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

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

"In life, hidden in the forces that pull us down is the energy to lift us up."

ANTIGRAVITY®
AERIAL FITNESS

Fundamentals

Instructor Manual

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

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If there is any doubt as to the ability of any person, including oneself, to perform an exercise safely and without harm to oneself or others, obtain a release from a professional healthcare provider beforehand.

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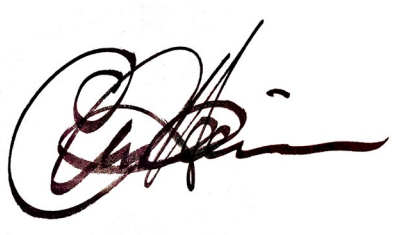
DEDICATION

The AntiGravity Fundamentals manual serves as a blueprint for guiding humans to fly, for alleviating their pain, and for harmonizing body and mind. AntiGravity Fitness embodies the progressive evolution of movement, reaching skyward. As someone who has explored the boundless potentials of human movement firsthand, I can affirm that the methodology presented herein is not only safe, but profoundly effective.

Since the inception of the first AntiGravity Fundamentals manual, the journey has spanned over 15 years of continuous evolution. Each pose, sequence, progression, modification, cue, scan, and spot has been meticulously crafted from this rich tapestry of experience, resulting in a program that seamlessly blends AIRful play with safety and effectiveness.

Countless instructors across the globe have put the original framework to the test, contributing their insights and refinements to enrich this technique. It is with deep gratitude that I dedicate this version of the manual to my Certified AntiGravity Instructors (CAGIs)—the thousands of courageous and curious instructors who have embraced their wings and shared their passion for movement through this transformative technique. Fly High!



Contents

1. About AntiGravity Fitness 1
- Mission 3
- Founder and Creator 3
- Five-Pointed Star Logo 4
- The Technique 5
- Benefits 6
- Programs 7
- Classes 7
- The AntiGravity Hammock 8
- AntiGravity Digital Academy (AGDA)....9

2. The Technique....11
- Technique Structure 13
- Class Designs 14
  - Sections....15
  - Sequences....16
  - Poses....17
  - Mounts/Dismounts....18
  - Grips, Wraps, and Traps....18

3. The Teaching Method....19
- The Principles 21
- The Philosophy 23
- Safety First....24
  - Safety....24
  - Scanning....25
  - Spotting....25
- Health Considerations 30
- Effective Leadership....31
  - Establishing Trust....31
  - Vocal Dynamics....31
  - Positive Forecasting....31
- Classroom Management....32
- Cueing for Success....33
- Class Introduction (Intro)....34
- Class Closing (Outro)....35

4. The Body–Hammock Connection....37
- Measuring Into the Hammock....39
  - Accommodating Body Types....40
- The Fulcrum-Point Challenge....41
- Meeting Any Student Level....42
  - Accommodating Physical Challenges....43
- Alignment....44
- Five Steps to Zero-Compression Inversion....46

5. Class Design 1: Decompress.....49
Rules of Thumb.....50
Class Design at a Glance.....51
Grips, Wraps, Traps , Mounts/Dismounts.....55
GWTs, Mounts/Dismounts at a Glance.....62
Sections and Sequences.....63

6. Class Design 2: Open Up.....99
Rules of Thumb.....100
Class Design at a Glance.....101
Grips,Wraps,Traps , Mounts/Dismounts.....107
GWTs, Mounts/Dismounts at a Glance.....110
Sections and Sequences.....111

7. Class Design 3: Be Free.....145
Rules of Thumb.....146
Class Design At a Glance.....147
Grips, Wraps, Traps, Mounts/Dismounts.....151
GWTs, Mounts/Dismounts at a Glance.....154
Sections and Sequences.....155

8. Edge Adjusts Inversion Table.....186

9. Spotting Sequence Guide.....187

10.Appendices.....211
APPENDIX A Setting Your Students Up For Success.....212
Room Preparation.....212
Instructor Preparation.....213
Managing Health Considerations.....214
The Benefits (expanded).....215
Inspirational Quotes by Christopher Harrison.....217
APPENDIX B Create a Class Design.....218
APPENDIX C Caring for the Hammock.....219
Maintenance and Storage.....219
Assembling the AntiGravity Hammock.....220
APPENDIC D Connecting on Social Media (Sharing the Love).....221

11. Inspiration
Dream of Flight - Poem.....222
The AntiGravity Quest.....223

1. ABOUT ANTIGRAVITY FITNESS

Mission
Founder
Five-Pointed Star Logo
The Technique
Health Benefits
Programs
Classes
The AntiGravity Hammock
AntiGravity Digital Academy (AGDA)

ANTI GRAVITY®

Mission

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

Founder and Creator

Founder: Christopher Harrison

Christopher Harrison invented the aerial silk hammock apparatus and along with his AntiGravity team, the accompanying movement vocabulary for acrobatic performance on stage. When, in the 1990s, he and his team of champion athletes discovered they could rid themselves of compression injuries with the apparatus, Harrison lowered the hammock and formed a company warm-up which he led in the AntiGravity Skyloft in Midtown Manhattan. The playful work evolved into a creative therapy treatment that healed their back pain, a workout that shredded their abs, a bonding team-building experience and a way to reconnect body and mind.

Harrison then codified the technique into a training program and had it safety-approved by U.S. governing bodies before sharing his discoveries. His first public program, AntiGravity Yoga offered a truly transformational fitness experience that leverages the hammock to facilitate spatial movement in all directions. The signature zero-compression inversion was a biohack he invented out of necessity, derived from all the wisdom he had gained from his own somatic healing journey.

All of his visceral knowledge from years of competitive sport, professional dance and acrobatics, in combination with his time learning yoga in India, and years in physio-therapy led to the creation of AntiGravity Fitness.

Years of research and development followed, and the AntiGravity Fitness technique evolved. The hammock and the movement vocabulary were expanded upon and optimized over time. What stayed the same was Harrison’s underpinning vision of a more fun, holistic, multidimensional fitness class, one that touches not only the physical, but the mental and energetic/spiritual levels of people as well. In this way, AntiGravity Fitness helps people reconnect to themselves, their source, and one another.

His Personal Guarantee

Rather than ask people to “just believe” in my techniques, I borrow a phrase from the great Swiss philosopher Carl Jung: “Suspend your disbelief.”

“If you can suspend your disbelief, I guarantee that you can become happier, healthier, smarter and taller in your very first AntiGravity class.”

AntiGravity Fitness
www.antigravityfitness.com

Christopher Harrison
www.christopherharrisonnyc.com

AntiGravity Entertainment
www.anti-gravity.com

Five-Pointed Star Logo

A lot has gone into making every AntiGravity Fitness class a seamless experience of soaring exploration and self-actualization of five dynamic points. We call them the 5 star points (see Figure 1.1).

1. **AntiGravity Technique.** The solid foundation of AntiGravity's fully vetted, time-tested principles, language of movement, and method, developed by Christopher Harrison.

2. **Certified AntiGravity Instructor (CAGI).** Expert guidance by a world-class team of certified instructors who are committed to guiding you through a fun, transformational workout.

3. **AntiGravity Hammock.** The proprietary hammock-and-suspension system, optimized for the specific qualities that enable the AntiGravity technique to work.

4. **Play and Self-Discovery.** Every class is an invitation to explore. Freed from the everyday constraints of gravity, you are supported to move in new ways, have fun, and break through the habitual patterns that have been holding you back.

5. **The Participant.** When you show up, that's when the magic begins.

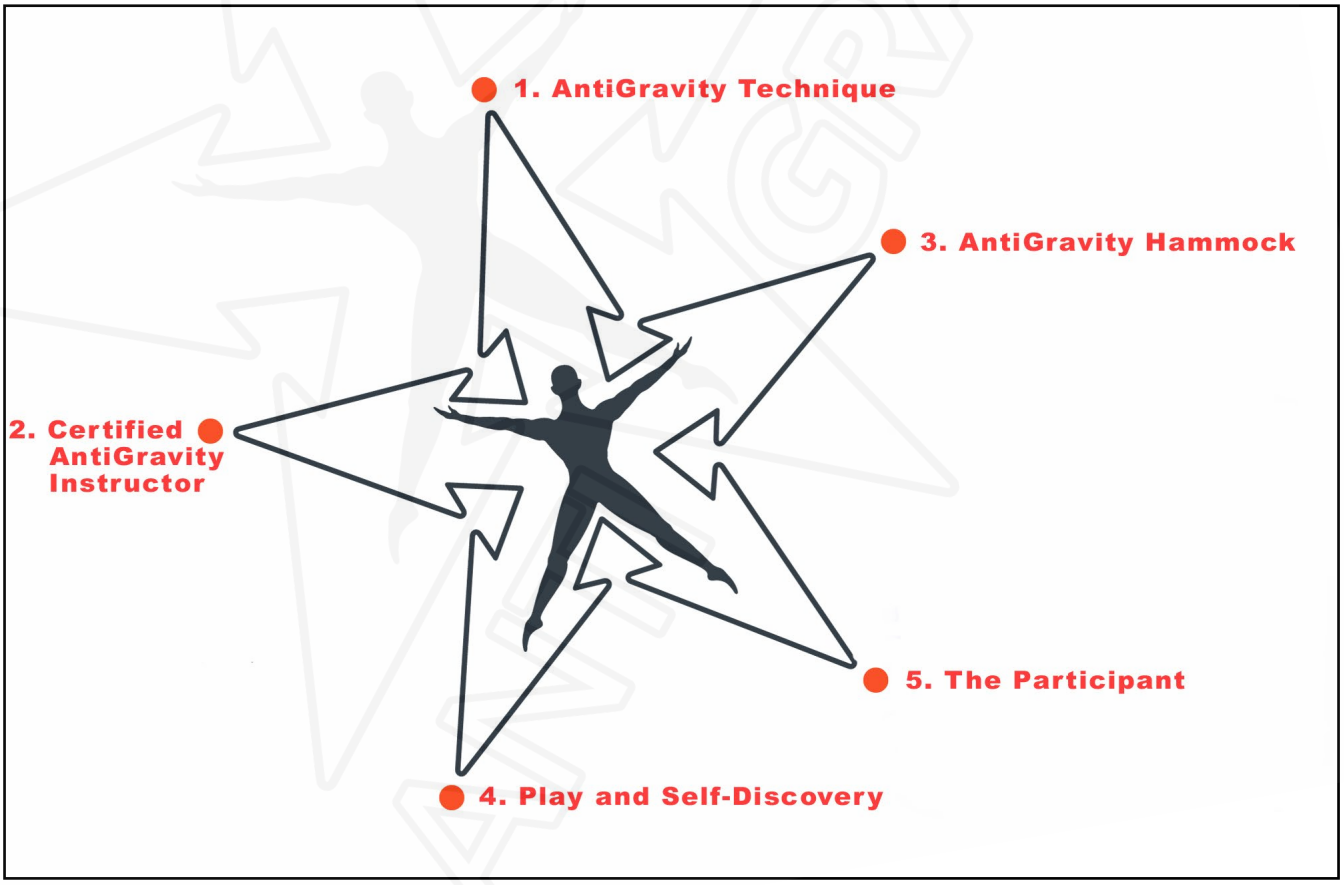


Figure 1.1 The AntiGravity Five-Pointed Star

The five-pointed star is comprised of ten arrows, representing all the energy of the universe flowing in and out of you at the same time. In the center is you, flying freely in perfect health, at one with the stars and all of creation.

