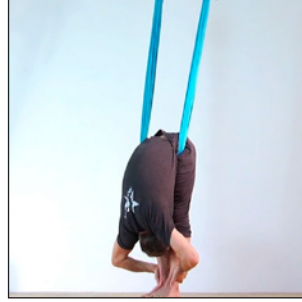
Twisted Pyramid Sequence



FrontBeltWrap



Number 7



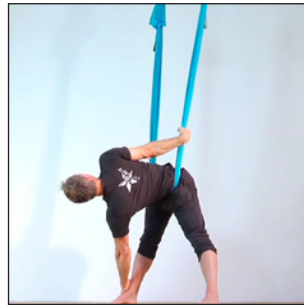
Folded Leaf



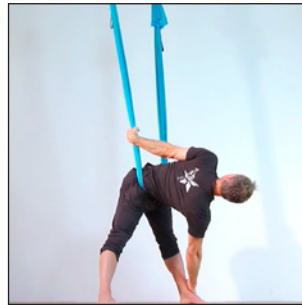
Pyramid



Reverse Point Pyramid



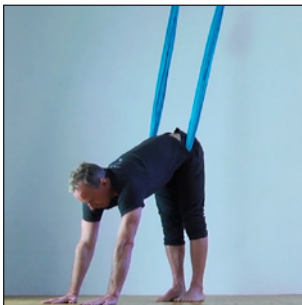
Twisted Pyramid
Right



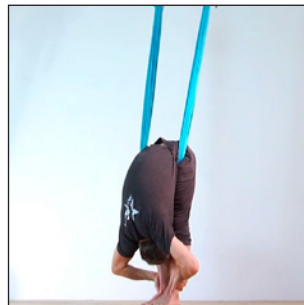
Twisted Pyramid
Left



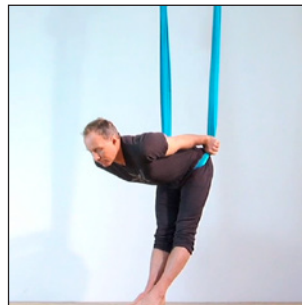
Pyramid



Down Dog



Folded Leaf



Number 7



BackLean



ReverseAnkleTrap Mount

Flamingo Mount

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

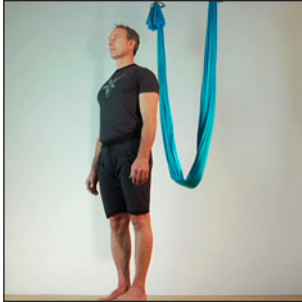
Spotting —

Alignment / Anatomical Cues —

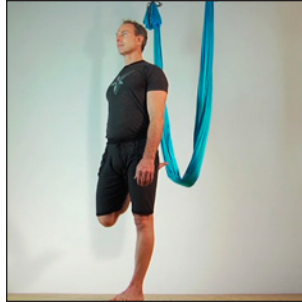
Benefits —

ReverseAnkleTrap Mount

Flamingo Mount



1 Step in Front of Plumblin



Ankle Clasp



Tip Forward



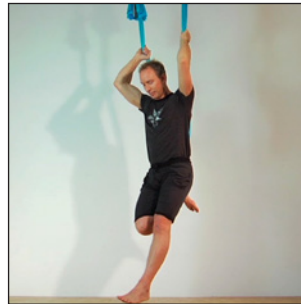
ReverseAnkleTrap



Knee Forward



Reach Up



Slide to Plumblin



Flamingo



ReverseAnkleTrap Mount

Glider Mount

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

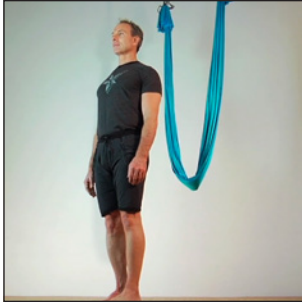
Spotting —

Alignment / Anatomical Cues —

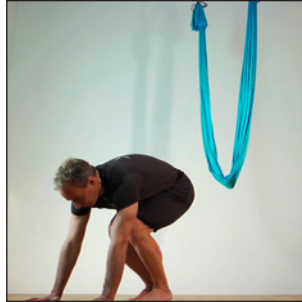
Benefits —

ReverseAnkleTrap Mount

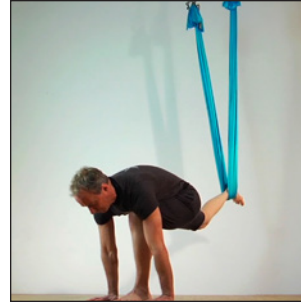
Glider Mount



1 Step in Front of Plumline



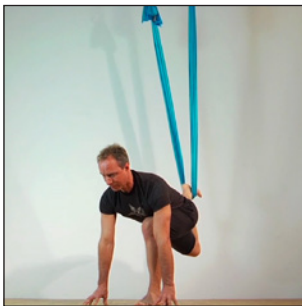
Squat



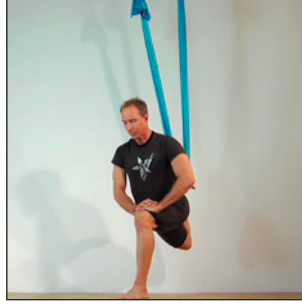
ReverseAnkleTrap Tripod



1 Step Back to Plumline



Fingertips



Supported Glider



ReverseAnkleTrap Mount

Tension Mount

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

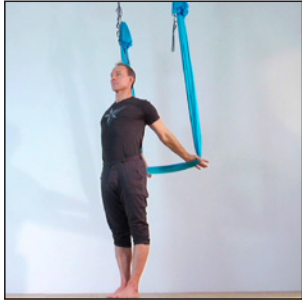
Spotting —

Alignment / Anatomical Cues —

Benefits —



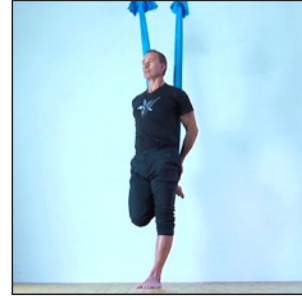
ReverseAnkleTrap Mount Tension Mount



PushGrip from Behind



Tension Mount



ReverseAnkleTrap



Strengthening Section

Wings & Planks Sequence / Forearm Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

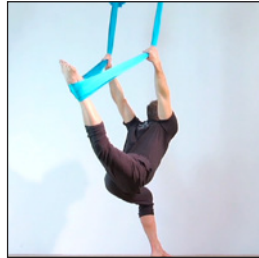
Benefits —

Strengthening Section

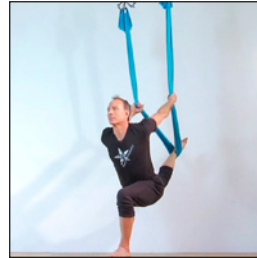
Wings & Planks Sequence / Forearm Sequence



