



AntiGravity® Cocooning by Christopher Harrison

BACKGROUND INFORMATION

Hammocks are traditionally for napping and resting. Christopher Columbus is actually credited for bringing them to the “civilized world”, having discovered them in Cuba in the late 1400’s, although they were most likely used hundreds of years before then as beds in the tropics.

The stretchy Harrison AntiGravity® Hammock was invented for performance and adapted for fitness and yoga. Although an AntiGravity® Aerial Yoga class ends in the “Cocoon” pose (floating sivasana), resting has not been its primary use, until now.

AntiGravity® Cocooning, is a class design created for the sake of resting & recalibrating, both the body and the mind. With a trend for mindfulness sweeping America, this levitating meditation done swinging supine is a modern way to enjoy the oldest of habits, napping.

The sensory deprivation factor while cocooned inside the hammock allows one to discover the mindfulness state quicker and stay there longer. The levitating effect makes one feel as if they are floating on a cloud, releasing all their cares and worries with a guided meditation. When you re-emerge, you feel as if you have wings on your back, although this is by far the hardest part of class.

Benefits:

- Relaxes & Recalibrates the body & mind
- Refreshes & Calms the Nervous System
- Releases Tension & Restores health post-workout
- Increases Range of Motion & Mobility
- Strengthens Mind/Body Awareness



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Class Description:

Supercharging the Power Nap. According to the National Sleep Foundation, research shows that:

- Naps can restore alertness, enhance performance, and reduce mistakes and accidents. A study at NASA on sleepy military pilots and astronauts found that a 40-minute nap improved performance by 34% and alertness 100%.
- Naps can increase alertness in the period directly following the nap and may extend alertness a few hours later in the day.
- A 15 minute nap can make up for a poor night's sleep.
- Scheduled napping has also been prescribed for those who are affected by [narcolepsy](#).
- Napping has psychological benefits. A nap can be a pleasant luxury, a mini-vacation. It can provide an easy way to get some relaxation and rejuvenation.

Class Duration: 30 - 45 minutes

- Warm Up: 10-15 min
- Cocooning: 15-25 min
- Wake Up & Out: 5 min

Playlist Suggestions:

- Relaxed
- Meditative
- Guided Meditation (Metamorphosis)

Lighting: Where possible, dim lights, create 'ambiance'



AntiGravity® Cocooning Class Design

SEQUENCES	CUES
Cat / Cow Sequence (2-3 min)	PushGrip, standing on the Plumblin Come to Right Angle (flat back) Articulate through the spine, parallel Curl up through Cat, straight legs Bend knees to arch for Cow
Traction Chair (1 min)	BackWrap, standing on the Plumblin Come to BackLean Sit heavy in Chair, releasing lumbar & thoracic spine Place hands on forehead and arms on the backside of the Hammock Release tension & breathe
Mountain Peak Sequence (2-3 min)	BackWrap, standing on the Plumblin Come to BackLean Reach arms long, above head One line toes to hands, Mountain Peak Bend knees, bend elbows wide, hands to forehead, Third Eye Prayer Extend back to Mountain Peak Bend knees, drop tailbone to sit, arms in T position, Chair Repeat, Inhale Mountain Peak, Exhale Third Eye Prayer, Inhale Mountain Peak, Exhale Chair Come through Chair, lead with the chest Press hips forward, rise onto toes One line head to toes, Forward Leaning T Arms in T position Sit down through Chair come back to Mountain Peak Repeat
Gyro (2 min)	BackWrap, standing on the Plumblin Come to Wide Stance BackLean, ReverseGrip Bend R knee and sway to R side Bend L knee and sway to L side Repeat half circle for several reps Go for full circle, repeat for several reps, both sides Articulate through the feet, pelvis and hips

PouchWrap (IN)	<p>Standing in front of Hammock Thumbs inside, fingers on the outside 6 gather grip Walk under Plumline Press down, tip toes, lift a leg Slide into the Hammock Arms come up and around, PouchWrap</p>
Comfort Lever Drill (3-5 min)	<p>Find the BackBelt Line Chin to chest, reverse sit up, lower the shoulders Slide the hands up, find Triangle of Ease, Floating Tabletop Pull knees to chest for Plum Extend the legs to Hollow Body Lever Press down and wide, Straddle Lever Engage the core, find the breath, repeat for several reps Sit back up to Pouch *Option for Floating Child's Pose</p>
Angel Pose	<p>Sitting in PouchWrap Find the back edge Press it out to tension to create your Angel Pose *You can mention Mariah Carey did this pose in her Charmbracelet Tour (with crossed legs "Diva Legs") For this Angel, have fabric be above head line</p>
Cocoon (10-15 min)	<p>From Angel, lay back to cover head Kick feet inside to be fully encapsulated Use back edge to pull the body to one side, SilkwormWrap Here you can undulate in your "Caterpillar" Reach as long as possible Curl into a ball Reach as long as possible Fold in half with straight legs Repeat then switch to other side *Option to sync with music Come back to Cocoon, on your back Meditative music *Option to talk through a Guided Body Scan</p>
Hands on manipulation option 1	<p>OcciTugs Fingers trace the base of the skull Creating traction at the axis & atlas Swing them Tug toward you when they are furthest away</p>

Hands on manipulation option 2	Trap Trigger Rocks Thumbs at top of traps Press thumbs to swing them forward On back swing, press again to swing them forward
Hands on manipulation option 3	Tingle Bath Using fingertips, soft piano fingers up and down the body and head *Avoid touching glutes
Butterfly	From Cocoon Kick feet out, Hammock to back of knees Grab back edge to sit up through Angel Spreading wings like a Butterfly Completing your transformation Bow forward for Floating Child's Pose Breathe here
Rocking Cradle Dismount	From Pouch Grab up BasicGripHigh, like a rope Rock toes to nose and tug for Rocking Cradle Dismount Feet to the floor
Mountain Grounding (1 min)	Stand in front of Hammock Ground through the feet Notice changes in your body, breathe

Nuances: Large towels available for anyone who is coming directly from cardio (to be placed over shoulders as entering into Pouch Mount.) This is to avoid sweat on apparatus.

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