The Technique

The AntiGravity Fitness technique is the codified system and language of movement we use with the AntiGravity Hammock. It is how we use the hammock, coupled with precise poses and sequences, to facilitate fitness. The technique is characterized by:

1. A fun, holistic, mind-body approach.
2. Movement in all spatial directions, supported by the hammock.
3. Signature inversions that decompress, mobilize and apply traction.
4. Signature sequences that build strength and flexibility simultaneously.
5. Guided bodywork.

Fun, Holistic, Mind-Body Approach

The AntiGravity Fitness technique is informed by specific biomechanical and psychological principles (see *The Principles*, page 21). Thus, AntiGravity is distinguished as a holistic, mind-body approach to fitness that facilitates self-actualization. The technique also emphasizes playful exploration, making it a lot of fun.

The AntiGravity Hammock is used as a "feedback loop" that informs participants. It helps them sense where they are weak, tight, or out of alignment. By engaging their own kinesthetic awareness, participants are empowered to make microshifts that lead to breakthroughs and increased Kinesthetic Intelligence (KQ).

Movement in All Spatial Directions, Supported by the Hammock

Novel movement in all spatial directions engages the whole being, enhances brain neuroplasticity, and has many more positive effects. Specific gyrokinetic (circular) and proprioceptive (swinging) sequences lead to greater agility, mobility, strength, and flexibility. Participants move in new ways, supported by the hammock.

Signature Inversions That Decompress, Mobilize and apply Traction

The Zero-Compression Inversion is made possible by the AntiGravity Hammock. Participants invert fully supported, free from compression of the vertebrae. The weight of the head gently lengthens the spine relieving pressure on the joints, allowing space and hydration while bringing the body into alignment. Inverted traction by the hips is AntiGravity's unique creation.

Signature Sequences That Build Strength and Flexibility Simultaneously

The AntiGravity technique builds strength and flexibility simultaneously by working with complementary opposites (e.g., push/pull). Participants leverage the hammock to stretch further, hold poses longer, and engage the core—becoming both stronger and more flexible. Flexibility of the spine is given special attention. In the words of Christopher Harrison: "You are only as young as your spine is flexible and your mind is open."

Guided Bodywork

The AntiGravity hammock massages tight muscles and provides a myofascial release for knots while mobilizing joints in both the spine and hip girdle. It increases circulation through tourniquet techniques and provides lymphatic drainage. It massages tendons at the point of origin in hard-to-reach areas of the hip girdle and it uniquely provides deep relaxation with cradled rocking. An AntiGravity session is more than mere exercise, it is guided bodywork.

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

Benefits

By making health benefits part of your cueing, you will inspire participants. You can also include benefits in your marketing materials. This is not an exhaustive list of benefits, but some of the main ones are grouped into key areas.

Healthier Spine and Joints
Decompression through inversion, especially inverted traction in the Zero-Compression Inversion, creates space between the vertebrae and joints, and alleviates pressure on nerves.

Increased Strength and Flexibility
As you leverage the hammock, you can focus on specific muscle groups to build strength and flexibility at the same time.

Greater Core Strength
The support of the hammock enables the targeting and activation of intrinsic abdominal muscles and the pelvic floor.

Optimized Mobility
Hammock-supported sequences help facilitate full range of motion in the joint, thereby providing hydration.

Improved Agility
Changes in direction and speed, in multiple dimensions, improves agility and coordination.

Enhanced Cardio
Specific techniques create a surge of fresh oxygen and blood flow, stimulating healing.
Safe, low-impact exercises condition the cardiovascular system.

Tension Relief
We are a mind-body complex. Stress in the mind causes tension in the body. Relieving tension in the body relieves stress in the mind. Myofascial, lymphatic, muscular and tendon massage techniques release knots, break up scar tissue, allow for drainage, and stimulate circulation; a true mind-body recalibration.

Supercharged Brain
Movement in multiple directions and inversions increase neuroplasticity (one's ability to learn), and create new synaptic connections and neural pathways, thereby enhancing kinesthetic intelligence, also knows as Kinesthetic Quotient (KQ).

Rejuvenated Body, Mind, and Spirit
Inversions reverse the blood flow and refresh the endocrine, lymphatic, digestive, and circulatory systems—and also stimulate detox. "Happy hormones" (dopamine, oxytocin, serotonin, endorphins) are released. Mindfulness techniques alleviate stress.

Transformed Quality of Life
The five points of the star logo, represent a fun, supportive, and challenging class that facilitates self-exploration. Participants are given opportunities to unlock hidden potentials.

Programs

The ways in which the AntiGravity technique can be applied are practically limitless. The technique can revolutionize the way you approach other fitness programs. Nine accredited programs fuse aerial with traditional approaches.

1. AntiGravity Fundamentals
2. Aerial Yoga
3. AIRbarre
4. AG Pilates
5. Just Kids
6. Restorative Yoga
7. Suspension Fitness
8. 1on1 (personal training)
9. Refresher Course

In addition, one-day courses are offered on specific topics, such as Flips and Tricks. (check the website)

All AntiGravity programs utilize the AntiGravity hammock.

CEUs (Continuing Education Credits)
CEUs are available through:

- AFAA (Aerobics and Fitness Association of America)
- NASM (National Association of Sports Medicine)

Classes

AntiGravity Fitness classes enhance health and agility through playful, fun movement sequences that create beauty with the body. The classes, navigate between the floor and the air to decompress and align the spine, stretch and strengthen the muscles, and provide countless other benefits.

The classes, the AntiGravity Hammock changes your dynamic relationship to the ground. This empowers you to fine-tune your own body through the unique exercises that challenge the laws of physics. The hammock acts as a soft trapeze (a moving bar) and as a spotter supporting you as you master simple suspension techniques, leading to breakthroughs and advanced poses. You can stretch further, hold challenging postures longer, and perform inversions.

With the guidance of a Certified AntiGravity Instructor (CAGI) who has mastered the AntiGravity Fitness technique and knows how to help you use the AntiGravity Hammock to its fullest advantage, you can transcend previous limitations.

Just by showing up, you are already victorious.

– Christopher Harrison

The AntiGravity Hammock

The AntiGravity Hammock is the most accessible aerial apparatus ever created, allowing for people of all ages the ability to fly. This aerial silk hammock was invented by Christopher Harrison in the 1990s and was the first of its kind used for aerial performance.

Rating

Every piece of the AntiGravity Hammock rig is rated for supporting well over 1,000 pounds (453 kgs). This is equal to approximately five kN (kilonewtons), an active load measurement. In truth, each component is actually rated for closer to 3,000 pounds (1360kgs), as much as a baby elephant. We say 1,000 pounds (453 kgs) because the two points in the ceiling specifications are a minimum of 500 pounds each.

Rig Components

The AntiGravity Hammock comprises of four parts:

1. Flying fabric.
2. Choke loops.
3. Adjustment strap. (aka daisy chain)
4. Carabiners.

Flying fabric

The AntiGravity Hammock is made of a heavy-duty, proprietary, two-way stretch fabric that is 9 feet wide and 12 feet long. The stretchy part (width) needs to envelop your body, and the non-stretch side (length) is choked and looped from the ceiling. If the flying fabric is not properly pleated in the setup, then the hammock will not work effectively. Edges must be even.

Choke loops

The AntiGravity Hammock is suspended by two self-tightening choke loops, one on either end. The more weight you put on them, the tighter they grip the flying fabric. They must be properly looped around the flying fabric to be effective. Although the loops were created for rock climbing, the unique use of this design element for hammock attachment is an AntiGravity design.

Adjustment strap

The adjustment strap, also known as a daisy chain, is made of nylon webbing and is rated for 22 kN. It attaches the AntiGravity Hammock to the overhead attachments. The adjustment strap comes from rock climbing. It is attached sometimes with a carabiner on the top and the bottom. Other times, it is attached with a carabiner only on the bottom. It depends on the studio ceiling-height and usage. The adjustment strap should hang low enough that when the hammock is at the lowest height, it is eight inches from the floor to accommodate for the Restorative Yoga and Just Kids programs.

Carabiners

Carabiners are made of aluminum alloy and were created by the rock-climbing industry to withstand the significant g-force of a long fall. They are rated for 22 kN active load. The carabiners have gates that allow them to clip onto the choke loop at the bottom of the adjustment strap. This adjusts the height of the AntiGravity Hammock.

Notes

Carabiners wear down faster when clipped directly onto metal and can cause a black, chemical reactive smear. They were created to clip on to webbing and should, ideally, have a buffer in between.

To learn more about the AntiGravity Hammock. (See *Appendix C: Caring for the Hammock*, page 219)

AntiGravity Digital Academy (AGDA)

Guidance and support – even after you complete your training
Your AntiGravity Master Instructor will guide and mentor you throughout the training. With their support, you will acquire—and then apply—the essential practical skills and techniques of the method you train in.

Visit the AntiGravity website (www.antigravityfitness.com), log in to your dashboard, and you will also have access to the AntiGravity Digital Academy (AGDA). AGDA empowers you with references and video resources to review and refine your skills. You can continue to learn beyond the dates of your Instructor Training.

AGDA Includes:

- Instructor Portal
- Comprehensive Training Materials
- Digital Manuals and Workbooks
- Reference Library with videos of spotting and proper cueing
- Comprehension Testing
- Soon to Include: Periodic Updates, Helpful Tips, Class Designs, and More!