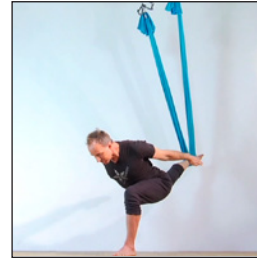
ReverseAnkleTrap
Flamingo



Apollo
ReverseGrip, Inlocate



Apollo Lunges



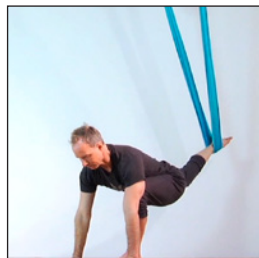
Dart



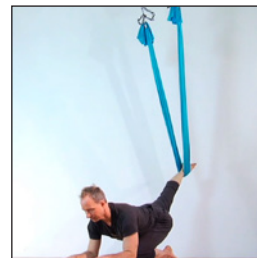
Glider



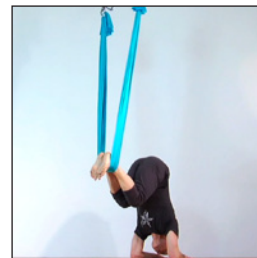
Scale



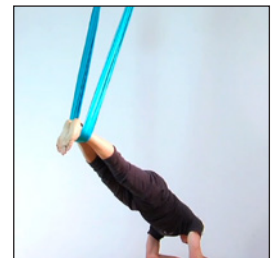
Tripod



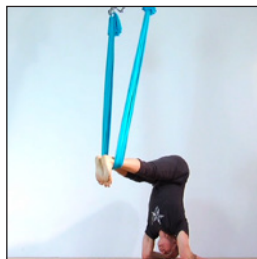
Baby Alligator



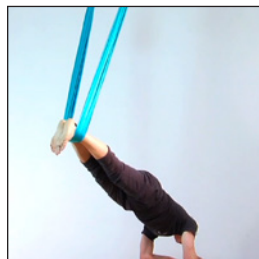
DoubleReverseAnkleTrap Forearm EZ Plank



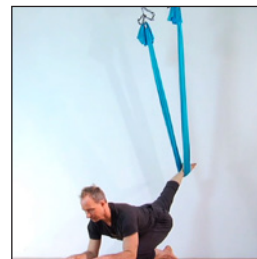
Forearm Plank



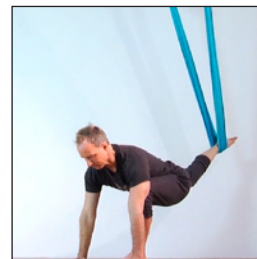
Forearm Jackknife



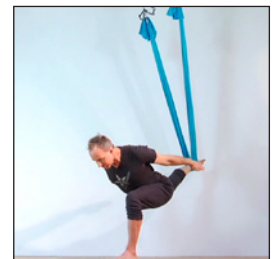
Forearm Plank



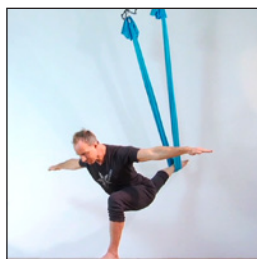
Baby Alligator
ReverseAnkleTrap



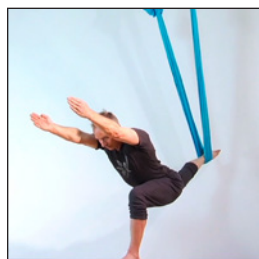
Tripod



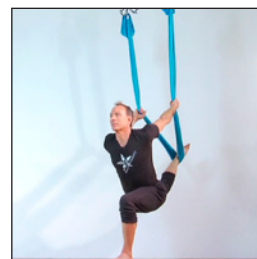
Dart



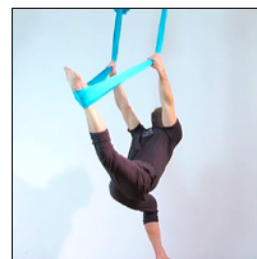
Glider



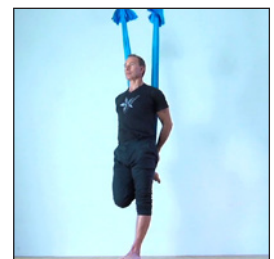
Scale



Apollo Lunges



Apollo



Flamingo

*NOTE: ReverseAnkleTrap Mounts
Located before Wings & Planks / Forearm Sequence in Class Design 1
(Flamingo Mount / Glider Mount / Tension Mount)



Flexibility Section

Holy Grail Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

Flexibility Section

Holy Grail Sequence



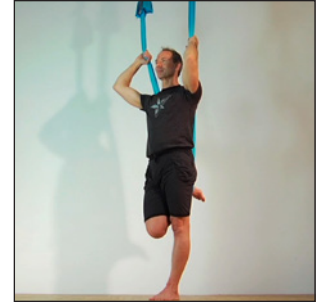
ReverseAnkleTrap
ReverseGrip
Flamingo



Flamingo
Bent Knee



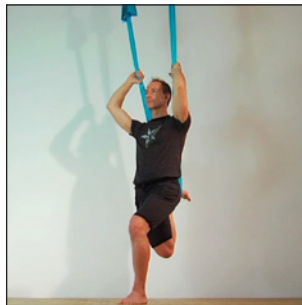
Pegasus



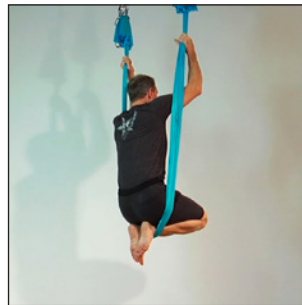
Flamingo



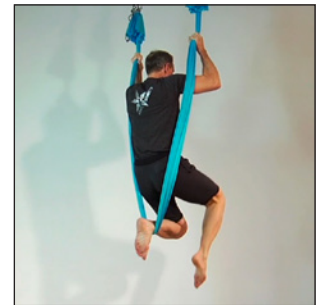
Holy Grail



Flamingo
Bent Knee



Tweety Bird
DoubleReverseAnkleTrap Seated



Tweety Bird Transition

*NOTE: ReverseAnkleTrap Mounts
Located before Wings & Planks / Forearm Sequence in Class Design 1
(Flamingo Mount / Glider Mount / Tension Mount)



Flips & Tricks Section

Apollo Flip

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

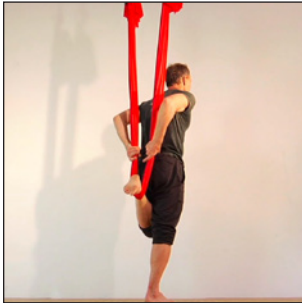
Spotting —

Alignment / Anatomical Cues —

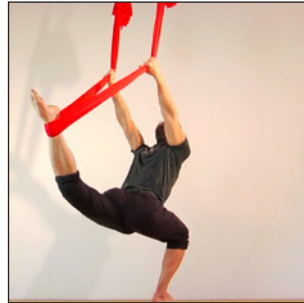
Benefits —

Flips & Tricks Section

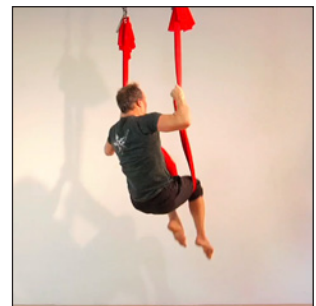
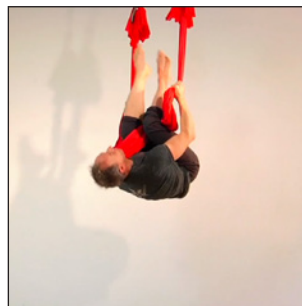
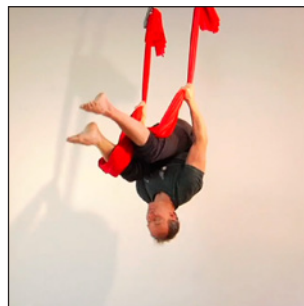
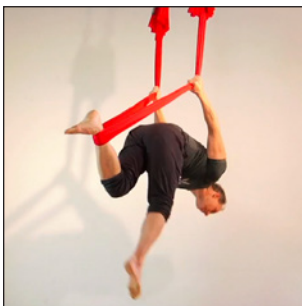
Apollo Flip



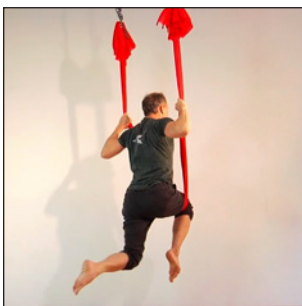
ReverseAnkleTrap



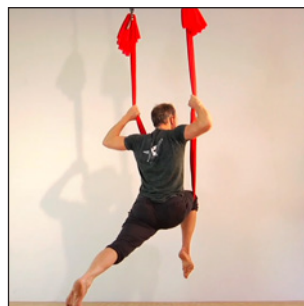
Apollo
ReverseGrip, Inlocate



Apollo Flip



KneeTrap



Stag

*NOTE: ReverseAnkleTrap Mounts
Located before Wings & Planks / Forearm Sequence in Class Design 1
(Flamingo Mount / Glider Mount / Tension Mount)



2nd Inversion

BackBeltWrap Inversion / Diving Eagle

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

2nd Inversion

BackBeltWrap Inversion / Diving Eagle



Saucer



Inverted Straddle Holding Front



Inverted Straddle Holding Back



Star Front



Toe Hook



Diving Eagle



Star Back



Inverted Straddle Holding Front



Saucer



Plum



BackLean

*NOTE: BackBeltWrap Inversion Mounts
Located after Class Design 1
(Table Top Mount / Saucer Mount)



