
MINDFULNESS & MEDITATION IN MOTION

Fusing Sound and the Senses



Course Material

MAY 2023
ANTIGRAVITY FITNESS

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THE LEVITATING MEDITATION

Meditating in Motion may seem to be a dichotomy since the art of meditation is finding stillness in the mind. However, the ultimate objective of meditation is to learn to be the eye of the storm, the calm amongst the chaos, to integrate calmness into our daily regime, no matter the circumstances. To be alive is to be in perpetual motion.

While practicing a levitating meditation, we are in the air, floating and therefore not completely still. Stilling our minds and focusing on the breath while floating adds to the art of meditation. In a way it is one step further to taking our quiet mind into the busy world, which, of course, is the ultimate objective.

When we can quiet our mind in meditation and then take that equanimity into our daily lives, we are one step closer to achieving peace. Meditating in motion is a step towards that goal. Mindfulness is the awareness of it.

Bringing the over-active mind to stillness and stopping the incessant chatter of the brain is easier to accomplish when the body is comfortable. The Harrison AntiGravity Hammock brings one to Zen faster than when seated on the floor as the mind is not focused on ignoring the pain in the body.

The non-theology based guided meditations offered during this course are meant to help you remember the essence of who you are without the societal stories; allowing you to experience Zen.

LEVITATION

For hundreds of years, Buddhist monks have practiced meditation to uncover the clear mind. According to lore, Muslim fakirs and Buddhist monks who became the most evolved were supposedly able to levitate during their meditation. In an AntiGravity Session, while we honor the traditions that brought us mindfulness, we work in an evolved environment, up in the air. Hence everyone levitates during meditation.

MEDITATION

Meditation is a mental practice that involves brain entrainment, training the mind to focus and achieve a state of calm and relaxation. It typically involves sitting, laying down or floating in a quiet place and directing one's attention to a particular object, such as the breath or a mantra, while letting go of distracting thoughts and emotions. The goal of meditation is to cultivate a sense of inner peace, clarity, and insight, and to develop greater self-awareness and compassion. In AntiGravity training, since we levitate while we meditate in a sensory device, we have the capacity to bring one to mental quiet efficiently.



MINDFULNESS

Mindfulness is a mental state characterized by the non-judgmental, intentional focus on the present moment, cultivating awareness and acceptance of one's thoughts, emotions, and bodily sensations.

Mindfulness involves 1) Practicing gratitude rather than taking life for granted, 2) coming back to the present moment, 3) the self-regulation of attention with an attitude of curiosity, openness, and acceptance.

By paying attention to one's thoughts, feelings, and bodily sensations without getting caught up in them or reacting to them we are cultivating a non-reactive stance towards one's experiences and accepting them as they are, rather than trying to change them.

Mindfulness can be developed through various techniques, such as meditation, breathing exercises, and body scans, and is used as a tool for stress reduction, improved well-being, and personal growth. It has been shown to have a range of benefits, including reducing symptoms of anxiety and depression, improving emotional regulation, and enhancing cognitive function. When we practice AntiGravity, we enhance our ability to be mindful in motion using the AG Principle: Presence and the AG Philosophy: Pursuit of Awareness.

MOTION

Motion refers to the act or process of changing position or moving from one place to another. It involves a change in an object's position with respect to time and can be described in terms of displacement, velocity, and acceleration. Motion can be linear, circular, or oscillatory, and can be influenced by various factors such as force, friction, gravity, and energy. Motion is a fundamental concept in physics and plays a critical role in understanding the behavior of objects and systems in the natural world. In AntiGravity training, we learn to navigate motion on multiple planes with varying tempos and at different heights using both the ground and the air.



ANTIGRAVITY PRINCIPLES

PRESENCE

The present moment is where you discover your power. Discovering mindfulness, starts by breathing consciously, letting go of thinking of future or past.

ECONOMY OF MOTION

Things are either easy or hard based on our understanding of basic physics and our ability to streamline both movement and thoughts. Those who are gracious invoke economy of motion in how they move and think.

RESISTANCE VERSUS FLOW

Water always finds its way. Ride with the current tide and flow with ease. What you resist persists. In meditation this means being the observer of your thoughts and letting them flow in and out, like clouds or waves.

ANTIGRAVITY PHILOSOPHY

PURSUIT OF AWARENESS

To be fully aware of what is going on in your mind (thoughts) as well as in your body (sensations) is to be mindful. Mindfulness and pursuit of awareness are one and the same. We cannot effectively cope with change or make change in our lives until we are aware of what is going on in and around us.

YOUR HEALTH IS YOUR WEALTH

We have many aspects of our health. Health is not contained only in the body but also in the mind. Our mental health is of equal importance. What we work on in AntiGravity is: physical health, mental health, energetic health, and social health.



COMING TO PRESENCE

When you are in presence, you are entering a deeper dimension of consciousness beyond the “thinking” mode. You find the NOW moment. You leave behind the past, future thoughts and the fluctuating emotions associated with “doing” and you become aware of “being”. You align with universal intelligence. Meditation is the method for coming aware of your consciousness.