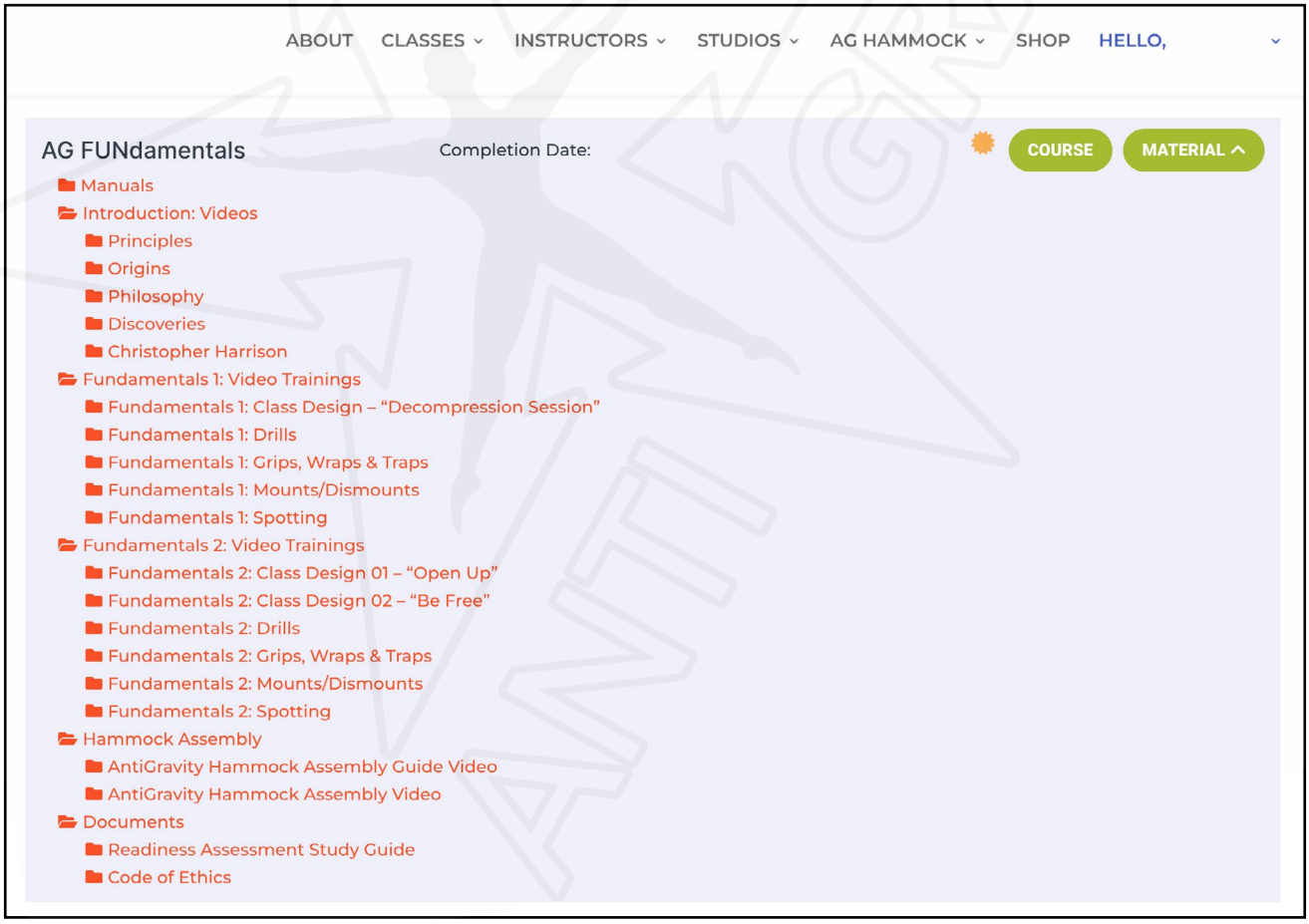


Figure 1.2 AntiGravity Digital Academy

ANTI GRAVITY®

2. THE TECHNIQUE

Technique Structure
Class Design
- Sections
- Sequences
- Poses
- Mounts/Dismounts
- Grips, Wraps, and Traps

ANTI GRAVITY®

Technique Structure

The structure of the AntiGravity Fitness technique is comprised of five components. You can think of this structure as a pyramid. Everything starts with a GWT. That's code for Grips, Wraps, and Traps. Let's look more closely at class designs.

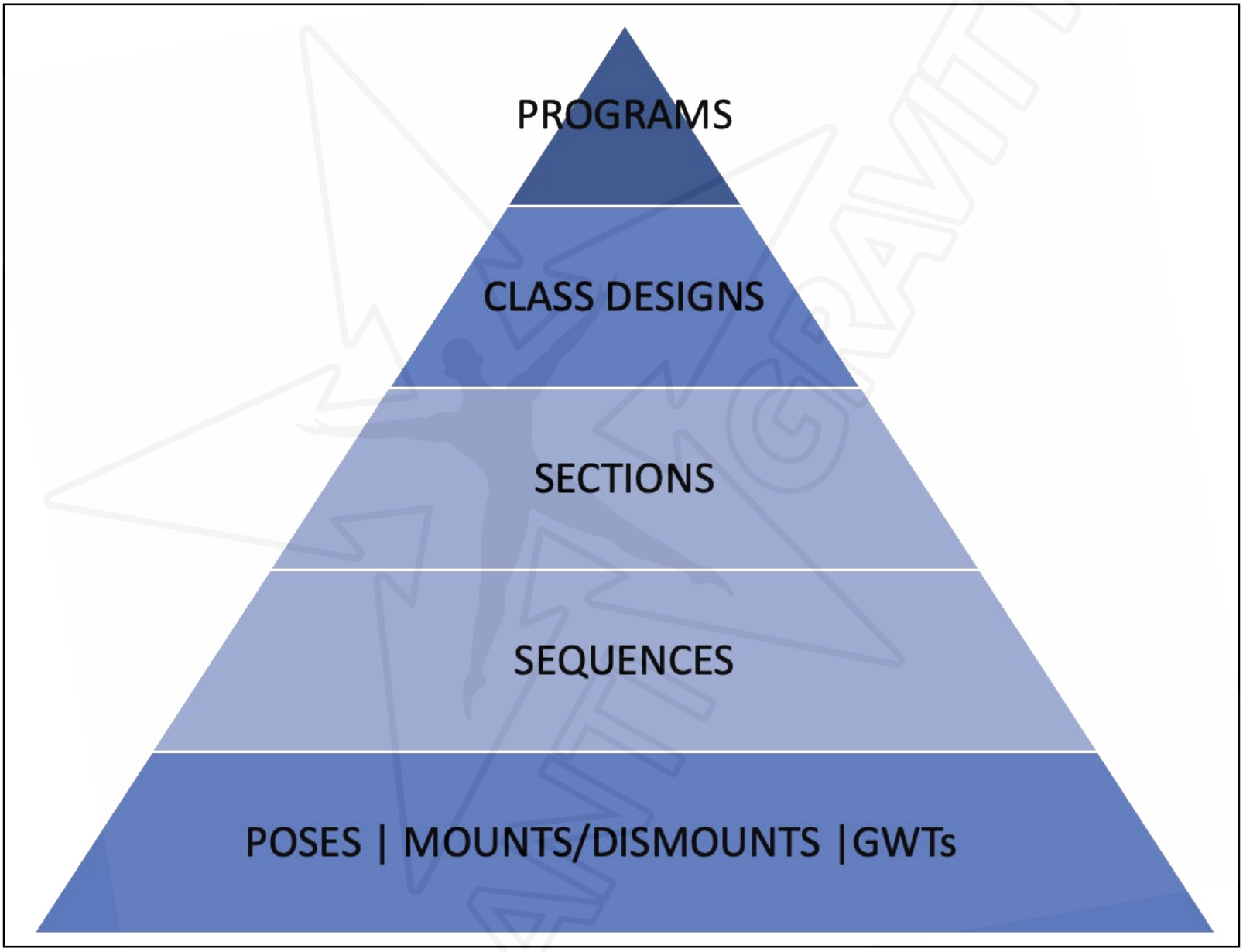


Figure 2.1 Structure Pyramid

Class Designs

Every AntiGravity program includes templated class designs. Each templated class design offers the perfect formula, a mix of five building blocks:

1. Sections
2. Sequences
3. Poses
4. Mounts/Dismounts
5. Grips, Wraps, and Traps (GWTs)

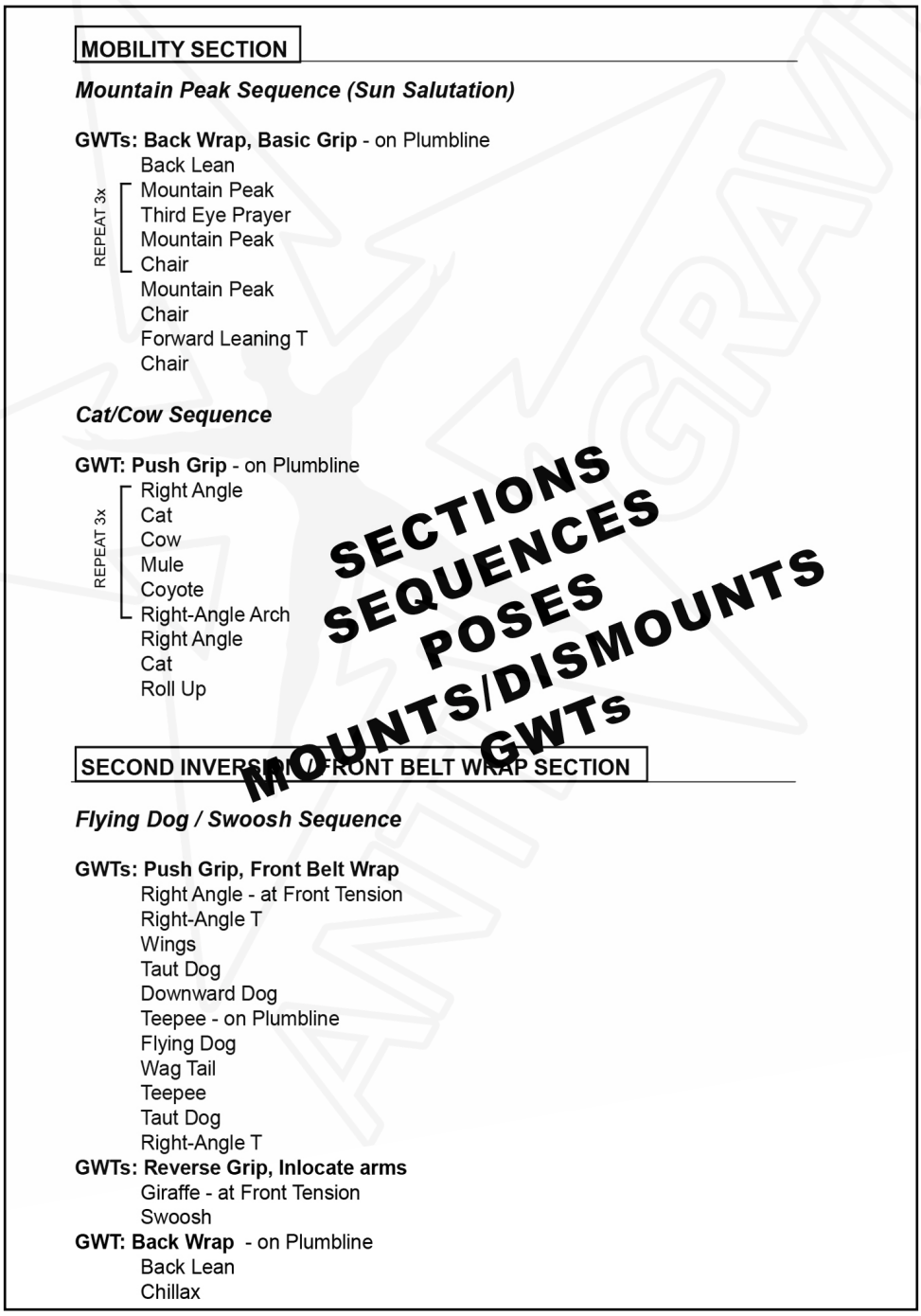


Figure 2.2 Two sections of Class Design 1: Decompress

Sections

A class is comprised of sections. Each section provides specific benefits. For example, one focuses on strength, another on inversion. When put together, the sections create a well-balanced mind-and-body workout. It's the holistic nature of the AG workout that makes it so transformational. Each templated class design includes a combination of nine sections:

1. Establishing Presence. Every class begins by establishing presence. We become mindful of this moment together, leaving behind the day and distractions in order to fully participate in class.