Flexibility Section

Rocking Horse / Hawk Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

Flexibility Section

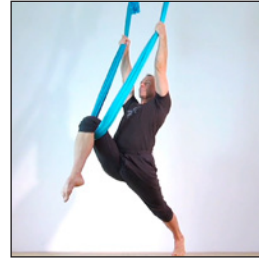
Rocking Horse / Hawk Sequence



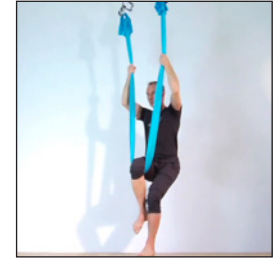
Slack Swing



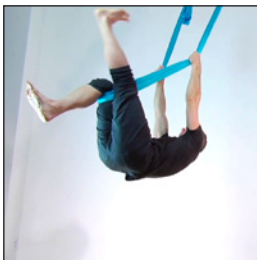
KneeTrap



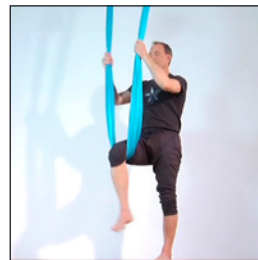
Stag



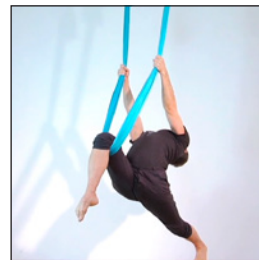
1 Hop Behind the Plumline



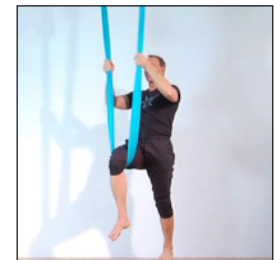
Rocking Horse



Land Behind the Plumline
KneeTrap



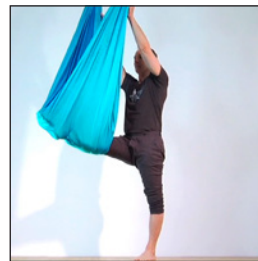
Royal Stag



Back to Plumline



Adjust Hammock



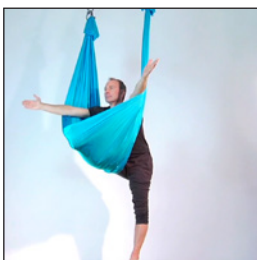
LowerLegWrap



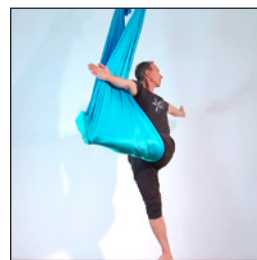
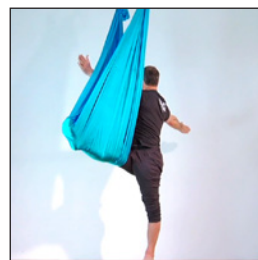
Stork



OpenHammockLegWrap



Hawk



Twisted Soldier R & L



Flexibility Section

Pericardium Stretch

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

Flexibility Section

Pericardium Stretch



YokeWrap



HalterWrap



BoaWrap



Pericardium Stretch



Flexibility Section

Monarch Butterfly

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

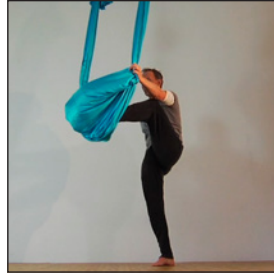
Benefits —

Flexibility Section

Monarch Butterfly



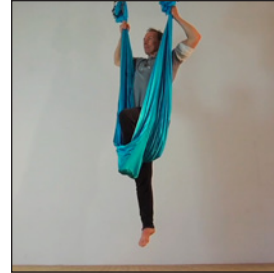
Back Edge
6 Gather Grip



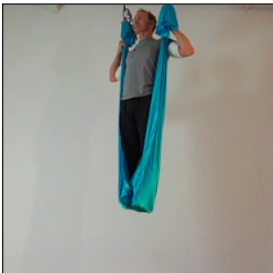
Slack Swing



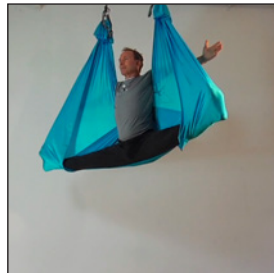
OpenHammock Step Up



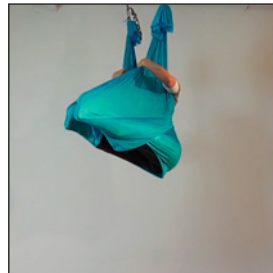
TripStep



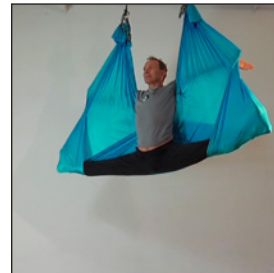
ChrisCrossStandTrap



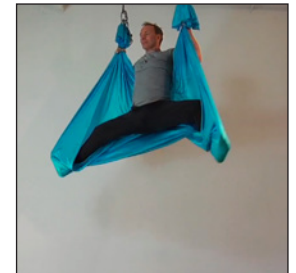
Butterfly



Monarch Butterfly
(Closed Wings)



Monarch Butterfly
(Open Wings)



Tug to Bend Knees



OpenHammock
Step Down



3rd Inversion

BackBeltWrap Inversion / Chandelier Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

3rd Inversion

BackBeltWrap Inversion / Chandelier Sequence



Monkey



Monkey (fingertips)



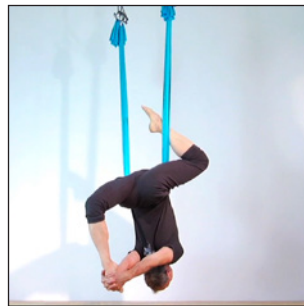
One Winged Monkey



Rotate Leg Side to Back



Phoenix



Chandelier



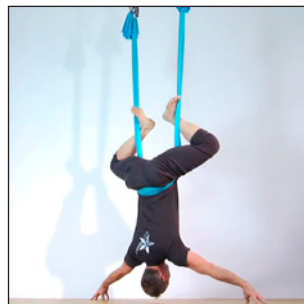
Phoenix



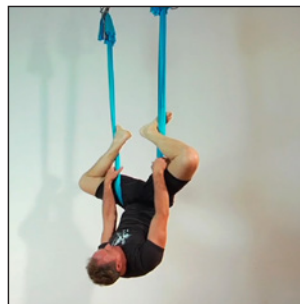
Phoenix (fingertips)



One Winged Monkey



Monkey (fingertips)



Monkey Holding



BackLean

*NOTE: BackBeltWrap Inversion Mounts
Located after Class Design 1
(Table Top Mount / Saucer Mount)

*NOTE: The foot on the Hammock should
stay FLEXED the entire sequence
for SAFETY. Not shown here.





ANTIGRAVITY® AERIAL YOGA 1

CLASS DESIGN 2, "Explore Space "



AntiGravity® Aerial Yoga 1, Class Design 2

“Explore Space”

CLASS INTRODUCTION

ESTABLISHING PRESENCE

Saddle Pranayama

GWT: PouchWrap
Pouch
Side Saddle
Kick Switch
Saddle Pranayama
Kick Switch
Side Saddle
Pouch

1ST INVERSION

SkirtWrap Inversion / Skirted Star

GWT: PouchWrap
Pouch
BackBelt Line
Hollow Body Roll Down
Hollow Body Lever
Skirted Lever
GWT: SkirtWrap
Tension Straddle
Skirted Downward Arrow
Skirted Inverted Straddle Holding
Skirted Star
Skirted Inverted Straddle Holding
GWT: PouchWrap
Floating Child's Pose



MOBILITY SECTION

Triton Sequence

GWT: BackWrap, BasicGrip
Back Leaning X
Gyro R
Gyro L
Gyro
Triton
Poseidon
Mountain Slope
Footbridge Holding
Footbridge
Hour Glass

GROUNDING AWARENESS

Mountain Grounding

STRENGTHENING SECTION

Cradled Abs

Pouch
GWT: CradleWrap
Cradled Lever
Flutters
Beats
GWT: CradleWrap
Marching
Bicycles
GWT: ShoulderWrappedCradle
Cradle Crunches
GWT: HoodedCradle
HoodedCradle Crunches
GWT: BootyPack
BootyPack Crunches



Twisted Triangle Sequence

GWT: FrontBeltWrap
Right Angle T
Taut Dog
Down Dog
Twisted Triangle
Twisted Half Moon
OTHER SIDE
GWT: BackWrap
BackLean

Standing Split Sequence

GWT: FrontBeltWrap
Right Angle T
Taut Dog
Down Dog
Teepee
Flying Dog
Wishbone
Wishbone Straddle
GWT: OutwardWrapFeetLock
Wheelbarrow
Standing Split
OTHER SIDE
Wheelbarrow
Wishbone Straddle
Wishbone
GWT: FrontBeltWrap
Flying Dog
Teepee
Taut Dog
Right Angle T
Giraffe
Peter Pan Swoosh
GWT: BackWrap
BackLean



STRENGTHENING SECTION

Wings & Planks Sequence / Crow Sequence

ReverseAnkleTrap Mount

GWT: ReverseAnkleTrap

Wings

Glider

Tripod

One Legged Plank

One Legged Plank Crunches

GWT: DoubleReverseAnkleTrap

EZ Plank

Plank

Croc Rocks

Side Crow R

Side Crow L

Crow

Plank

Croc Rocks

Plank

OTHER SIDE

*NOTE: ReverseAnkleTrap Mounts

Located before Wings & Planks / Forearm Sequence in Class Design 1
(Flamingo Mount / Glider Mount / Tension Mount)

2ND INVERSION

InstepWrap Inversion / Bee Sequence

GWT: InstepWrap, ReverseGripHigh in Front

Tree

GWT: SoleTrap

Bee

GWT: ReverseGripLow in Front, SoleTrap

Hornet

Wasp

Queen Bee

GWT: ReverseGrip, ReverseGripLow in Front

Hornet

GWT: ReverseGripHigh in Front

Bee

Tree

GWT: InstepWrap



FLEXIBILITY SECTION / FLIPS & TRICKS SECTION
--

Dancer Stretch Sequence

GWT: AnkleTrap
Dancer
Dancer Stretch
Dancer Side Stretch
One Winged Dove
Side Tripod
Swinging AnkleTrap Transition
GWT: DoubleAnkleTrap
OTHER SIDE
Swinging Dismount

*Option to finish Dancer Stretch Sequence with feet on floor.