The objective of a guided meditation is to “change state” from frenzied to calm, from worried to assured, from harried to relaxed, from duality to oneness. When you are stressed, it means you’ve lost the present moment and are prioritizing a negative prediction of the future over life. There are many ways to meditate and there is no “right way”. This recipe is but one.

We know that laughing is an immediate state changer. We know that breathwork changes state as well. Going inward and becoming the observer is another way to shift consciousness. Below are a few ingredients in a recipe to support the process. Do not feel they all have to happen, nor in this exact order. Choose your own timing. Remember, whenever you get lost, come back to the breath.

PREPARATION

1. Get Comfy: Mount your AntiGravity® Hammock and get comfortable in your levitating pose (use economy of motion to mount and assure hammock is evenly spread)
2. Defy heaviness: Laugh at yourself, at this moment, at life for 10-15 seconds. This can overlap with #1.
3. Commit to your “magic carpet ride” (your journey inward) and to allow for recalibration.

AWARENESS

1. Outer Physical Awareness: Close your eyes and sense awareness in your outer world (sound, scent, temperature, movement, light etc.)
2. Inner Physical Awareness: Inner world sense awareness (breath, heartbeat, tension in the body)

BREATHE

1. Start breathing and consider audible exhale pattern (see pages 5-7).
2. Inner Mental Awareness:
 - a. Quiet your thoughts, still your mind
 - b. Maintain focus on breath
 - c. Observe thoughts and send them away

GUIDED MEDITATION (optional)

- Allow subconscious to absorb imagery, continually come back to breath.
- Choose (in advance) stillness in the body or autonomous movement patterns that synchronize with breath.



PRANAYAMA BREATHING

Before you go into your guided meditation, you must first get the participant to get in touch with their breath and quiet the outside voices of the mind. Here are methods for doing that and a few of the benefits of conscious breathing. Choose whichever suits you and change it up every so often.

BENEFITS

- Bringing consciousness back to the present moment. Breathing cannot happen in the future or past. Focusing on breath brings one back to the present.
- Improves focus and concentration: Conscious breathing can improve your ability to concentrate and focus, whether in stillness meditation or moving meditation.
- Enhances respiratory function: Deep breathing can help to improve your lung capacity and respiratory function.
- Regulates blood pressure: By calming the nervous system and reducing stress it can help to regulate blood pressure.

METHODS

Box Breathing

Slow 4 count inhale to capacity. Slow 4 count hold. Slow 8 count exhale complete. Slow 4 count hold. Repeat 8-10x.

Ocean (Ujjai) Breath

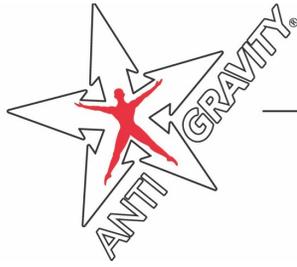
Open mouth suck air in and blow out and make the sound like Darth Vader. Now close your mouth and create the same, lifting the glottis in the back of the throat. Continue this pattern for the duration of your meditation. The ocean breath assists with focus and reminds us of our oneness with the sea. This method can be combined with other meditation styles.

Balloon Breath

Inhale and fill your lungs like a giant balloon. Feel the air coming first into the belly, then lower lungs then upper lungs. Fill the lungs all the way up til they feel they could pop. Hold for 4 ct. Exhale the air and empty your balloon lungs all the way out. Hold for 4 ct. Repeat 3-5x. This method clears the lungs of old air and expands one's breath capacity.

Nadi Shodana (Alternate Nostril)

Close one nostril with thumb and inhale. Release and close opposite nostril with finger on same hand to exhale. Inhale same side, then release and exhale alternate side. Repeat 6-10x.



Diaphragmatic Breathing

The diaphragm is a muscle at the base of the lungs that drops down during inhalation, filling the lungs with air. Diaphragmatic breathing engages the diaphragm and relaxes the abdominal muscles, pushing the air out during exhalation. The focus of diaphragmatic breathing is deep and full breaths, allowing the diaphragm to contract and expand with each breath.

HELPFUL BREATHING CUES: Integrate into meditations at appropriate times.

- Keep your breath alive.
- Come back to the breath.
- Inhale and feel the lungs expanding, Exhale and feel the lungs contracting.
- Allow the breath to increase in intensity.
- Fill your lungs up with new air, expel all the old air out of your lungs.
- Feel the chest rise and fall with your breath.
- Feel your connection to all living things as you breathe deeply.
- Your breath is your lifeforce, come back to it now and be grateful for the gift of life.



AUDIBLE EXHALATION

Audibly exhaling during breathwork has many benefits. Although silence is golden, audible exhales are the silver lining to meditation. Whether sighing, humming, chanting or laughing, audible exhalation is a fascinating human and animal phenomenon that serves several critical functions in our bodies and minds.

Methods for audible exhalation in meditation and breathwork (aside from speaking and singing) include: sighing, humming, chanting & laughing.

SIGHING

To incorporate sighing into your meditation practice, start small and allow the volume to increase. Start high and allow the pitch to lower. Use the sound to become aware of when you have emptied the lungs completely. Cue: exhale with a sigh.