2. Inversion. The AntiGravity Hammock supports the body in inverted traction, naturally pulling the body into alignment and creating space. Hanging upside-down releases tension and has many other physical and psychological benefits. In the Zero-Compression Inversion, while wrapped solely in the hammock, from the hips, there is no pressure on the lower limbs, joints or spine.

3. Grounding Awareness and Recalibration. AntiGravity is a practice of awareness. Healing starts from within. Stopping to take notice of how the physical body feels is an awareness practice that helps us to ground and integrate our experience. Most often used after inversions and at the end of class in a floating pose, recalibration allows time for the body to reset to its natural state, having refreshed the circulatory, lymphatic, and other systems of the body. Recalibration signals the brain and supercharges the body's ability to heal.

4. Mobility. Motion hydrates and lubricates our joints. As the body ages, the joints become tight and soft tissue diminishes. By mobilizing the joints, we create space, thereby retaining or regaining mobility, or range of motion.

5. Flexibility. When we stretch and lengthen the muscles, more movement is available to us. When the body is more flexible, the mind follows suit.

6. Strength. Strength gives us power. The bulk of our power comes from the core. Flexibility without strength is hazardous to our ligaments. Strength without flexibility is hazardous to our tendons. Balancing strength and flexibility in both the core and the limbs is key to safe execution of movement and greater postural alignment.

7. Swinging. Proprioceptors are the sensory receptors in our muscles and joints that tell us where we are in time and space. They are responsible for kinesthetic awareness, coordination, and agility. Proprioception dulls with age. We hone our proprioception by swinging.

8. Flips and Tricks. When we flip, spin, invert, swing, and dangle on the AntiGravity Hammock, the body moves in new ways in three-dimensional space. By moving in novel ways, we create new synaptic connections and neural pathways, keeping the brain young. Flips and tricks are not only fun, they also enhance neuroplasticity and challenge our limited beliefs, forging new confidence.

9. Resting. In today's fast-paced world, we don't give the body enough opportunities to rest. Yet, rest is essential to health. The AntiGravity Hammock facilitates rest through gentle rocking and cradling. When we feel held, the body and mind recalibrate, and the spirit is renewed.

Sequences

Class sections are made up of sequences (see Figure 2.3). The AG sequences are the tried-and-true combinations of poses, mounts/dismounts, and GWTs. They are in a very specific order (sequence) to facilitate flow and fitness success. There are three building blocks in a sequence:

1. Poses
2. Mounts/Dismounts
3. Grips, Wraps, and Traps (GWTs)

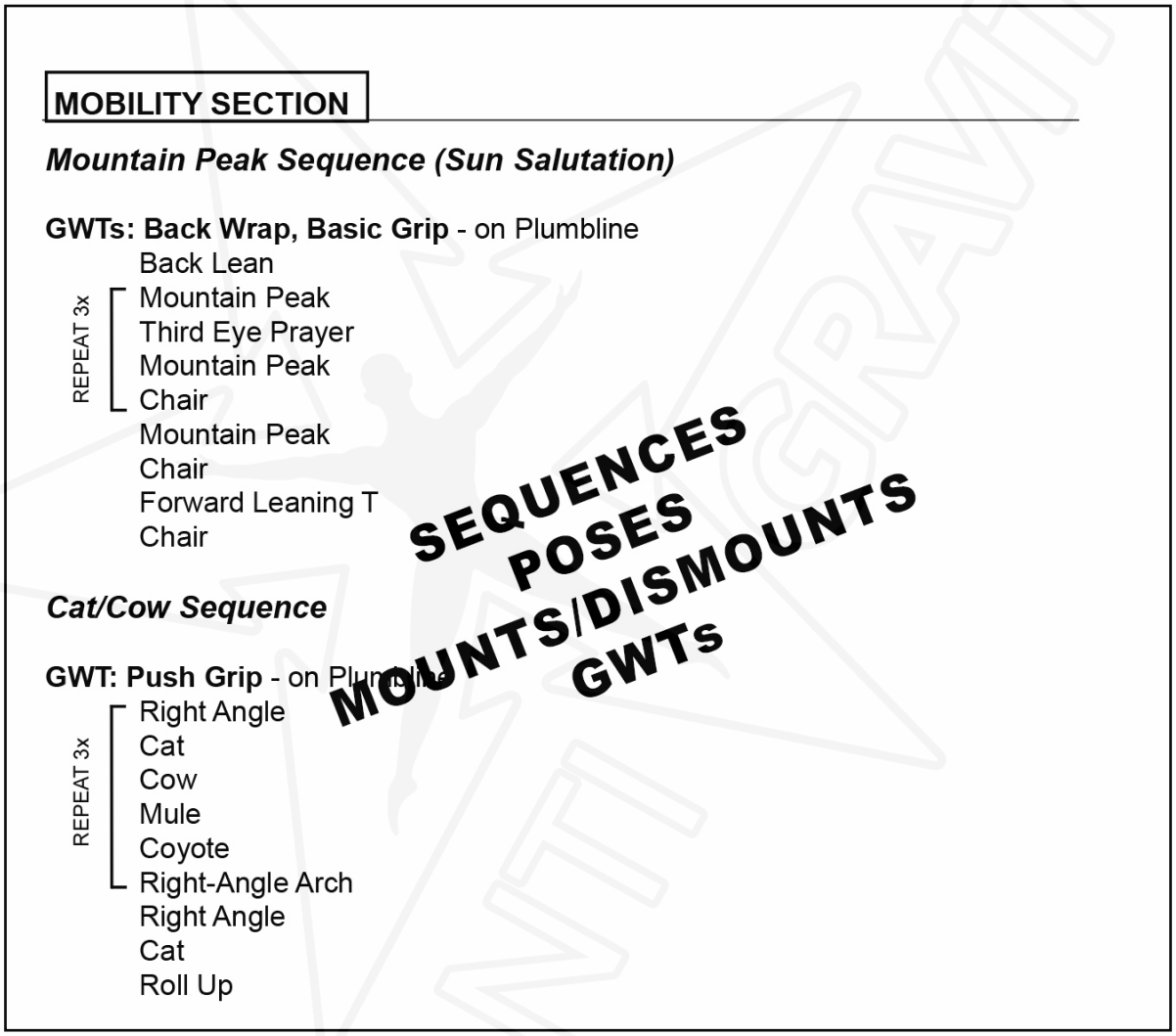


Figure 2.3 A sequence from Class Design 1: Decompress

Poses

Hundreds of poses that have been created concurrently with the AG Hammock are part of the AntiGravity technique. New poses are created every day and incorporated into the programs. Poses are either on the ground (grounded) or in the air (aerial).

Flying Dog

Swan

Grounded

In a grounded pose, you are supported by both the hammock and the floor, either upright or inverted.

Aerial

In an aerial pose, you are solely supported by the hammock, either upright or inverted.

NOTE: Swing and sway should always be purposeful. For all aerial poses, instructor should stop the student's sway.

Mounts/Dismounts

In AntiGravity, special attention is paid to getting in and out of the hammock. Mounts and dismounts have been vetted for safety and fun. Some mounts and dismounts are simplistic, others are more challenging.

Mounts
The steps taken to get INTO the hammock.

Dismounts
The steps taken to get OUT of the hammock.

Grips, Wraps, and Traps

All AntiGravity poses, mounts, and dismounts start with a grip, wrap, or trap. GWTs safely connect and maintain connection with the AntiGravity Hammock. You will learn more than 30 GWTs in Fundamentals. They are the basis of the AntiGravity technique.

Grips
How you hold the AG Hammock with the hands

Push Grip

Wraps
How the AG Hammock holds the body

Booty Wrap

Traps
How the AG Hammock connects with a joint

Open Hammock Knee Trap

3. THE TEACHING METHOD

The Principles
The Philosophy
Safety First
- Safety
- Scanning
- Spotting

Health Considerations
Effective Leadership
- Establishing Trust
- Vocal Dynamics
- Positive Forecasting

Classroom Management
Cueing for Success
Class Introduction
Class Closing

ANTI GRAVITY®

The Principles

The ten AntiGravity principles are biomechanical and psychological. They are the keys that unlock the poses and sequences. These principles are ever present. When you call attention to them, they become “a way in” empowering participants so that they are able to effectively execute the poses and sequences. Cueing the principles transforms your class from an aerial exercise into the AntiGravity experience. (See *Cueing for Success*, page 33.)

1. Trust. Without trust, little can be accomplished. The opposite of trust is fear. Fear compromises everything you do. Trust that the AntiGravity Hammock will hold you, and everything you do will come easier.

2. Monitor Your Resistance. The steeper the angle, the more difficult the exercise. Listen to your body. Do your best—no better, no less. In addition, monitor the voices in your head. This principle is especially important for overachievers, dizziness challenges, and for those with ligament laxity.

3. Weight Distribution. We are supported by the hammock when we evenly distribute our weight between the hammock and the floor. Consider how many points of contact you have, both to the floor and to the hammock, to make the sequence or pose easy rather than difficult. Weight distribution is what enables traction and complementary opposite stretching.

4. Plumbline Relationship. You can think of the plumbline as an invisible vertical line that starts on the ceiling, at the center of the two hammock attachments, and runs straight down to the floor. Gravity pulls to the plumbline. Understanding how the body and the hammock are positioned is the key to controlling swing. The relationship to the plumbline determines how challenging a pose is. Swinging should always be purposeful.