Iris Sequence

GWT: KneeTrap, BasicGripStacked
Femme Roll Up
Nijinsky
Iris
OTHER SIDE

Houdini Stretch

GWT: SingleWristWrap from Behind, DoubleWristWrap from Behind, HoudiniWrap
Houdini Stretch
Advanced Houdini Stretch

SWINGING SECTION

Free Swinging

GWT: BumWrap

FLEXIBILITY SECTION / FLIPS & TRICKS SECTION
--

Dove Sequence

GWT: OpenHammockKneeTrap
ToroToro
Superman
GWT: BellyWrap, TubeTopWrap
Dove
Silkworm
Fetus



Cowboy Roll Down

GWT: SkirtWrap

Skirted Monkey

Horseshoe

GWT: Chaps, BasicGrip, ReverseGrip, ReverseGripLow

Sumo Chaps

Cowboy Roll Down

GWT: PouchWrap

Pouch

RESTING

Cocoon





Establishing Presence

Saddle Pranayama

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

Establishing Presence

Saddle Pranayama



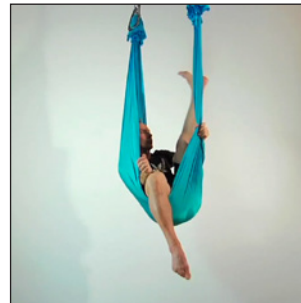
Pouch



Side Saddle Prep



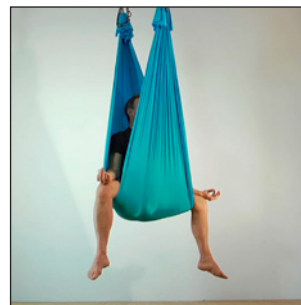
Side Saddle
Tension Press



Kick Switch



Even Spread



Saddle Pranayama



1st Inversion

SkirtWrap Inversion / Skirted Star

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

1st Inversion

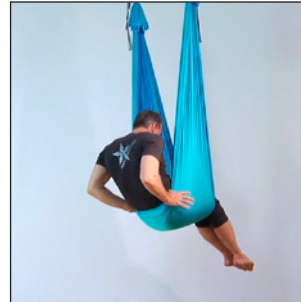
SkirtWrap Inversion / Skirted Star



Pouch



BackBelt Line



Hollow Body Roll Down



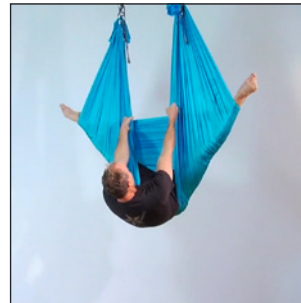
Hollow Body Lever



Skirted Lever
SkirtWrap



Tension Straddle



Skirted Downward Arrow



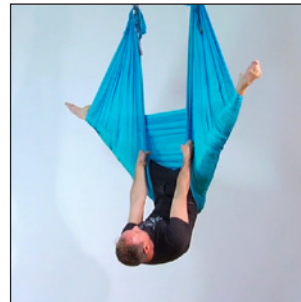
Skirted Inverted Straddle
Holding



Skirted Star



Skirted Star (Flying)



Skirted Inverted Straddle
Holding



Floating Child's Pose
Holding



Mobility Section

Triton Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

Mobility Section

Triton Sequence



BackWrap
BasicGrip



Back Leaning X



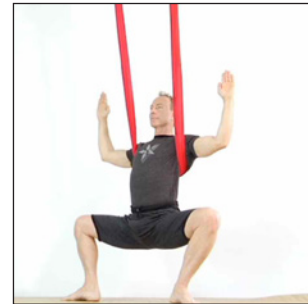
Gyro Right



Gyro Left



Gyro



Triton



Poseidon



Mountain Slope



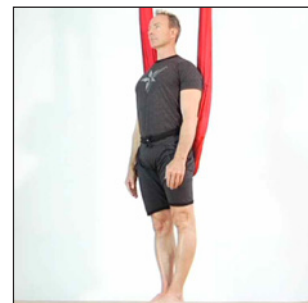
Foot Bridge Holding



Foot Bridge



Hour Glass



Mountain Grounding



Strengthening Section

Cradled Abs

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

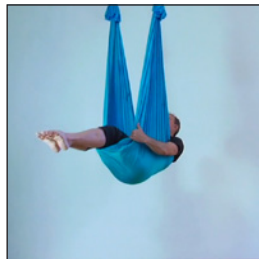
Benefits —

Strengthening Section

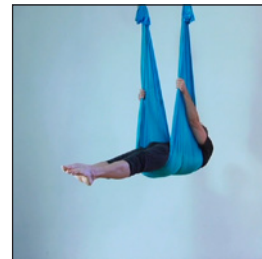
Cradled Abs



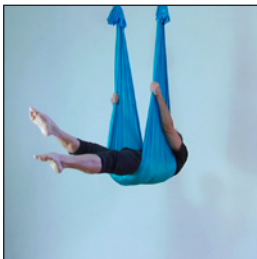
Pouch



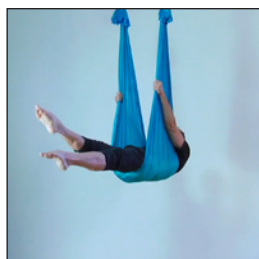
CradleWrap



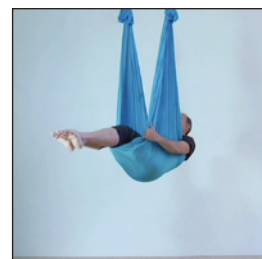
Cradled Lever



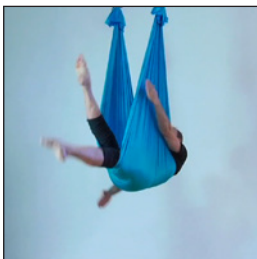
Flutter



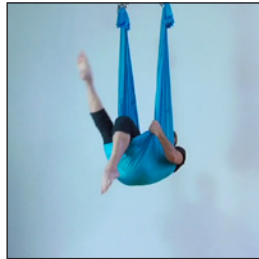
Beats



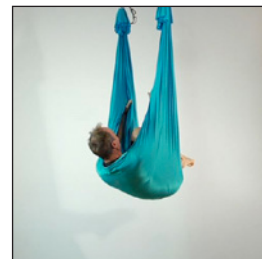
CradleWrap



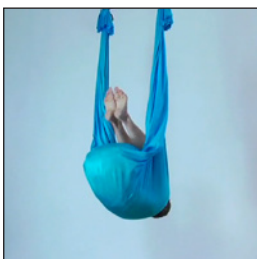
Marching



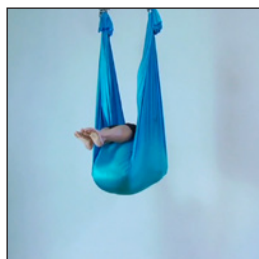
Bicycles



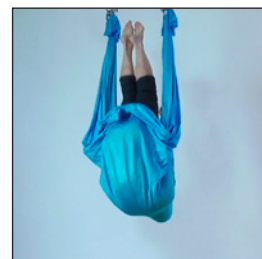
ShoulderWrappedCradle



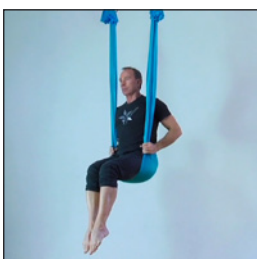
Cradle Crunches



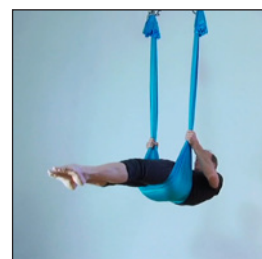
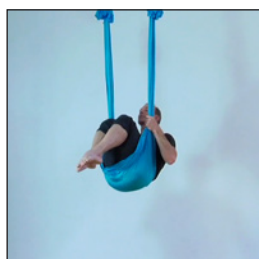
HoodedCradle