HUMMING

To incorporate the hum into your meditation practice, slowly exhale and create a hum. Keep breathing like this, focusing on the vibrations and the sound. Experiment with different tones and tones to find the one that works best for you. As you practice, you may find that the hum enhances the meditative experience by promoting relaxation, focus, and a deeper connection with the breath. Use a tone to confirm when you have completely emptied your lungs. Cue: exhale with a hum.

YAWNING SIGH

Yawning is a natural reflex that can have a beneficial impact on relaxation. To incorporate the yawn into your meditation practice, take your time and slowly open the mouth wide on the inhale allowing the jaw to drop for a deep inhalation. Feel this increased air intake fill not only the lungs, but also the air-filled cavities in the skull called sinuses. Exhale with a sigh as you close the mouth and release your stress.

CHANTING

To practice chanting Om, inhale deeply, and as you exhale, chant the sound "Aum," allowing the sound to flow naturally from your diaphragm. As you chant, focus on the vibrations within your body and the resonance of the sound in the space around you. Continue to chant Om with each exhalation, allowing your mind to become fully absorbed in the sacred sound. Cue: exhale with an Om.

LAUGHTER

Laughter is not only the best medicine but also a fantastic way to connect with our inner joy and lightness; a way to defy the graveness of life, it is the easiest way to achieve antigravity. Laughter yoga is a fantastic way to add a sprinkle of humor to your meditation practice, reminding us not to take life too seriously. By embracing laughter, you can reduce stress, boost your immune system, and cultivate a light-hearted attitude that brings more joy and happiness into your life. Cue: exhale with a laugh.



VOCAL DYNAMICS

How you deliver your meditation in terms of your voice will make a very big difference as to whether your students will be able to change their state. A tone that is frantic and a tempo that is rushed cannot bring about calmness. A well-delivered meditation verges on song.

VOLUME

Volume refers to the softness or loudness of your vocal instrument. It affects the overall perception and impact contributing to the emotional experience and dynamic range. One must be able to be heard.

TEMPO

Tempo is the speed or pace at which one is speaking. It establishes the rhythmic foundation of each sequence and greatly influences the mood. While delivering a meditation it is always best to speak slower than slowly and add sustained pauses.

TONE

Vocal tone refers to the quality and resonance of a person's voice, which can convey emotions and attitudes during verbal communication. It plays a crucial role in understanding a speaker's intent, as it adds depth and nuance to spoken words. In delivering a meditation, a melodic tone makes a very big difference. James Earl Jones, for example has a very different tone than Donald Duck.

PITCH

Pitch is the perceptual quality of a sound that determines its position on a musical scale, ranging from low to high frequencies. When delivering a meditation, lower your normal speaking tone by one to two notes.

VOCAL EXERCISES

These are a few exercises to free the natural voice exercises.

- Establishing tone: Vocal Placement
- Practicing “Slower than slowly” tempo
- Elongating round Tones for a melodic line
- Establishing pitch



IMPORTANCE OF SOUND & SENSES

SENSORY STIMULATION

Sound, Scent, Light, Temperature, Distractions

"Let us...remember that although to all outward appearances, music seems to be over as soon as the last chord has sounded and the celebrants have dispersed, this is not the case. It has also been created on a subtle plane and remains like an exquisite flower hovering over the sanctuary. No musical vibrations are ever lost, even though they are dispersed, they will go on vibrating through the cosmos for eternity, because the subtle effects of sound linger after the audible sound has died out, so that any results are long-lasting." ~ The Healing Tones of Crystal Bowls, Renee Brodie, p.48

SOUND BENEFITS

- When used skillfully, sound can entrain brainwaves to a slower pace allowing for deep relaxation.
- The Vagus Nerve can be activated by sound due to its close proximity to the lower part of the eardrum and the middle ear. (Best stimulated by an internal sound like toning, humming, or chanting OM) This stimulates the Parasympathetic Nervous System combating the "fight or flight" response and elicits relaxation and feelings of harmony.
- Naturally occurring "feel-good" hormones, medically known to lower heightened blood pressure, respiratory rate, and heart rate are released.
- Clearing out of your life things that no longer serve your authentic self, may include a decrease of pain, stress relief, or relief of anxiety.

SOUND VOCABULARY

Entrainment of a rhythm or something which varies rhythmically. To cause (another) gradually to fall into synchrony with. A temporal locking process in which one system's motion or frequency *entrains* to the frequency of another.

Harmony is the combination of simultaneously sounded musical notes to produce chords and chord progressions having a pleasing effect.

Resonance is the quality in a sound of being deep, full and reverberating, having the ability to evoke or suggest images, memories. The reinforcement or prolongation of sound from a surface or by the synchronous vibration of a neighboring object. (e.g., pendulums, group of friends, clapping)

Dissonance is a tension or clash resulting from the combination of two disharmonious or unsuitable elements. A lack of harmony among musical notes. (ie: playing two piano keys next to each other at the same time). Can be used for short periods (30 sec or less) with the intention to break up heaviness, old patterns, etc Then return to a harmonic sound, like a 1/5th.