5. Tension vs. Slack. Tension occurs when the hammock is pulled taut between points. Slack occurs when the hammock is hanging loose between points. Just as you must maintain tension in your muscles to stand, you must also maintain tension in the hammock for it to support you. Giving tension to the hammock can relieve tension in your muscles. Paying attention to your breath relieves tension in your mind.

6. Fulcrum Point. The fulcrum point of your body is your exact center of balance. Finding it is a subtle process. Like the middle of a seesaw, one teeters or totters according to the weight on either side. When creating a horizontal lever with one’s body, the fulcrum placement is at your sacrum bone. In general, the center of gravity for a female is slightly lower than for a male.

7. Economy of Motion. A simple movement can be made difficult or can be made effortless. Utilize the hammock so that you are never without support. While moving between positions, use energy efficiently and minimize steps. Consider this principle to create flow for both the body and the mind within the class designs and sequences.

8. Presence. To be present is to be mindful in the now. Presence is a practice of conscious awareness that refocuses the busy mind. To become aware, use your senses to check in rather than to check out.

9. Resistance vs. Flow. As long as our mind is awake and thinking, we are either in resistance or flow, we are either unyielding or flexible. What we resist persists, surrender to gravity, accept what is happening and stay in flow. This principle also applies to the forces of physics relating to the hammock, the floor surface, skin, and clothing; stick vs. slip.

10. Momentum and Timing. Brute force is not as powerful as momentum (the product of the mass and velocity of an object). Timing movement appropriately generates power and propels the body with greater ease. Synchronize the actions of “swing or jump” and “tug or push,” and you will create lift. Action can be either easy or difficult, based on momentum and timing. This principle is most crucial during flips and tricks.

The Philosophy

The AntiGravity Philosophy speaks to transformational power. When you integrate philosophy into your instruction, you invoke students' higher aspects, which can lead to breakthroughs on many levels. Philosophy is part of the third layer of cueing (along with benefits and history). It underscores the holistic nature of AntiGravity. You will learn more about cueing in the *"Cueing for Success"* section.

Safety First
Safety always comes first.

Levity
In science, levity was once thought to be the opposite force to gravity. Today we think of levity as lightness of being. Likewise, one meaning of AntiGravity is "against graveness." In other words, fun is more important than perfect. Let yourself be lighter—of heart, mind, and body. When you laugh, you defy gravity and work the risible muscles. We want to keep them in shape!

Showing Up
The first step to success is the choice to begin. When you come to class, you have made that step. Just by showing up, you are already victorious.

Health Is Wealth
Gandhi said, "It is health that is real wealth." To be fit and healthy, keep using the full range of your body—and mind. You can extend your "longevity," as well as your life span, by extending your range. Use it or lose it!

Pursuit of Excellence
In your quest for health, do your best—no better, no less. Do not strive to be perfect; strive for excellence.

Pursuit of Awareness
By focusing your attention on your body, mind, emotions, and breath, you gain information about yourself, you become self-aware. A feedback loop is created in which you gain information, respond, and fine-tune. This unlocks latent aspects of yourself, which enhances your practice.

Dream of Flight
Humanity shares a primal dream to fly. Part of the AntiGravity experience is to feel, for a moment, that you have "slipped the surly bonds of earth," sprouted wings, and realized the dream of flight. (Magee, 1941. See full poem in *Inspiration*, page 222)

Music as Inspiration
The power of rhythm and music to inspire is universal. Music can bypass the analytical mind and stir the wisdom of the body, emotions, and soul. When we listen to music, something in us responds without thought. We entrain with the vibration.

Fountain of Youth
Explorers searched in vain for the mythical Fountain of Youth that would restore their vitality. If they had only known that inversions restore youthfulness by rehydrating and lubricating the whole system, including the spine and joints. Every time you turn upside down, you sip from the Fountain of Youth.

Open Up, Be Free
Christopher quotes, "You are only as young as the spine is flexible and the mind is open." When you open up space in your body, you open up space in your mind. As you open your mind, you open space in your life—to create what you really want.

Safety First

Safety always comes first. You will hear this phrase repeated throughout the training because it's so important. It's also the first tenet of the AntiGravity Philosophy (see *The Philosophy*, page 23). Transformation can only happen when there is a foundation of safety and trust.

Safety

The Safety of the Technique

Safety is interwoven with the AntiGravity Fitness technique. They are inseparable. The technique has been carefully vetted for safety over decades. Even before AntiGravity Aerial Yoga became the first approved aerial yoga class, it underwent years of field testing. Today AntiGravity Fitness classes are offered in over 50 countries. Accreditations include Athletics and Fitness Association of America (AFAA) and National Academy of Sports Medicine (NASM).

Aerial Safety

AntiGravity has been at the forefront of safety in the aerial arts since its inception in 1991:

- AG developed the safety standards for the aerial arts on the Broadway stage for Actors Equity Association (AEA).
- AG co-developed the safety protocol for live aerial performance for the Occupational Safety and Health Administration (OSHA).
- AntiGravity Entertainment is entrusted to "fly" hundreds of performers, including numerous celebrities.
- The AntiGravity safety record over three decades is impeccable.

Class Safety

As an AntiGravity Fitness Instructor, you will be responsible for the safety of your classes. During this training, you will see how the AntiGravity technique includes key safety measures that are seamlessly integrated into classes. You will learn how to:

Set up your studio for safety and success.
Teach the GWTs, and mounts/dismounts that are necessary for safe and successful execution.
Cue in specific ways that get students to follow exacting directives, proactively keeping them safe.
Scan the room continually to affirm correct execution, ensuring all students are staying safe.
Spot all inversions and tricks and guide students with hands-on support, thereby meeting the needs of all levels of students.

AntiGravity Motto
Be safe, have fun, kick ass—in that order!

Scanning

Scanning is looking with the eyes of experience and seeing a potential mishap in the making. If someone has the wrong grip, is not on their plumbline, or their hammock is too low or too high, they will not be successful. Scanning is something we do everyday. For example, we are scanning when we cross a busy intersection. Scanning in a classroom environment helps you know WHEN to spot and requires “eagle eyes” (see Spotting Guidelines, page 26). We recommend AG classes are taught in studios with mirrors so that the instructor sees the entire room.

Spotting

Whenever students are not executing a pose or sequence successfully, the instructor needs to physically assist them. The term *spotting* comes from gymnastics. When you are spotting, you are using your hands, arms, or body to keep the student safe. You are keeping them from falling and/or are manipulating the momentum to get them through the sequence correctly. The more you understand biomechanics and the effects of gravity on the body, the easier it is to spot effectively and move the student into correct positioning for proper execution.

The AntiGravity Hammock is the primary “spotter.” The hammock holds the bulk of the weight. The instructor, student, and hammock work together to enable the safe execution of a skill.

Spotting supports the movement viscerally. Once the student gains awareness and confidence, and/or once strength is achieved, the spot is no longer necessary.

Spotting is instinctual, like catching a glass before it falls or keeping a baby away from a fire. We fine-tune the spotting instinct by learning accurate hand placement, correct body positioning, and how to navigate force. The best “spotters” are parents of toddlers.

Types of Spots

Safety Spots. This is the most important type of spot! Physically move the student out of harm’s way. Common use: ensuring proper GWT.

Verbal Spots. Use the student’s name when you cue them to do a specific action. Cue based on body parts (e.g., “look at your belly button”) and landmarks in the room (e.g., “look at the windows”). This is the most common spot, used most often.

Comfort Spots. Use if a wrap is causing pain. Students cannot be in flow or find alignment until they are comfortable. Common use: getting into Lever before an inversion.

Alignment Spots. Assist the student to find proper posture. Common use: inversions.

Momentum Assists. Use when a student may not have enough strength or body awareness to execute an action to completion. Common uses: flips and tricks.

Leverage Assists. Use when a student does not have enough strength to execute an action. Support the student’s leg or part of the leg, then pull or push to create force. When in need of greater leverage, use forearms, not just hands. Common uses: partial or full flips, and in tandem with Momentum Assist.

Orientation Spots. Assist the student to know where they are in time and space. Learn to cue based on body parts (e.g.,look at belly button) and landmarks in the room (eg., windows or mirrors). Common use: inversions.

Spotting Guidelines

The guidelines for spotting are summed up by the spotting motto. Each of the three parts of the motto - when, where and how - have rules associated with them.

Spotting Motto

Knowing WHEN to spot and WHERE to spot is knowing HOW to spot.

Basic Rules of Spotting

WHEN

1. Drill to assess for success.

WHERE

2. Be in the right place.
3. Consider trajectory of motion.
4. In general, spot the torso not the limbs.

HOW

5. Be assertive.
6. Bring chin to chest.
7. Consider hand and body placement.
8. Cue for timing.

Figure 4.1 Spotting Rules

WHEN to Spot

The first spotting rule is about when to spot.

Rule 1. Drill to assess for success

In a group class, you cannot spot every student at the same time. Instead, you assess the need to spot by using scans and drills. While you are giving the class appropriate cues (aka verbal spots), you are determining each student's level and guiding all students to safe execution.

Scan. Look carefully at the student's execution of a sequence to determine the need for a spot. Scan shoulder wraps and leg locks from the back of the room (behind the students).

Assess. Determine the student's level before spotting. Hands-on spots should be used as a last resort—after progressions are achieved. Use a spot as a boost, not a crutch.

Drill. Utilize progressive exercises that lead to the skill in order to determine the student's kinesthetic awareness, strength, and flexibility.

When NOT to Spot

Do not spot unless you are sure the student can be successful with your guidance. If you are unsure, do not spot. Ask the student to do more progressions, or suggest a private lesson where you can give them your full attention and support. As a general rule and in consideration of class flow, spotting a student should take no more than 20-30 seconds.

WHERE to Spot

Spotting Rules 2, 3, and 4 are about knowing where to spot.

Rule 2. Be in the right place

Your center of gravity should be near the student's center of gravity, in a place where leverage is best achieved. At times, you may need to kneel to be effective. Always watch for flailing legs.

Place your body...
In front: Pressure Assist or Leg Lock.
At the side: Partial and full flips.
Behind: Inversions.

Be conscious of where you are standing and/or touching in relation to the vulnerable parts of a student's body. For example, avoid standing directly between someone's legs when they are held open.

Rule 3. Consider trajectory of motion

Ask yourself where the student's body needs to be at the completion of the movement. Then decide what to do to help the student get there from the current position.

Visualize the "in" and the "out" (beginning and completion) of the movement.

Imagine using a giant, red marker to draw the trajectory of motion.

Determine where you need to be—in front, at side, or behind the hammock.