HoodedCradle Crunches



BootyPack



BootyPack Crunches



FrontBeltWrap Section

Twisted Triangle Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

FrontBeltWrap Section

Twisted Triangle Sequence



Right Angle T



Taut Dog



Down Dog



Twisted Triangle
Left



Twisted Half Moon



Twisted Triangle
Right



Twisted Half Moon



BackLean



FrontBeltWrap Section

Standing Split Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

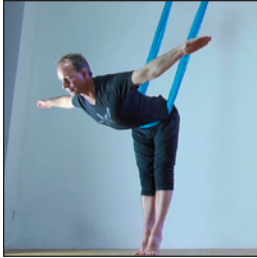
Spotting —

Alignment / Anatomical Cues —

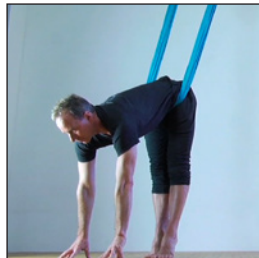
Benefits —

FrontBeltWrap Section

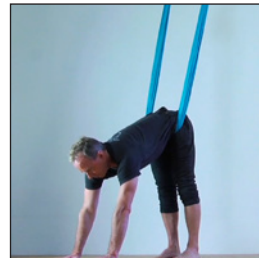
Standing Split Sequence



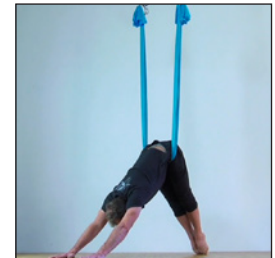
Right Angle T



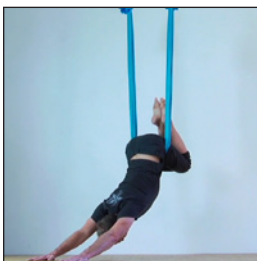
Taut Dog



Down Dog



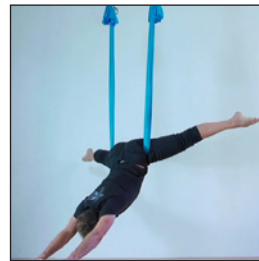
Teepee



Flying Dog



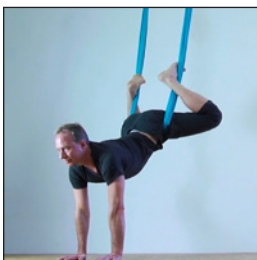
Wishbone



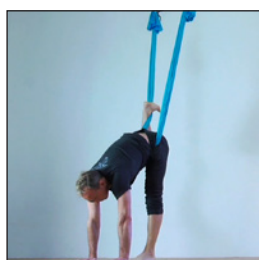
Wishbone Straddle



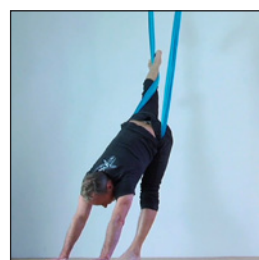
OutwardWrapFeetLock



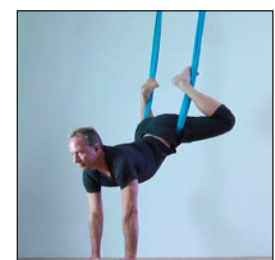
Wheelbarrow



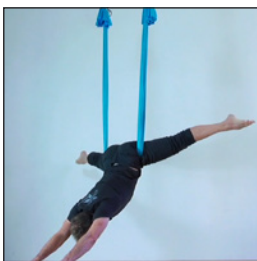
1 Foot on Plumline



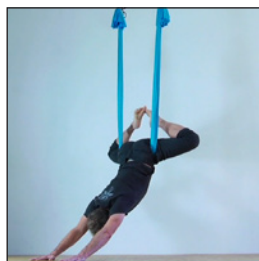
Standing Split



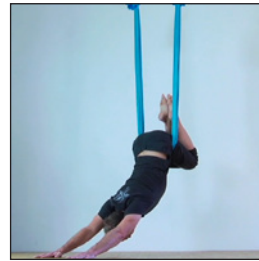
Wheelbarrow



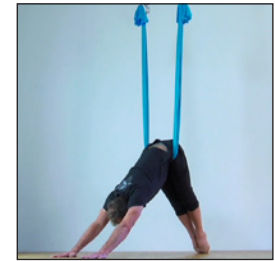
Wishbone Straddle



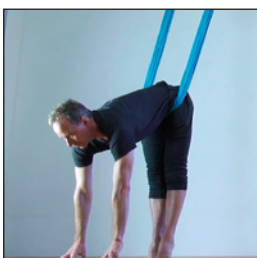
Wishbone



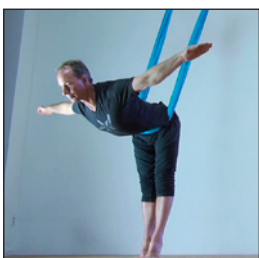
Flying Dog



Teepee



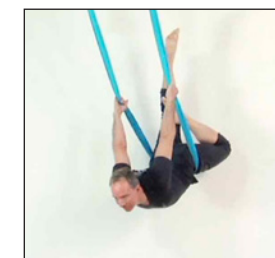
Taut Dog



Right Angle T



Giraffe



Peter Pan Swoosh



Strengthening Section

Wings & Planks Sequence / Crow Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

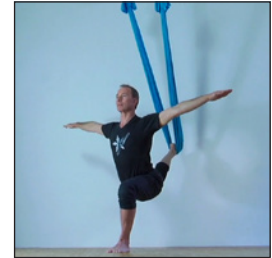
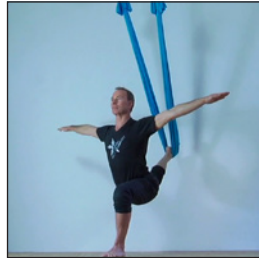
Spotting —

Alignment / Anatomical Cues —

Benefits —

Strengthening Section

Wings & Planks Sequence / Crow Sequence

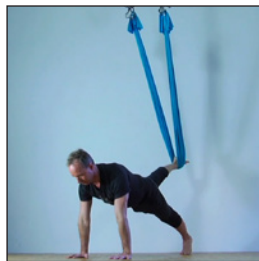


Wings

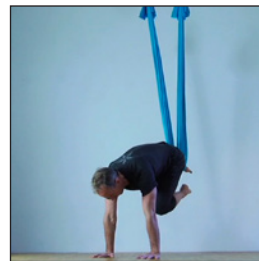
Glider



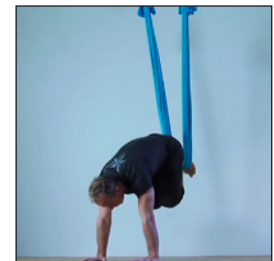
Tripod



One Legged Plank



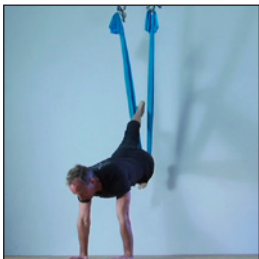
One Legged Plank
Crunches



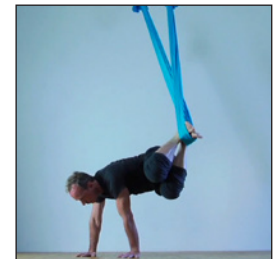
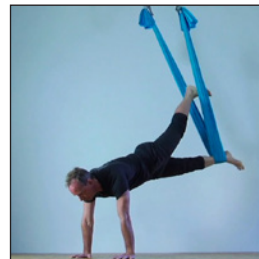
DoubleReverseAnkleTrap
EZ Plank



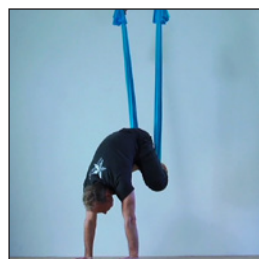
Plank



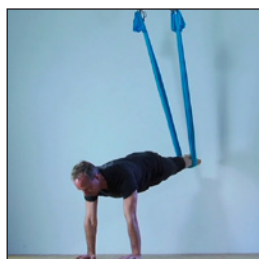
Crock Rocks



Side Crow



Crow



Plank

*NOTE: ReverseAnkleTrap Mounts
Located before Wings & Planks / Forearm Sequence in Class Design 1
(Flamingo Mount / Glider Mount / Tension Mount)