SOUND OPTIONS

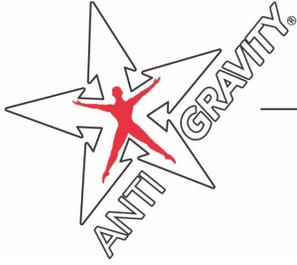
Music

- Silence
- Soundscapes (ie: birds, ocean, nature etc)
- Instrumentals, no voice
- Instrumentals, no rhythm
- Vocals with lyrics
- Vocals no lyrics or indistinguishable
- Chanting

Crystal Sound Bowls

There are different types, qualities, and sizes of sound bowls. The two most common materials are crystal and metal. As you are choosing your source be mindful of the tone the bowl makes (the pitch (high/low) quality of expression or mood (i.e. deep, soft, melodic). Play softer and slower than you think, less is more.

- **Size and Type**
 - smaller size bowls (higher in tone)
 - larger sized bowls (lower in tone)
 - round/flat bottom bowls (hold in the hand or on surface with silicone ring/cushion)
 - handle bowls are held in the hand or require a stand
 - frosted quartz bowls (single note per bowl)
 - alchemy or gemstone bowls (multiple notes and harmonics per bowl)
- **Playing Considerations**
 - The Space
 - The Set Up
 - The Intention
- **Playing Tips**
 - Favorite mallets: silicone wands and soft wool chimers.
 - Hold the wand like a pencil at a 45 degree angle for best sound control
 - Chiming or gently striking the bowl activates
 - Swirling around the rim creates an elongated tone
 - When using multiple bowls
 - largest bowl is often the fundamental tone
 - choose harmonizing notes to create harmony (a chord i.e. C, E, G)
 - 1-3 bowls are enough for single applications 3-7 min (Establishing presence, Resting sections)
 - 7-12 bowl sets are best utilized for Sound bath or 30-60 min healing events



Other Instruments to Explore:

- Tibetan Bowls
- Drums
- Chimes
- Gong
- Tuning Fork

Other Musical Aspects to Explore:

- Harmonizing Notes: understanding the tonic, the 3rd and the 5th notes in a chord
- Minor and Major chords
- How to use resonance and dissonance
- Layering the Voice (single tones)
- Layering the Voice (words)



AROMATHERAPY

Using aromatherapy is another way of invoking the senses for therapeutics, mindfulness, meditation, and imagery. Used skillfully you can shift a student's attention from closed to open, confusion to focused, and tension to relaxation. Because the olfactory system is highly sensitive ALWAYS announce the usage of essential oils and check for allergy predispositions.

Quality Matters synthetic oils contain fillers and factory simulated scent. Pure essential oils contain only the liquid processed from the organic matter from the plant components. (seeds, skin, bark, flowers, leaves). Pure essential oils are microbial in nature and are constantly upshifting in nature.

Suggested sources: doTERRA (my.doterra.com/dcasanova), Young Living, Mountain Rose Herbs

The Delivery System

- Diffusers
 - To be effective, choose a diffuser that is appropriate for the size of your space.
 - Maintain the cleanliness of your diffuser clean often.
 - Use simplistic oils that are holistic for the environment and mood you are establishing.
- Hands
 - Apply a drop or two on your hands, rub together and hold 8-12 inches above student's face.
 - Apply a drop or two on students' hands, rub together and cup 3-6 inches around nose.

Suggested Essential Oils

- Opening the Lungs (Saddle Pranayama)
 - Breathe (proprietary blend)
 - Eucalyptus
 - Peppermint
- Creating safe joyful space
 - Lemon
 - Wild Orange
 - Peppermint
- Creating safe calm space
 - Lavender
 - Serenity (proprietary blend)
 - Balance (proprietary blend)
- Awakening
 - Peppermint
 - Supermint (proprietary blend)
 - Citrus of any kind (lemon, lime, grapefruit)
 - Eucalyptus

The previous essential oil list is conservative options that typically are acceptable for most clients. As you explore you will find favorites of your own (both single oils and blends) doTERRA even has a collection of essential oils specifically designed for Yoga studios and practices. Remember to always introduce and give students the choice.



ENVIRONMENT

In a class environment there are fixed and variable elements. Any time you have an opportunity to control aspects of your environment, consider the following suggestions.

Lighting

During the day, natural light is best. However, when the opportunity arises, just as a sunrise or sunset affects us, so does indoor lighting. There are many opportunities for lighting that can make a great effect on the environment and mood, from starscapes to floor lighting, to gobo washes. Most importantly, avoid any bright light from the ceiling.

Room Temperature

Our body temperature drops when we are at homeostasis and in more meditative sequences, therefore we recommend choosing room temperatures between 72-75 degrees.