Prepare to spot both parts. You may need to switch hands to another position within the timing of the movement (commonly used for flipping and inversions).

Rule 4. In general, spot the torso, not the limbs

Support is usually best under the lower back, between the shoulder blades, or under the shoulders. A student's leg may be used for Leverage Assist. Feet must always be free for a landing.

HOW to Spot

Spoting Rules 5, 6, 7 and 8 are about how to spot.

Rule 5. Be assertive

Be fast and forceful. You cannot be an effective spotter and be timid. Speak gently and remain calm while moving swiftly. When you need to hold a significant weight, use your legs, not your back. When you need greater leverage, use your forearms, not just your hands.

Rule 6. Bring chin to chest

If there is danger of the head coming towards the ground, protect the neck. Press and hold the head forward, so the head is tucked, and chin is against the chest. Use the Safety Button Cue (Figure 4.2). When cueing, you may also refer to the Safety Button Cue as “Chin to Chest.” Chin to chest allows for spine flexion, making it possible to forward flip.

Rule 7. Consider hand placement

Be mindful of where you place your hands and body (for both effectiveness and modesty).

Place your hands on...

Head: Hand on back of head, not neck (inversions, flips).
Back: Hand at sacrum, small of back, not buttocks (back flips).
Mid-back: Hand between shoulder blades (front flips).
Leg: Hold one leg on shin for leverage (front flips).
Legs: Wrap the legs in Leg Lock (inversions).

Safety Note: Some forms of yoga discourage touching someone’s head. This does not apply to AntiGravity Fitness techniques. Safety always comes first. Because timing is often crucial in AG, these spotting techniques are more in line with gymnastics coaching. The head/neck is the most delicate part of the body and must always be protected.

Rule 8. Cue for timing

Cue “1-2-3” or “ready, set, go” to generate momentum and synchronize the timing of the action between the student and instructor.

Safety Button Cue

Your safety button is located between your collar bones, 4 to 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.

Figure 4.2 Safety Button Cue

Common Spots

Safety is most important when the sequence involves inversions or flips. In AntiGravity classes, we spot for safety, alignment and comfort. See each spot description in the *Spotting Sequence Guide* page 187-209 and/or view on AGDA. Following are some common situations and the spots they require.

Hips Over Shoulders

Alignment spot, coupled with Momentum Assist, Leverage Assist, or both.
Used for Open-Hammock Shoulder Wrap, Bat, Flying Shoulder-Stand and Back Angel-Flip.

Back Inversions (in/out)

Comfort spots and Safety spots. Used for Booty Wrap and Skirt Wrap inversions:

- Full-Body-Lever Spot (comfort).
- Pressure Assist Spot (safety).
- Leg-Lock Spot (safety).

Wrist

Safety spot. Used for any back inversions when student pushes palms unnecessarily on the floor. Palms on the floor gives a false sense of security and makes it possible for someone to press up and loosen the wrap of the hammock. If, in addition, they unwrap their legs, they could come out of their lock and wind up on the floor.

Panic

Safety spots. Use accordingly for any back inversion when student does not want to let go of the hammock or is pressing on the floor to orient themselves.

- For disorientation Chin-to-Chest Spot.
- Partner Neck-Hook Wrap spot (while kneeling).
- Make them right: Bring student to Wheelbarrow spot.

Health Considerations

The human body is a living organism that is continually regenerating itself. We speed up that process by stimulating the mind and body. Exercising rejuvenates the systems in myriad ways. The objective is to stimulate the healing process without causing harm. Sometimes one's body is deep in repair mode and requires monitoring by a health professional. Although it is ultimately each person's responsibility to monitor his or her own resistance, it is the job of the instructor to make students aware of contraindications (aka precautions). Unless you are a doctor, do not diagnose or make recommendations.

Precautions (Contraindications)

The instructor should review the bolded precaution recommendations in each class introduction. The studio or fitness facility should make the full list available.

- **Pregnancy**
- **Heart disease**
- **Glaucoma**
- **Recent surgery or injuries** (especially head, eyes, spine or joints)
- **Botox (within the last 6 hours)**
- Very high or very low blood pressure
- Easy onset vertigo
- Osteoporosis or bone weakness
- Fainting
- Carpal tunnel syndrome
- Severe arthritis
- Sinusitis
- Hiatal hernia
- Disc herniation
- Recent stroke
- Cerebral sclerosis
- Medications that cause dizziness

Effective Leadership

Effective leadership starts with creating a sense of safety and trust for your class. It requires a positive, helpful mindset – one where you are listening and scanning so that you know what your students are experiencing. Then you can truly inspire them to their personal best.

Establishing Trust

Three instructional qualities are necessary in order to establish trust:

- **Confidence.** Be self-assured. You are the expert.
- **Clarity.** Be succinct (brevity), able to be heard (volume), and understood (diction).
- **Enthusiasm.** Be light-hearted (levity) and eager to share (inspirational).

Vocal Dynamics

The instructor's voice is the path that leads the student to a state of trust. There are four aspects to consider when speaking to your class:

- **Tempo.** The speed at which you are speaking.
- **Volume.** Loud versus soft.
- **Pitch.** Where the notes are on the harmonic scale (high versus low).
- **Timber.** Tone quality (plosive tones versus melodic tones).

Positive Forecasting and Reinforcing

A student may fall out of flow and into resistance—or into flow and trust—based on your cueing (see Figure 5.1). Consider your patterns of thought and speech as you instruct. Do your best to keep students in flow.

Examples

Negative Forecasting	Positive Forecasting
"This may be painful."	"This will give you a deep tissue massage."
"Be careful." (aka "I'm afraid for you".)	"Be airful. I trust you know how to use good judgment. Calculate risk wisely."
"This is going to be difficult."	"This is going to give you a good challenge."
"This is easy."	"You are capable of this."
"It's easy to mess this up."	"Watch closely so you get to feel successful upon completion.
"I'm sorry."	"rather. . ." OR "let me rephrase that" OR "rewind"
"Let's try it."	"Let's do it!" OR "You got this!"

Figure 5.1 Examples of Forecasting

Classroom Management

Room Set-Up. Time is precious. Being prepared to teach requires readied hammocks (clean, properly pleated, snag checked, adjustment ladder in place). Set up music/temperature/lighting in advance.

Measure In. Stretch newly washed hammocks beforehand. Have ladder(s) handy. Ask students to stand behind hammocks with arms to sides for quick check. Get good at body-type assessment.

The Introduction. Do not skip any part of the introduction, but feel free to weave some parts into first sequences to keep the intro tight. Consider having students in Chillax.

Leadership. Deliver content with confidence, clarity, and enthusiasm. Let students know you are AntiGravity certified and are there to keep them safe. Use philosophies and benefits accordingly.

Room Orientation. When students are inverted, they get disoriented. Mirrors only enhance the challenge. Let them know the vocabulary you will use to orient them when inverted (e.g., windows, back wall, entry).

Demonstrate. Find a balance between watching and doing that gives students the crucial info they need to execute, yet keeps lecturing to a minimum. Expect the best and manage the rest.

Preemptive Cueing. A stitch in time saves nine. To keep your class in flow, cue different ways of saying the same thing. This repetition can save you from having to pause and correct.

Scan. Develop “eyes in the back of your head”. Scan the room for common mistakes and call them out so that you stay in flow. Using names is very helpful. Always scan inversions from the back of the room.

Spot. Knowing when and where to spot is knowing how to spot. The AG Hammock does the heavy lifting. Do not feel you must spot everyone in every move. Let them earn the final boost.

Positive vs. Negative Reinforcement. Be mindful of how you speak. You are there to inspire with enthusiasm and encouragement. Criticism should always be constructive.

Class Synergy. Like a school of fish or flock of birds, we have the capacity to move as one. Group harmony is forged while moving/breathing in unison.

The Closing. As students emerge from Cocoon, they are open. Share an AntiGravity Philosophy point and help them feel proud. Everyone should feel successful, every time.

Cueing for Success

How you cue is important. There is basic cueing, which most instructors do, and then there is AntiGravity cueing. AG cueing meets all student levels and supports all learning styles. It is what makes your class professional, inspirational—and spectacular. Learn to use your words and see how your cueing guides students to achieve their fullest potential.

There are three main ways we learn:

1. **Visual**. Some people learn best from seeing.

2. **Verbal**. Some people learn best from hearing.

3. **Visceral**. Some people learn best by feeling.

As a CAGI (Certified AntiGravity Instructor), you will cue to all three of these strengths. You will also interweave cues in ways that shape, refine, and deepen the AntiGravity Fitness experience for your students. These are called cueing layers (see Figure 5.2).

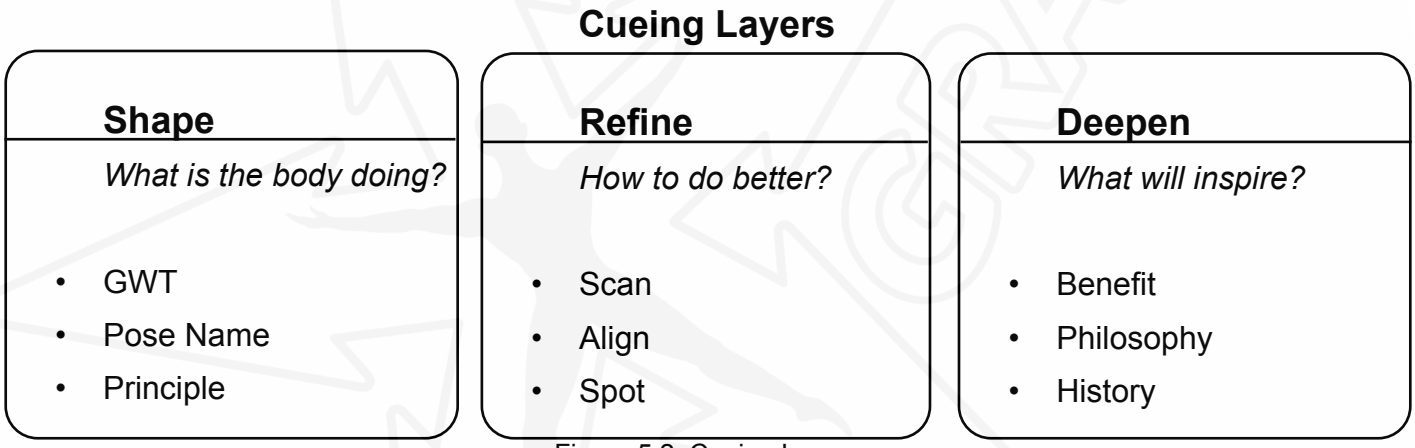


Figure 5.2 Cueing Layers

Class Introduction (Intro)

During your introduction, you establish your credibility and gain your students' trust. Presenting yourself with confidence, clarity, and enthusiasm is the goal. It is important to be mindful of time, yet give a proper setup for what to expect. As a Certified AntiGravity Instructor (CAGI), you want to embody the AntiGravity Philosophy of levity in your opening. Remember to keep a smile and invoke laughter throughout your opening and during your class.