2nd Inversion

InstepWrap Inversion / Bee Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

2nd Inversion

InstepWrap Inversion / Bee Sequence



Slack Swing



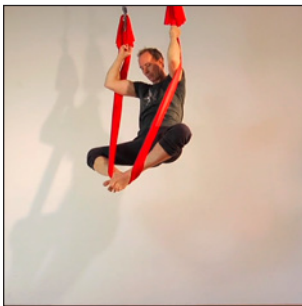
InstepWrap
ReverseGripHigh in Front



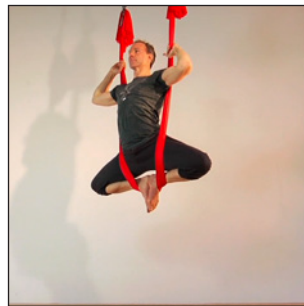
Tree



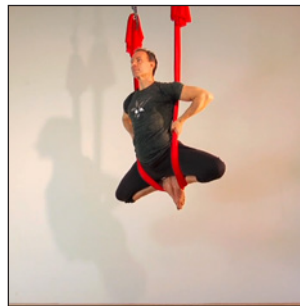
ReverseGripHigh in Front
Swing



SoleTrap



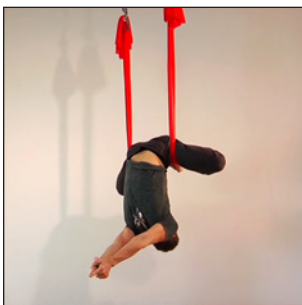
Bee



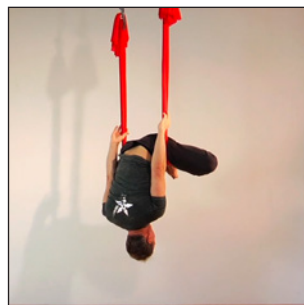
ReverseGripLow in Front
Hornet



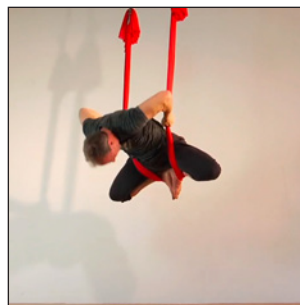
Wasp



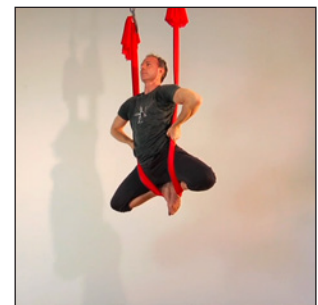
Queen Bee



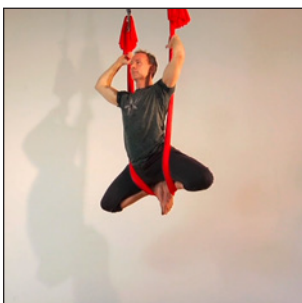
ReverseGrip



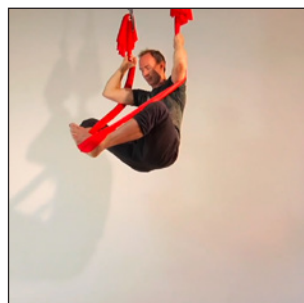
Curl Up



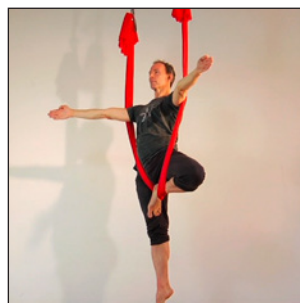
ReverseGripLow in Front
Hornet



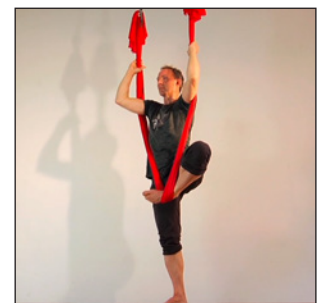
ReverseGripHigh in Front
Bee



Bring 1 Foot to
Plumline



Tree



InstepWrap



Flexibility Section

Dancer Stretch Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

Flexibility Section

Dancer Stretch Sequence



AnkleTrap



1/4 Turn



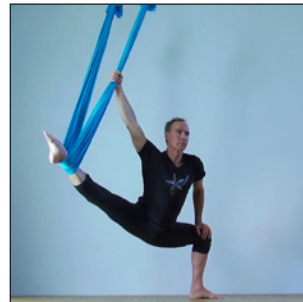
Dancer



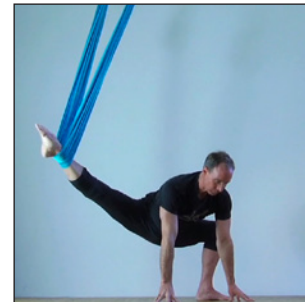
Dancer Stretch



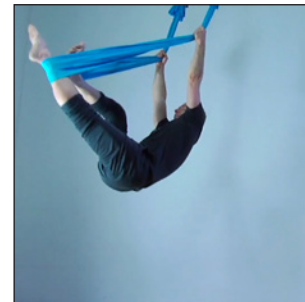
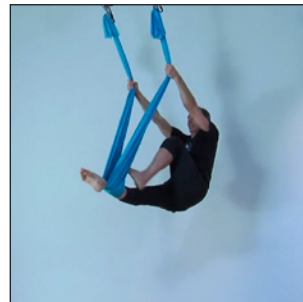
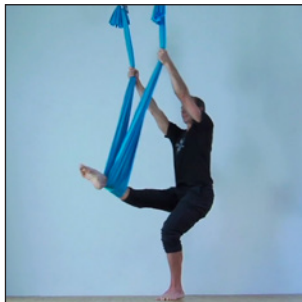
Dancer Side Stretch



One Winged Dove

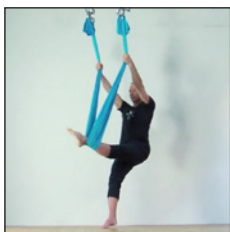


Side Tripod

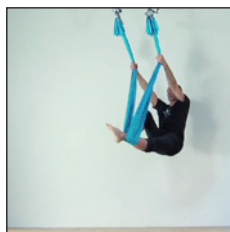


Swinging AnkleTrap Transition

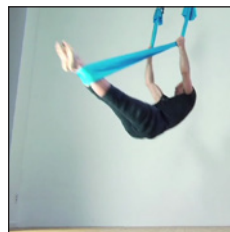
*Option to finish Dancer Stretch Sequence with feet on floor.