Managing Disturbances

- Phones: During your introduction always remind student to turn off cellphones.
- Latecomers: Inevitably this will happen. Best case is to have the latecomer wait outside the door until you are in between sequences and can smoothly acclimate them into the class.
- Exterior Sound: Typically, one cannot control the sounds outside the walls of our specific studios. Acceptance of and learning to manage these with either disassociations or humor will diffuse the distraction.
- Integrating Comfort Props: It can be very soothing for any sequences which have the students in a supine position, i.e. Cocoon to either shield or weight the eyes and make someone more comfortable. The following list is suggested:
 - Eye mask
 - neck pillow
 - blankets



Class Design: “Moving Meditation”

(60 minutes)

CLASS SEQUENCE & TIMING OVERVIEW

Intro: (2-3min)

- Traction Chair: (2-4min)
 - Pouch Mount Variation: (1min)
 - Pouch Mount, Saddle Mount: (1min)
- Saddle Pranayama: (5-7min)
- Womb (Womb Meditation): (5-7min)
- Twisted Silkworm: (5-7min)
- Praying Mantis Inversion (Eureka Meditation): (5-7min)
 - Rocking Cradle Dismount: (1min)
- Grounding Awareness: (1min)
- Traction Chair Two: (2-4min)
 - Front Edge Pouch Mount: (1min)
- Zen Panda: (5-7min)
 - Hammock Adjust: (1min)
- Mothership (Cosmos Meditation): (5-7min)

Closing: (1-2min)

IMPORTANT CUEING FOR BODY ADJUSTMENT

- **Tug Adjust:** to adjust the body in the AntiGravity hammock
- **Finding the Center:** of the hammock
- **Finding the Edges:** of the hammock



CLASS INTRO

- Principle Reminder: Presence
- Philosophy Reminder: Pursuit of Awareness
- Focus on Breath: guiding thought, sensation & movement
- Invitation: to be held, observe, be still, journey

TRACTION CHAIR SEQUENCE

On Plumblines, to calibrate

GWT: Back Wrap on Plumblines, Basic Grip, Tension Press Hands,

Tension Press Hands

Leaning Plank (hips up)

Pulling Pike (hips back)

Chair

Pulling Pike

REPEAT steps 1-4 numerous times.

Suspension Bridge

Pulling Pike

Variation: Hip Switches in Pulling Pike

POUCH MOUNT

GWT: Double Thumb Trap, Pouch Wrap

Variation: Neck/Shoulder stretch press with head roll

At Front Tension, gather 6 handfuls

Elbows inside, Walk back to **Plumblines**

Press hammock down to top of legline, releve

Lift one knee, send hip back, sit

Lift other knee/thigh, slide hammock to knees

Tug Adjust

Pouch



SADDLE PRANAYAMA SEQUENCE

GWT: Side Saddle, Basic Grip Stacked

Tension Press one side of hammock (across from chest)

Kick Switch leg up and over

Even hammock spread to knees

Tug Adjust (align spine) **Saddle**

Sloth R/L

Bandhas: Knee Squeeze & Palm Press aka prayer hands (inhale)

Bandha: Wide Saddle Press, backs of hands press wide against inner knees (exhale)

Repeat 3-5x

Resting **Saddle**. Back of hands relax on top of knees (mudra optional)

WOMB SEQUENCE (Womb Meditation)

GWT: Double Heel Trap, Basic Grip Stacked

Both hands to one side, grab hammock at either side of the knee

Kick foot, lift knee, **Heel Trap**, extend leg (toes outside)

Repeat other side, **Double Heel Trap**

Tug Adjust (align spine)

Straddle (open on inhale)

Fold legs to **Womb** (close on exhale)

Repeat 3-5x

Baddha Konasana Bandha (grab feet, pull in tight. inhale / hold / exhale / repeat)

Relax hands on top of ankles

Womb, Holding toes, open legs to **Straddle** (open on inhale)

Return to **Womb**

Repeat open/close with breath

L sit with straight legs

Reach arms through to front, grab both center panel edges together, pull back, elbows to ribcage, **Floating**

Pike



TRANSITION:

From L Sit

Legs slightly open, **Basic Grip Stacked** push center panel away

Lift back leg to meet front leg and lay down on side

Double Thumb Trap on back edge

Extend into **Silkworm**

TWISTED SILKWORM SEQUENCE

GWT: Double Heel Trap, Double Thumb Trap, Silkworm Wrap

Silkworm / Fetus smooth movement opening and closing

Reach up with both hands and tug adjust torso only to supine (head remains inside)

Twisted Fetus, knees to side, torso to ceiling, arms released out of hammock, elbows bent)

Twisted Silkworm, extend out and expand

Twisted Fetus, Regrab back edges and swivel/switch to other side, Fetus

Repeat on this new side

Twisted Fetus, Regrab back edges and swivel to Cocoon

TRANSITION:

From **Cocoon**, front edge to knees, sit up straight, **Pouch**

Reach up for back edges, slide hands wide to tension **Angel**

PRAYING MANTIS INVERSION SEQUENCE (Eureka Meditation)

GWT: Shoulder Wrap Cradle, Open Hammock Reverse Grip, Open Hammock Shoulder Wrap

From **Angel**, maintain tension, bend elbows and bring back edge around base of neck, cover shoulders

Reverse Sit Up to **Shoulder Wrap Cradle** (head free)

Put on sleeves, clap palms together, open like a book, open arms to tension, fingers clasp inside, thumbs out **Open Hammock Reverse Grip**