Pre-intro/Set up
While setting up deliver the following gentle REMINDERS to the class:

- Turn cell phones off and put away.
- Remove sharp jewelry, buckles or hair clips that might tear hammock.
- Wear sleeves and leggings to avoid discomfort.
- Place water bottle and sweat towel at the sides of the room.
- Check to see the carabiner gates on your rig are closed.

Once measured in, introduce them to their Plumbline and Back Wrap in either Chillax or Chair Pose.

Personal introduction (Complete this within 2-3 minutes.)
As you begin your class introduction answer the questions Who? Where? What? Why? This will prepare your students to both trust you and the technique.

Example: Welcome to AntiGravity Fitness. My name is WHO. I am a Certified AntiGravity Instructor. Welcome to WHERE (studio name). This class is WHAT (description), created by WHO (Christopher Harrison). We are going to experience WHAT (define the types of poses) in the WHAT (AntiGravity Hammock) for the sake of WHY (give benefits).

First Timers
- Welcome! You are already successful by showing up!
- Mr. Harrison's personal guarantee is that you will leave this class healthier, happier, smarter and taller!
- The AntiGravity Hammock is rated for well over 1000 pounds (453 kilograms) and can hold a baby elephant. Trust that it will hold you, and everything will come easier.

Monitor Your Resistance
- Do your best, no better, no less.
- Come into Chillax pose to learn from just watching anytime you feel overwhelmed.
- Should you feel dizzy ask me to stop your sway or come out of your hammock.

Precautions (contraindications)
We do inversions in class. You can skip them if you have any of the following contraindications.
- Pregnancy
- Heart Disease
- Glaucoma
- Recent Surgeries or Injuries
- Botox within the last 6 hours

Integrate (weave these into first 5-10 minutes of class)
- Room Orientation: Inverting can be disorientating. I will refer to (according to room).
- Origin Statement: "The Founder of AntiGravity is Christopher Harrison, who invented the hammock to fly, healed his injuries, while performing."

Class Closing (Outro)

The outro, or class closing, is important. Awareness is the goal. Finish class in Mountain Grounding, standing tall. Ask students to “go inside” themselves and check in with their own bodies to see how they feel.

- Encourage students to consider their alignment: ankles under knees, under hips, under shoulders, spine erect, head back, and shoulders open.
- Remind them that they are taller and that their body is changed forever.
- Remind them to let go of the places where they weren’t yet perfect and to honor their victories, big and small.
- Use the AntiGravity premise:”In life, hidden in the forces that pull us down, is the energy to lift us up.” We call that energy *antigravity* and we have just supercharged it in you!

Include the following important points in 2 minutes:

Student Awareness: How they feel.
Gratitude: Your appreciation.
Who: Your name.
What is next: The studio classes/workshops/trainings, etc.

Make sure students leave class feeling accomplished, refreshed and looking forward to coming back.

Example Closure Remarks:

- Round of applause for first-timers! Remember the discomfort subsides.
- Join AntiGravity on social media.
- Remember to drink a lot of water today.
- Share your experience with your friends.
- See you next week!

AntiGravity premise

In life, hidden in the forces that pull us down, is the energy to lift us up.

– Christopher Harrison

ANTI GRAVITY®

4. THE BODY–HAMMOCK CONNECTION

Measuring into the Hammock

Accommodating Body Types

The Fulcrum-Point Challenge

Meeting Any Student Level

Accommodating Physical Challenges

Alignment

Five Steps to Zero-Compression Inversions

ANTI GRAVITY®

Measuring Into the Hammock

Movements can either be easy or hard, depending on where the hammock is placed. Regular students will get to know exactly where that magic spot is. Newcomers will need help. Use one or more of the following three tests for hammock height.

Slack Test

- Student behind Plumbline.
- Hammock hanging freely in front.
- Hammock with bottom slack at the top of the inseam line.

Tension Test

- Student behind Plumbline.
- Instructor or student brings hammock to tension with a Push Grip (thumbs outside of hip bone).
- Hammock pushed to tension at hip crease, feet flat on floor.

Inverted Test (Use this test during class, not before.)

- Student in inversion.
- Head 2 to 4 inches off floor.

Slack Test

Tension Test

Example Inversion:
Booty Wrap, Spiderman

Inverted Test

Inverted Test

Accommodating for Body Types

One of the most challenging parts of teaching AntiGravity Fitness in a group environment is accommodating the different body types and levels. The following guidelines will help you measure accurately to assist students with these body types.

Short Torso and Long Legs

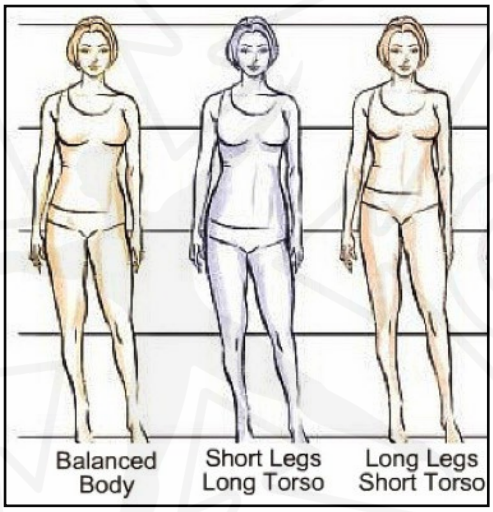
Adjust the hammock slightly lower so that the Fulcrum Point is easier to find. Lifting legs to Lever could be a challenge if abdominal muscles are weak.

Long Torso and Short Legs

Adjust the hammock slightly higher so that the head almost touches the floor when inverting backward.

Notes

Higher hammock may make getting into Front Belt inversions more challenging. Stabilizing in Booty Wrap and Bum Wrap may also be a challenge getting toes to the floor.

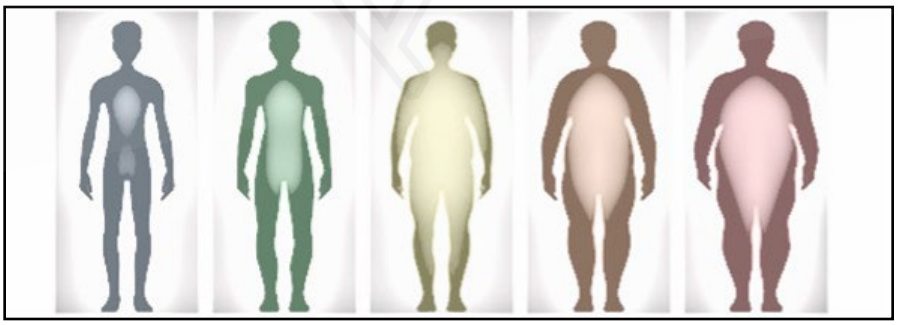


Large Body Mass

Adjust the hammock slightly higher. The heavier one is, the more the hammock stretches. Invariably, the body will be lower than expected.

Notes

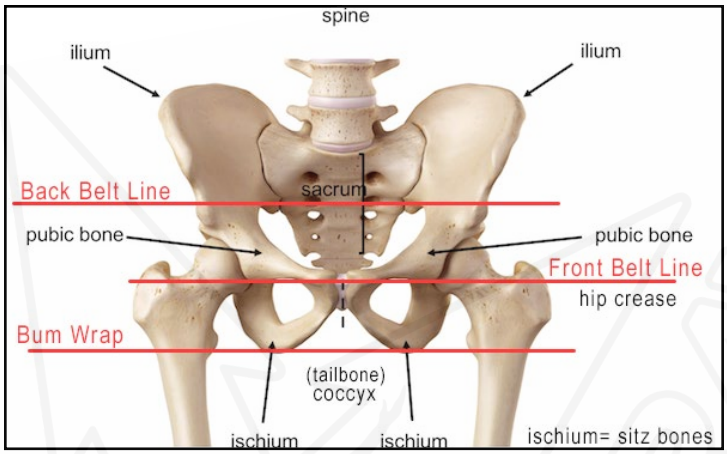
Be mindful that Pouch Mount may need a spot so that client doesn't try to jump in with a slightly higher hammock. It also may be challenging for the student to reach toes to floor to stabilize while coming into a Booty Wrap or Bum Wrap at Back Tension.



The Fulcrum-Point Challenge

The Fulcrum Point creates a teetering experience that can be an exhilarating accomplishment.

Finding the Fulcrum Point starts with knowing where the sacrum is. Place your index fingers next to each other at the top of your bum. This is the center of your sacrum. Now run them directly around your sides to your thigh bones, then keep going around to your pubic bone to the hip crease on the front of your hip girdle. We call this our “Front Belt Line”and “Back Belt Line”. Please be conscious of it as we play today.



Finding the Fulcrum Point in Front Belt is the same for all students because the hammock is at the hip crease. Some body types will be challenged in the aerial poses when feet leave the floor. Back and abdominal strength will be the determining factor for finding your front belt line successfully.

Finding the Fulcrum Point in Booty Wrap is different for each student because it is dependent on the person’s body type. The hammock position will need to shift slightly. As soon as the students release their grip to slide the hands upward, the hammock often slides up as well, especially if abdominal strength is also a challenge. To counteract this, instruct students to maintain tension on the Back Edge of the hammock as they take Hollow-Body Lever and find their Back Belt Line or “sweet spot.”

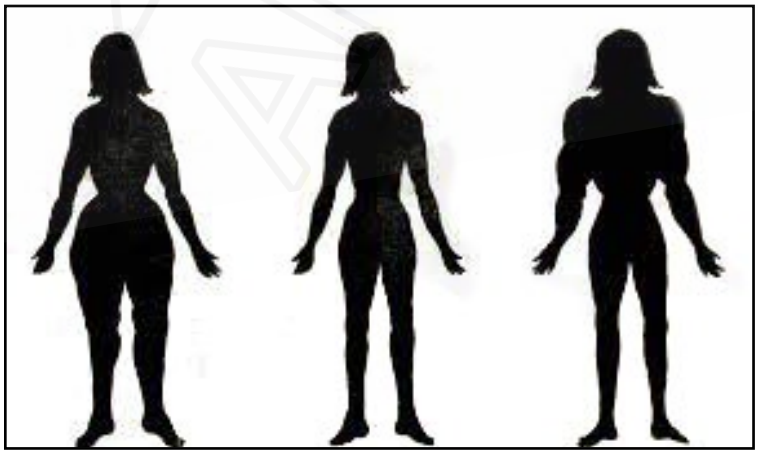
Fulcrum Point by Body Type

S1, S2, and S3 are references to the sacral vertebrae. *You can learn more online.*

Proportionate Body: In Booty Wrap, balance point is mid sacrum (S2).