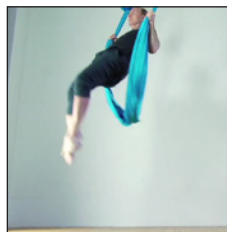
Jump Back



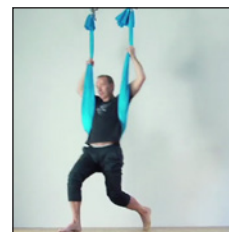
DoubleAnkleTrap



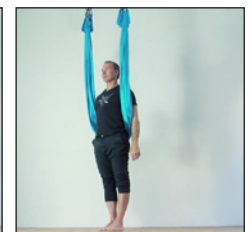
Swing Front



Pull Legs & Hips Through



Feet to the Floor



Walk Back to Plumblines

Swinging Dismount



Flips & Tricks Section

Iris Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

Flips & Tricks Section

Iris Sequence



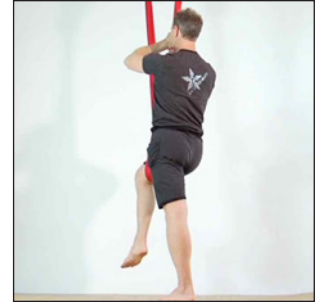
BasicGrip



Slack Swing



KneeTrap



BasicGripStacked



Femme Roll Up



Nijinsky



Iris



Flexibility Section

Houdini Stretch

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

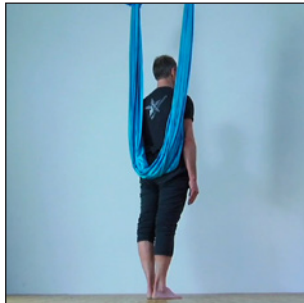
Spotting —

Alignment / Anatomical Cues —

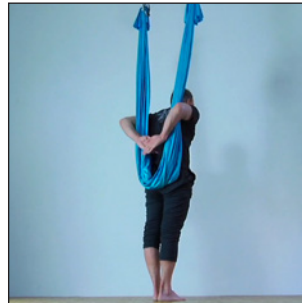
Benefits —

Flexibility Section

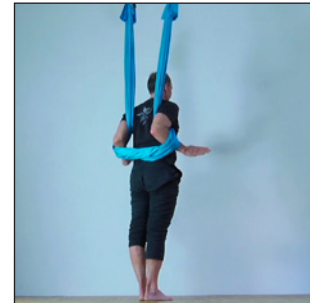
Houdini Stretch



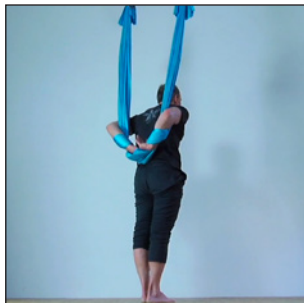
Hammock Behind



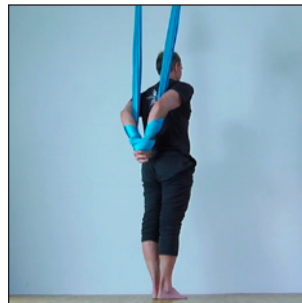
Arms Outward Wrap



SingleWristWrap from Behind



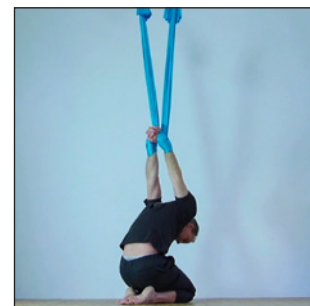
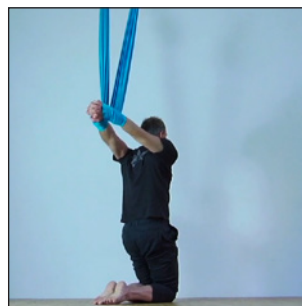
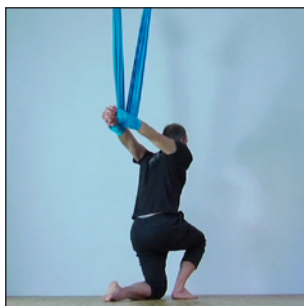
DoubleWristWrap from Behind



HoudiniWrap



Houdini Stretch



Advanced Houdini Stretch



Flexibility Section

Dove Sequence

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

Spotting —

Alignment / Anatomical Cues —

Benefits —

Flexibility Section

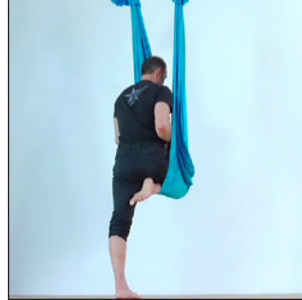
Dove Sequence



3 Gather Grip



Slack Swing



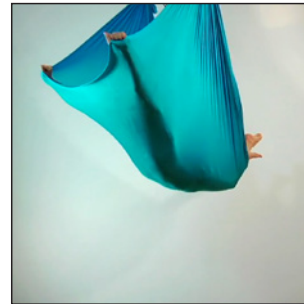
OpenHammockKneeTrap



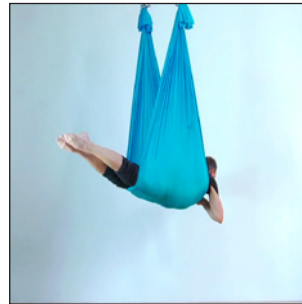
3 Gather Grip
ToroToro



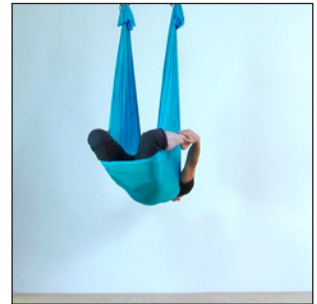
Superman Prep



Superman
BellyWrap



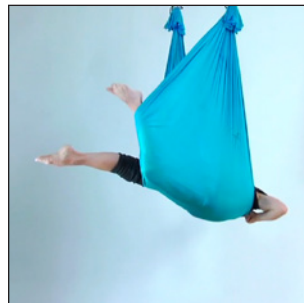
TubeTopWrap



Dove
Back



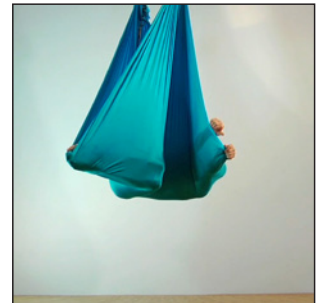
Dove
Front



Bring Legs Back Inside
Hammock



Silkworm
SilkwormWrap



Fetus



Flips & Tricks Section

Cowboy Roll Down

Grip/Wrap/Trap —

Principles —

Philosophy —

Cueing —

Progressions —

Modifications —

Scanning —

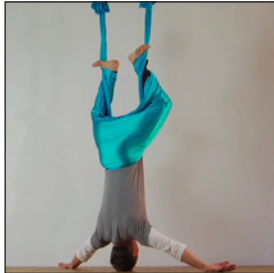
Spotting —

Alignment / Anatomical Cues —

Benefits —

Flips & Tricks Section

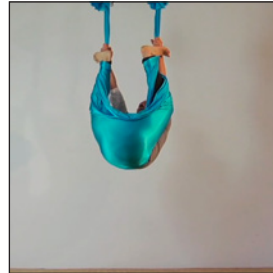
Cowboy Roll Down



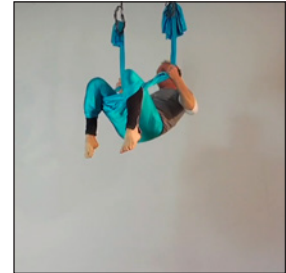
Skirted Monkey



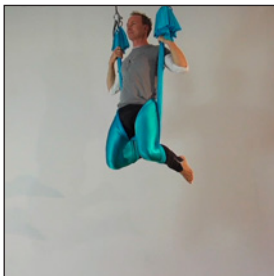
Swinging Monkey Sit Up



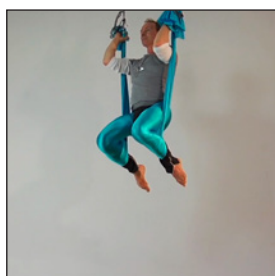
Horseshoe



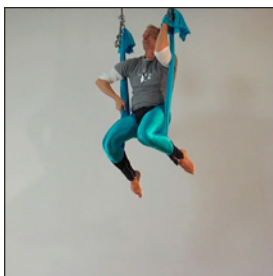
Pull Up to Chaps



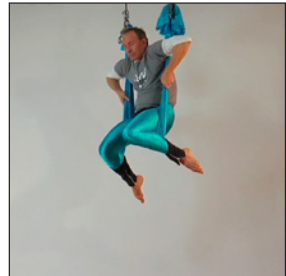
Chaps
BasicGrip



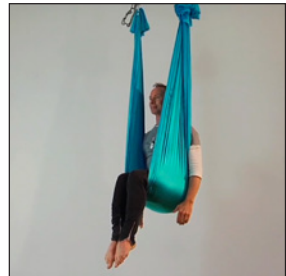
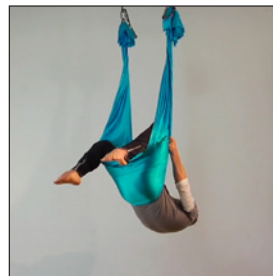
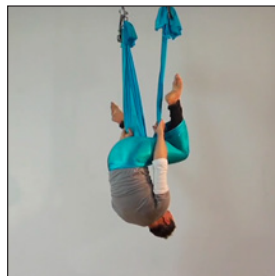
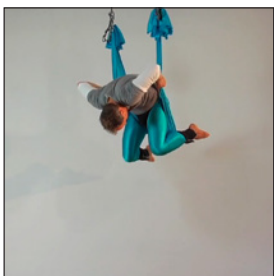
Chaps
ReverseGrip



Chaps
ReverseGripLow



Sumo Chaps



Pouch



Cowboy Roll Down





ANTIGRAVITY® AERIAL YOGA 1

CLASS DESIGN 3, “Stretch Your Mind”

- Class Introduction
- Saddle Pranayama OR Womb / Yin Yang Sequence
- SkirtWrap Inversion / Skirted Star
- Triton Sequence
- Warrior Sequence
- Wings & Planks Sequence / Forearm Sequence
- Twisted Pyramid Sequence
- Standing Split Sequence
- BackBeltWrap Inversion / Chandelier Sequence
- Dipping Bird
- Wings & Planks Sequence / Crow Sequence
- Dancer Stretch Sequence
- Holy Grail Sequence
- Cowboy Roll Down
- Dove
- Cocoon



ANTIGRAVITY® FITNESS CODE OF ETHICS

As a Certified AntiGravity® Instructor, I am guided by basic principles of professional conduct and the AntiGravity® Values. Whether I am working with clients, the public or other health and fitness professionals, I promise to:

- Provide safe, fun and effective instruction in accordance with the brand philosophy.
- Provide equal and fair treatment to all clients.
- Stay up-to-date on AntiGravity® Techniques and teach only sequences I am qualified for.
- Uphold and enhance public appreciation and trust for AntiGravity® Techniques.
- Maintain the confidentiality of all proprietary information.
- Refer clients to more qualified health or medical professionals when appropriate.
- Establish and maintain clear professional boundaries.
- Comply with all applicable business, employment and intellectual property laws.
- Maintain knowledge and certification of first-aid services.
- Respect standard Privacy Practices and honor appropriate Brand Messaging when it comes to sharing digital media.