GWT: Double Knee Trap, Outward Wrap Feet Lock , Wing Wrap

Double Knee Trap, Bring knees to chest, **Peanut**

Bat, into **Outward Wrap Feet Lock**, latch feet around front edge

Extend legs up maintaining wrap, extend spine fully for **Praying Manthis**



Release grip and tension press arms wide inside hammock, **Wing Wrap**

Open Chest and arch spine

Rewind and curl back into hammock (butt covered)

Floating Child's Pose

Rocking Cradle Dismount or Back Angel Flip, (slow plow)

TRACTION CHAIR SEQUENCE 2 (behind plumbline)

GWT: Back Wrap, Tension Press Hands, Pillow arms (behind hammock)

Tension Press Hands at back tension

Leaning Plank (hips up)

Pulling Pike (hips back)

Right Angle (nose over plumbline) pillow arms

Cat / Cow

Hip Switches in Right Angle

GWT: Double Elbow trap at Front Tension

Walk to front tension, allow hammock to slide to elbows, **Double Elbow Trap**

Step into lunge, then **Ski Jumper**

Pull elbows together, collar bones wide

FRONT EDGE POUCH MOUNT

GWT: Double Thumb Trap behind (front edge)

Variation: Neck/Shoulder stretch press with head roll

Gather 1 handful (at front tension)

Elbows inside, Walk back to **Plumbline**

Press hammock down to top of legline, releve

Lift one knee, send hip back, sit on edge, **Front Edge Pouch Wrap**



ZEN PANDA SEQUENCE

GWT: Front Edge Pouch Wrap, Double Elbow Trap, Pocket Heel Trap

Seated straight, with front edge at top of legline, lift arms around and behind

Open hammock wide to tension. **ArchAngel.**

Reverse Sit Up maintaining tension on front edge, **Saucer**, head inside

Open legs, flex feet, pull knees back, press heels behind front edge of hammock.

Point feet to thread in, flex feet to trap behind front edge for **Pocket Heel Trap**

Reach arms back and out of hammock, bend elbows, **Double Elbow Trap**, hands reach to floor

Climber Stretches, maintain trap with feet, extend leg and hip up high. Switch. Repeat with both legs and press hips up.

Variation: Sway your hips

MOTHERSHIP SEQUENCE (Cosmos Meditation)

GWT: Pod Wrap

From **Zen Panda**, release feet, bring knees to chest

Reach with hands to find back edge

Pull hammock up and over tucked body

Place feet into new front edge apply tension

Extend legs long, adjusting any wrinkles

Interlock fingers behind neck to Pillow

Keep legs straight or allow knees to fall open to the side, **Mothership**

Variation Self-Swing: Notice any swing, on front apex swinging to back, pull feet into tailbone gently knees open wide. On back apex gently extend legs out. Do this action in conjunction with swing to swing yourself.

Dismount: Lift feet out of front edge, release feet to floor

Sit up and bring hammock over head to behind back

Basic Grip, tug to stand



WOMB MEDITATION

(Womb Pose)

This pose is called the Womb. The womb is a sacred space where there is no past or future, only the present moment. Still your busy mind, invoke your imagination and remember the safety of your mother's womb.

With the umbilical cord still attached, all your needs are met. Your eyes have yet to open, you have yet to take your first breath. You float about freely in amniotic fluid without a single care. Your heart is beating, your mind is developing, but right now, you are a being of pure consciousness, with infinite potential and boundless love; fresh from the arms of the universe.

Still your mind, let your cells remember. As you float in this pose, connect with the deepest, most profound parts of yourself.

You have yet to be programmed with societal influences; yet to be given a name, a gender, a tribe, a birth order, a religion or nationality, no titles to live up to. In this peaceful place you are still in touch with the very essence of you, pure joy.

Feel now the unconditional love of a new mother and allow it to enfold you in this safe space. Set an intention to hold onto this insight as you recalibrate the body to be in alignment with your awakened self. Prepare to turn upside down to enter the world with newfound appreciation for the gift of life.



EUREKA MEDITATION

(Praying Mantis Inversion)

This meditation will take less than 3 minutes and will require of you some tenacity. Listen to your body and feel free to reverse the “in” to come “out” at any time.

Now that you are safely upside down, take some deep breaths and allow your parasympathetic nervous system to calm. You are in the midst of a magnificent bio hack to stimulate new brain cell growth.

Upside down we see the world through a different lens, allowing whatever was out of the flow state, time to recalibrate.

Our thoughts shape our reality, and sometimes those thoughts can get stuck in a context of scarcity, lack, and inadequacy. However, the universe wants to expand through you. Right now, we are creating a window into conscious expansion. Our apparent reality has been turned on its head so we can see our world anew.

Keep breathing deeply. Remember, this is not a contest, only stay here as long as you are comfortable, soften knees whenever needed and then reengage active traction.

Less than 2 minutes left.

This window of new insight opened because neurotransmitters are being released en masse from your brain and into your endocrine system. They affect how you feel, and therefore how you think, and therefore how you manifest. In short, we are creating the environment for an epiphany to emerge, an aha moment of sudden realization.

Less than one more minute to go.

Savor your breath here slowly and steadily. You are parked at the AntiGravity Recalibration Station, filling up your tank and fine-tuning your engine.

With your world upside down, new creativity is emerging. You are leaving behind cobwebs that were holding you in a pattern.

It's Eureka time. The aha moment is happening. The universe is expanding through you. Trust this process.

Slowly come back out now and know that you have changed the biological structure of your body and mind. Expect an epiphany!



COSMOS MEDITATION

(Mothership Pose)

This pose is called The Mothership. It is your own private pod that will allow you to sail away from the earth's atmosphere. Look down on Mother Earth and notice her beauty.

Imagine yourself leaving all your cares and challenges behind you as you travel into outer space, through our solar system, beyond the moon, and deep into the constellation known as our Milky Way galaxy. Here there is no time or space. Notice how the stars twinkle. They are made up of the same atoms and particles that you are. You are one with the stars. Let that sink in.

Just as our cells are a part of a whole called us, we are cells which are a part of a whole called Mother Earth; we are one of her beautiful stars. Our sun is one cell in the Milky Way galaxy made up of hundreds of billions of stars. Our galaxy is one of the 2 trillion galaxies that exist in the universe. That is how vast it all is.

You are stardom, an expression of the universe which is expressing itself right now as you. As such, you are already perfect exactly as you are, there is nothing more you need to do other than to twinkle. That is the entirety of your job as one of Mother Earth's cells in this blink of time we call life. Take a moment to savor the expansiveness of you. We are all connected; we are all stardust; we are all one.



ALTERNATE MEDITATION

BUTTERFLY TRANSFORMATION (3-5min)

(Cocoon Pose)

This pose is called the Cocoon. The cocoon is a place of transformation. The caterpillar larva lives its life as a creature crawling along the ground. Somewhere deep inside this little living being, it has a heart that beats and a mind that follows instincts. It knows it is so much more than the life it is currently living out and that there will be a time when its true essence comes forth amongst the sky. It knows it has the capacity to fly.

You are amid a transformation as well. Your cell structure has changed since you came into class. You have new synaptic connections and neural pathways to the brain, new hydration in your soft tissue and fresh hormones surging through you. Feel the change occurring.

The caterpillar inches its way up a bush or tree and spins a magical chrysalis around itself; creating a home where its transformation will occur. While inside this wonderful place, this cocoon, its brain envisions exactly who it will become and which parts of itself will be left behind. Anything that does not serve the new life ahead must be banished if the caterpillar is to be able to achieve its dream to fly.

Choose now, while in your cocoon which parts of yourself you will leave behind. Which are the unfounded fears that you so carefully learned that keep you from reaching your full potential. Leave them here in this cocoon and let go of the past. Be fully present in the now and know that you are about to emerge with a renewed sense of yourself without limits, having invoked your own metamorphosis!

Imagine what colors your glorious wings will be, what flowers you will feed on and how you will fly! This life is your creation – fill it with beauty just like the butterfly.

Your metamorphosis is now complete. Flutter your eyelids, wiggle your toes, squirm as you emerge from your cocoon and notice the wings that have sprouted on your back.



MINDFULNESS INTROS

While establishing presence or before a guided meditation, it is helpful to prepare the students. Below are a few options.

GIVE IN TO GRAVITY

Since the minute you got out of bed today, you have been defying gravity. Right now, you get to allow your body to give in. Breathe deeply and notice the feeling of being cradled and rocked. As you submit to the forces, let your body feel heavy. We are about to invoke your imagination and defy gravity in the mind.

LET IT GO

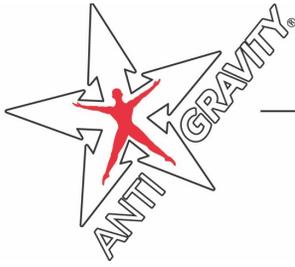
Take a giant breath in and hold it. Now, let it out with a giant laugh! Congratulations, you just defied gravity. Every time we laugh or smile we banish graveness, we defy gravity. Now, leave that smile on your face and come in tune with your body.

BODY SCAN

We are going to do a body scan and let go of any tension with our exhales. With laser-like focus, start with your toes and your feet, see if there is any tension, exhale and let it go. Continue up the legs and take note of any tension in the calves or knees, exhale and let it go. Is there any tension in your hamstrings, quads, buttocks or pelvic floor? Let it go. What about your abs, they've worked hard, exhale and let it go. Keep the laser shining and check your back, your chest, your shoulders and neck. Go down the arms and into the hands and fingers. Exhale and release. What about your face muscles? What about your heart, can you slow down the beating of your heart? Now, most importantly, relax your brain, let go of the tension in your mind. Be free from any limiting thought. Notice what it feels like to float effortlessly, free from tension. Hold onto this state of being while your body/mind/spirit recalibrate.

BE HERE NOW

Become aware of this moment right NOW. When you are in presence, you enter a deeper dimension of consciousness beyond the "thinking" mode. You leave behind regrets of the past, worries about the future and the fluctuating emotions associated with "doing" versus simply "being". You align with universal intelligence. Be here now --- right now. Leave behind that last moment and come back into this one right ---- now. The past is history, the future is a mystery, now is the ultimate gift, which is why it is called the present. Be here now.