PROFESSIONAL PRACTICES

AntiGravity® Fitness' "Professional Practices" are intended to assist and inform certificants, candidates for certification and the public of AntiGravity®'s Application and Certification Standards relative to professional conduct. AntiGravity® Fitness ("AGF") may revoke certification, deny AGDA access and omit website profile of an individual in the case of:

- Unauthorized possession, use, access, or distribution of certification examinations, score reports, trademarks, logos, written materials, answer sheets, certificates, certificant or applicant files, or other confidential or proprietary AGF documents or materials (registered or otherwise).
- Material misrepresentation or fraud in any statement to AGF or to the public, including but not limited to, statements made to assist the applicant, certificant, or another to apply for, obtain, or retain certification.
- Any physical, mental, or emotional condition of either temporary or permanent nature, including, but not limited to, substance abuse, which impairs or has the potential to impair competent and objective professional performance.
- Negligent and/or intentional misconduct in professional work, including, but not limited to, physical or emotional abuse, disregard for safety, or the unauthorized release of confidential information.
- The timely conviction in connection with a felony or misdemeanor, which is directly related to public health and/or fitness instruction or education, which impairs competent and objective professional performance. These include, but are not limited to, rape, sexual abuse of a client, actual or threatened use of a weapon of violence, the prohibited distribution of a controlled substance.
- Failure to meet the requirements for certification or recertification.





CHRISTOPHER HARRISON'S ANTIGRAVITY®

ANTIGRAVITY® BRANDING GUIDELINES

AntiGravity® Fitness, as an organization, has exerted significant effort into building a cohesive international brand in order to successfully expand and advance in a competitive global marketplace. We can achieve our goals if we act as a team and speak with a consistent message. We require of all members of AntiGravity® Fitness to act and speak in a single accord to insure more success for all. The requirements listed below are standard across many industries and apply to AntiGravity®, as well. AntiGravity® Fitness requires that the following guidelines be adopted:

COMPANY

Christopher Harrison's AntiGravity® Fitness

CREATOR

Christopher Harrison, Founder & Creator

APPARATUS

Harrison AntiGravity® Hammock

PROGRAMS

AntiGravity® Fundamentals
AntiGravity® Aerial Yoga
AntiGravity® Suspension Fitness
AntiGravity® Pilates
AntiGravity® Restorative Yoga
AntiGravity® Just Kids
AntiGravity® AIRbarre
AntiGravity® 1on1

YEAR ANTIGRAVITY WAS ORIGINALLY FOUNDED

1991

TITLE GUIDELINES FOR MARKETING

AntiGravity® always must have a registered mark and appropriate caps.
Title of AntiGravity® is not to be used without "Christopher Harrison's" in writing.

USING EXACT NOMENCLATURE

Should you be doing a pose or posting a photo with a pose, make certain you are giving it the proper name and spelling of such. Also, make sure a logo can be seen in the shot.



CHRISTOPHER HARRISON QUOTES

GRAVITY VS ANTIGRAVITY

"Gravity is the force that constantly pulls us down. AntiGravity® is the energy that continually lifts us up. We are constantly playing within both fields." *Christopher Harrison*

NEWTON

"Newton discovered gravity when an apple fell on his head. Awake we experience AntiGravity®, it starts when you get out of bed." *Christopher Harrison*

TO FLY

"In order to fly, first you must be willing to let go!" *Christopher Harrison*

COMPLEMENTARY OPPOSITES

"Gravity and AntiGravity® are complementary opposites like light and dark, or up and down. We aren't trying to conquer; rather we constantly play within both fields." *Christopher Harrison*

NEUROPLASTICITY

"When we move our body freely in all directions of open space we get smarter by increasing the synaptic connections and neural pathways to our brain." *Christopher Harrison*

OPEN UP SPACE

"When you open up space in the body, you open up space in the mind." *Christopher Harrison*

YOUTH

"You are only as young as your spine is flexible and your mind is open." *Christopher Harrison*

ZERO-COMPRESSION INVERSIONS

"Zero-Compression Inversions reset your organs, release a happy hormone cocktail and get the kinks out of your neck & back." *Christopher Harrison*

HYDRATING DISKS

"Our spinal discs are like sponges that shrink when they get dry. We hydrate them during a zero-compression inversion and grow taller." *Christopher Harrison*

PROPRIOCEPTORS

"Proprioceptors are the sensory receptors in our bodies that tell us where we are in time and space. They dull as we age and sharpen when we balance or swing." *Christopher Harrison*

METAMORPHOSIS

"The cocoon is a place of transformation. In order to feel your wings simply remember the essence of who you are without societal labels and your metamorphosis begins." *Christopher Harrison*



TRANSFORMING ENERGY

"There is only one energy in the universe moving all of life. The trick of life is about the redirection of force; transforming the same energy from down to up, dark to light."
Christopher Harrison

BODY / MIND DISCONNECT

"Every time you look into a screen your body and mind start to disconnect. Every time that we move and breath with focus and purpose we recalibrate the connection to our true self."
Christopher Harrison

COMPUTER REBOOT

"Our mind and body need to shut down, recalibrate and restart, no different than a computer. When we reboot our systems, the refresh enhances our coping mechanisms updating our mind with new ideas, helping us to run more efficiently and allowing for an epiphany." *Christopher Harrison*

YOUR MIND IS A LIAR

The word "mind" and "liar" are the same in Portuguese as your mind is always lying to you. You are more capable, more beautiful and much greater than your mind wants you to know."
Christopher Harrison



SOCIAL NETWORKING GUIDELINES (SHARING THE LOVE)

Part of our success in spreading this wonderful technique around the world will depend on us unifying forces on the social media front! We are encouraging all posting, sharing, tagging, and mentioning on any of the social media platforms you currently utilize, and we want to ensure we're all aboard and ready for take off. Below is some helpful information to keep in mind before posting.

STEP ONE — FOLLOW, LIKE, SHARE

"LIKE" the AntiGravity® Fitness Facebook page: (www.facebook.com/antigravityfitness). Here you will find daily updates from AntiGravity® Fitness Headquarters, including exciting news from Christopher Harrison, promotions, photo contests, exclusive content, AntiGravity® Retreat info across the globe, the latest and greatest news, and much more!

Furthermore, make sure you are connected with us on all additional platforms:

YouTube: www.youtube.com/antigravityfitness

Twitter: www.twitter.com/yogaantigravity

Pinterest: www.pinterest.com/antigravityyoga

Instagram: www.instagram.com/antigravityfitness

STEP TWO — POSTING, TAGGING, AND MENTIONING

POSTING

We encourage you to post and share regularly, and we want to make sure you are getting the most out of each post by following these simple guidelines.

When posting photos to Facebook, tag us by mentioning the page: **@AntiGravityFitness**. When posting photos, make sure to use the correct AntiGravity® "Pose Name" whenever possible!

Example: AntiGravity® "Cocoon Pose"

Also, do your best to tag **Christopher Harrison** when posting (Christopher Harrison on Facebook and **@christoflyer** on Twitter). The more people understand WHO created the technique, the further we will ALL fly.



MENTIONING

When mentioning on Facebook and Instagram, use **@AntiGravityFitness**

When mentioning on Twitter, use **@YogaAntiGravity**

TAGGING

Use the appropriate hashtags on Twitter and Instagram to join the conversation with daily AntiGravitists around the world!

#antigravityfitness
#antigravityyoga
#antigravity
#christopherharrison
#CCH
#aerialyoga
#AIRbarre
#AGPilates
#AGSuspensionFitness
#AGRestorative
#AGKids
#AGFun
#AGFundamentals
#AGYoga
#openupbefree ALSO #openup #befree
#harrisonhammock
#AGhammock
#zerocompressioninversion
#makeyoutaller
#suspensionfitness
#elevate
#AGWisdom
#AG
#AGF
#AGY

ONE MORE THING

We want to hear from you! Send photos and videos to us on Facebook for a chance to be featured on our official social media pages.

Please **“like”** the Christopher Harrison Fan Page as a way to show love to the creator behind this revolutionary technique and follow his latest activities around the world.

Christopher Harrison’s Facebook: www.facebook.com/christophercalvinharrison

Christopher Harrison’s Twitter/Instagram: @Christoflyer

We’re looking forward to sharing ideas, inspiring creativity, and staying connected through the AntiGravity® online global community. Thank you for your cooperation and contribution!

Onward and Upward!
Together We FLY High!





ACKNOWLEDGEMENTS

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*The AntiGravity® Aerial Yoga 1 Manual is dedicated to the memory of:
☞ Michele Rosen ☞*