ANTIGRAVITY CLASS OUTROS

After emerging from your safe space in the AntiGravity Hammock, one may need a grounding. Here are a few outros for that purpose.

ANTIGRAVITY QUEST

“If we are to heal our planet we must start with humanity. If we are to heal humanity, we must fix our societies. To do that we must start with ourselves, reconnecting our bodies and minds and becoming the change we want to see.” Today you did your part, commend yourself and take it out into the world to share. Together we all say namaste.

ANTIGRAVITY MISSION

“The mission of AntiGravity is to inspire people to be lighter in body and mind, spreading health and happiness through innovative movement while living up to the name AntiGravity in all meanings of the word.” I truly hope I have inspired you today. If so, take it with you and make the world a better place. Namaste

ANTIGRAVITY PREMISE

The premise of AntiGravity is this: “In Life, hidden in the forces that pull us down is always the energy to lift us up.” Some call that energy grace, but here we call it AntiGravity and we have just supercharged it for you today! Together we all say namaste.

ANTIGRAVITY HIGH

Stand tall, circle your arms up skyward, now press them down with resistance and ground yourself back to the earth. Feel the length in your spine and the power in your stance. Feel the hormones pulsing through your endocrine system and the energy in the palms of your hands. We call this the AntiGravity High. You’re welcome and namaste.



A FEW WORDS ABOUT “NAMASTE”

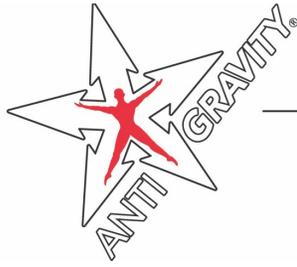
One of the Values of AntiGravity is Respect. One way that we show respect is to honor the originality of a ritual or tradition within a technique. Since meditation and breathwork is often associated with yoga, the “namaste” salutation is often used at the end of an AntiGravity Yoga class. Just as we often say, “Ciao” for goodbye or “bon appetit” for enjoy your food, it is a crossover word. It does, however, have a real meaning that is worthy of exploring.

Namaste is a traditional Indian greeting that carries deep spiritual significance. It is often used in yoga and meditation practices, as well as in everyday interactions. The term "namaste" is derived from Sanskrit, combining two words: "namas," meaning "bow" or "reverential salutation," and "te," meaning "to you." Thus, the literal translation of namaste is "I bow to you."

However, the meaning of namaste goes beyond a simple greeting. It conveys a sense of respect, humility, and recognition of the divine spirit present in each individual. When someone says namaste, they are acknowledging the presence of the divine or the true self within the person they are addressing.

The gesture associated with namaste, called Anjali Mudra or Pranamasana, involves pressing the palms together at the heart center, with the fingers pointing upward, and slightly bowing the head. This gesture symbolizes the merging of the individual self with the universal self or divine spirit.

In a broader sense, namaste represents the idea that we are all interconnected and share a common essence or spirit. By offering namaste, we recognize that the divine spark within us also resides in others, fostering a sense of unity, respect, and compassion. In the context of yoga and meditation, namaste is often used at the beginning and end of a practice to create an atmosphere of reverence and to honor the wisdom and teachings being shared.



MINDFULNESS RESOURCES

Thich Nhat Hanh: "The Miracle of Mindfulness: An Introduction to the Practice of Meditation"

Pam Grout: "Thank & Grow Rich: A 30-Day Experiment in Shameless Gratitude and Unabashed Joy"

Deepak Chopra: "The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams"

Oprah Winfrey: "What I Know For Sure"

Henry David Thoreau: "Walden; or, Life in the Woods"

Joe Dispenza: "Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One"

Jay Shetty: "Think Like a Monk: Train Your Mind for Peace and Purpose Every Day"

Eckhart Tolle: "The Power of Now: A Guide to Spiritual Enlightenment"

Steve Taylor (Poet): "Out of the Darkness: From Turmoil to Transformation"

Dr. Eric Butterworth: "Discover the Power Within You: A Guide to the Unexplored Depths Within"

Ralph Waldo Emerson: "Nature"

Lao Tzu: "Tao Te Ching"

Marcus Aurelius: "Meditations"

Kahlil Gibran: "The Prophet"

Paramahansa Yogananda: "Autobiography of a Yogi"

Swami Vivekananda: "Raja Yoga"

Alan Watts: "The Way of Zen"

Pema Chödrön: "When Things Fall Apart: Heart Advice for Difficult Times"

bell hooks: "All About Love: New Visions"

Sharon Salzberg: "Lovingkindness: The Revolutionary Art of Happiness"

Tara Brach: "Radical Acceptance: Embracing Your Life With the Heart of a Buddha"

Breathwork Resources

Art of Living - <https://www.artofliving.org/us-en/breathing-techniques/sudarshan-kriya>

Breathwork.io - <https://breathwork.io/>

The Oxygen Advantage - <https://oxygenadvantage.com/>

Transformational Breath - <https://transformationalbreath.com/>

Wim Hof Method - <https://www.wimhofmethod.com/>

Breatheology - <https://www.breatheology.com/>

Kundalini – <https://kundaliniyoga.org>