Heavier Lower Body: In Booty Wrap, balance point is lower sacrum (S3).

Heavier Upper Body: In Booty Wrap, balance point is upper sacrum (S1).



Meeting Any Student Level

One of the AntiGravity values is inclusivity. Everyone can be successful, regardless of their level and regardless of challenges they may experience in poses or sequences. Where there is a will there is a way. The secret is adapting the pose or sequence for different progressions based on the specific level of the student or class situation. Identify whether you need a drill, modification, or variation to meet the student level.

Adapt Sequences for Different Progressions by using: Drills, Modifications, Variations.

Drills. A repetition of poses to build strength or flexibility.

Example Drill : Bat Sequence builds strength.

Lever

Double Knee Trap

Peanut

Bat

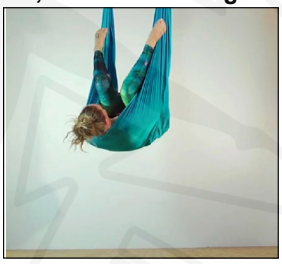
Lever
Repeat drill.

Modifications. An additional step or change to a pose or sequence to make accessible.

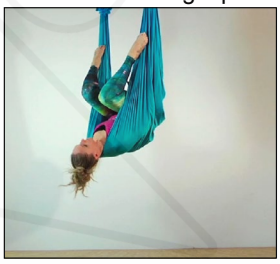
Example Modification: **Bat Sequence, Tension Leverage Assist.** Learn to bring hips over

Lift a leg.

Find **Back Edge** with feet.



Both feet against **Back Edge** at tension.



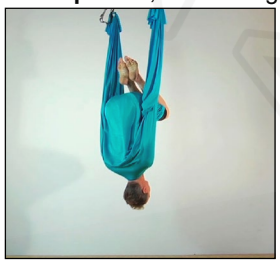
Tension Press feet
Lift hips up.

Hips Over Shoulders
Bat

Variations. A quality change or addition to a pose or sequence to build strength or flexibility.

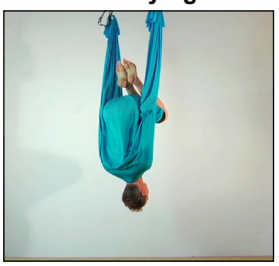
Example Variation: Bat sequence, to challenge balance, eliminate **Tension Press** and **Flying Shoulder-Stand** at **Tension**.

Bat
Rounded Spine



Extended Bat
Long spine

Flying Shoulder-Stand



Extended Bat
Long Spine

Bat
Rounded Spine

Notes

See *Bat Sequence*, page 131 and *Flying Shoulder Sequence*, page 139 in Class Design 2: Open Up

Accommodating Physical Challenges

Grip Strength
Grip strength and slippery factor can make a big difference when it comes to safety and success. This is especially important for older populations. Sticky gloves or moist hammock may help.

Weak Core Strength
Students who have a weak lower core often find it to be a challenge to lift their legs, especially into the Lever position. Modify by having them keep their knees bent. In addition:

- Students with weak upper core find it a challenge to lift hips over shoulders for partial and full backflips.
- During inversions, the best wrap to use for weak core strength is either Booty Wrap or Skirt Wrap.

Tight Hamstrings
Tight hamstrings most often exist in tandem with tight lower back or locked hip girdle. Extremely tight hamstrings are more common in male bodies. Tight hamstrings are evident in the following situations:

- From Pouch the student has a hard time lifting leg up and over to get into Saddle pose.
- When coming into Right Angle in Cat / Cow.
- Getting into Taut Dog and Downward Dog position in a Front Belt Wrap.

Tight Shoulders
Inlocate position is performed with the arms internally rotated while lifting up and behind the back. Getting into this position can be difficult for someone with tight shoulders and limited range of motion. Encourage inward rotation to keep the shoulder socket in a safe position. Forward flips use inlocated arms, always warm up the shoulders with Ski Jumper before doing forward flips.

Knee Flexion
The knee with full range of motion (ROM) should bend enough for the heel to touch the butt. Many people who have ROM challenges may find this impossible. Knee flexion issues show up during Sun Salutations when going from Back-Leaning T to Front-Leaning T, as well as in Gyro. To accommodate, have students raise their hammocks up for this exercise. Or you may avoid the front end of the exercise. Knee flexion can also affect the ability to get your foot into Ankle Trap or into Step-Up Mount. To accommodate, have students swing the hammock out and get the timing correct to trap or lower the hammock.

Spinal Flexion
Flexion of the spine is when the head drops forward bringing chin to chest (cervical spine). The rib cage and back curve inward, like a turtle shell (thoracic spine) and the hip girdle tucks under (lumbar spine). Spinal flexion is the safest position for the back. If someone is challenged with spinal flexion, Back Angel-Flip and Bat are more challenging. You will notice the amount of mobility during Cat / Cow. To accommodate, remind students to monitor resistance and spot the inversion, flip, or rolldown when needed.

3 Steps to Modify for Any Physical Challenge

1. Alter the progression accordingly. Use a Drill, Modification or Variation.
2. Change Plumbline Relationship.
3. Change hammock height (use this as a last resort).

3 Steps to Consider for Any Mental Challenge

1. Cue breath.
2. Use positive reinforcement and forecasting.
3. Cue Principles: Monitor Resistance and Presence.
4. Cue Philosophy: Pursuit of Awareness and Health is Wealth.

Alignment

Alignment is the proper positioning of skeletal bones and adherence to biomechanics in the joints while in motion. For the instructor, alignment is in part of the second layer of cueing (see *Cueing for Success*, page 33). Alignment cues emerge from identifying irregularities in how the joints are stacked while standing or tracking in motion.

Proper alignment of the joints is crucial to minimize the potential for injury and to maximize effectiveness. **One of the marvelous aspects of AntiGravity Fitness is that as you distribute your weight between the AntiGravity Hammock and the floor, the hammock pulls the body into proper alignment.**

You can address specific issues of alignment by understanding components and using targeted cueing.

Spine

Cue to bring the spine into alignment.

Upright. When in standing or seated upright poses, align the hips directly under the shoulders, keep the back of the neck long, refrain from splaying the rib age or tilting the hip-girdle.

Inverted. When hanging in an inversion, you should be either:

1. Relaxed (passive traction), allowing gravity to pull the spine evenly; or
2. Aligned (active traction). Tuck tailbone under, open knees wide, and relax the neck to maximize proper alignment and deep core strength.

Spine Mobility

When moving forward or backward the spine can move into extension (elongation, arching) or flexion (rounding or curving).

Extension: ie Cow / Coyote / Swan / Bell

Flexion: ie Cat / Concave / Ostrich / Bat

Coming Up From Spinal Extension

Take the stress off the lower back while coming up from a hyperextension stretch, such as Swan Dive. Cue students to clasp the hammock, press Chin to Chest, and use their arms and core strength to assist while curling the spine up through flexion.

Head

In front flips, cue “Chin to Chest” (head in forward flexion). In back flips, head should be back with eyes looking towards the floor. In most other postures (especially inversions), the head should remain neutral and loose.

Shoulders/Arms

When arms are in the Inlocate position for a stretching or flipping action, rotate the shoulders inward (back of hands facing up). When the arms are extended overhead for a tugging action, engage the shoulders, and have a slight bend at the elbow. When the arms/hands are pressing on the floor but have only partial weight (e.g., Flying Dog), arms should be extended fully in counterbalance.

Wrists

Most often, wrists should be an extension of the forearms, without bend, especially when in Push Grip. When students are pushing on the floor (as in Wheelbarrow), if there is pain in flexion, cue students to lift the middle knuckles of the fingers or come into fist. If that is still uncomfortable, they can come onto forearms.

Hips
While standing or seated upright, the hip girdle should remain in neutral position, stacked under the shoulders. During Cat / Cow sequences we learn to isolate the hip girdle in extension, thereby increasing the lumbar curve with an arch. When lying on floor, as in our Restorative Yoga or Pilates programs, hips should be slightly tucked under to minimize the lumbar curve. **When inverted**, the hips should be slightly tucked with tailbone up towards the ceiling, to avoid hyperextension, and knees wide to allow for the femur to be free in the socket. During the Flying Dog sequences we learn to isolate the hip girdle in extension, thereby increasing the lumbar curve with an arch.

Knees Over Toes
When there is any weight on the legs, be sure that as the knees bend, they track directly in line with the second toe. Refrain from allowing the foot or knees to roll inward or outward.

Ankles
When coming into relevé (heels up and arches forward), avoid the outward ankle roll (pronation). Keep alignment from big toe to knee without a break in the line.

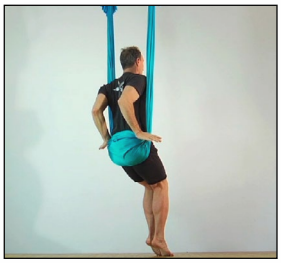
Feet and Toes
Feet and toes are either in flexion, extension, or hanging loose (while off the ground). In any of these positions, cue students to avoid breaking the line from the knee to the toe.

Five Steps to Zero-Compression Inversion

In AntiGravity, inversion means upside down. The first inversion in the Decompression Session is a zero-compression inversion called Spiderman, named after the arachnoid Marvel superhero whose posture is inverted. The Spiderman inversion is a back inversion from the hips, meaning you tip backward over your fulcrum. Back inversions at hips require students to find their fulcrum point in the wrap of the hammock. When the wrap is executed correctly, the act of inverting is easier and there is more comfort in the pose.

5 Steps to Zero-Compression Inversion

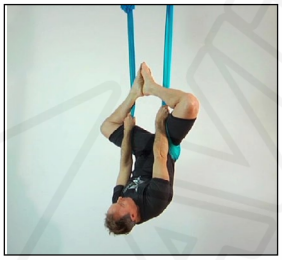
There are 5 progressive steps to successfully guide any student into a back entry inversion from the hips:



1. Wrap
This determines how the hammock will hold you.

2. Lever
How to balance (find the Fulcrum Point).

3. Invert
The action of going upside down.



4. Lock
How to weave the legs and or feet to maintain safety.

5. Align
Relax and adjust the skeleton into proper position.

1. The Wrap

We have different wraps we use for back inversion at hips: Booty Wrap (pulled tight around booty), Skirt Wrap (around hips and legs), Back Belt Wrap (gathered tight like a rope). Each wrap has a different method for the sake of economy of motion and comfort. Which one to use is based on the student's core strength, kinesthetic awareness level, and the pose you want to accomplish. *Note:* In Fundamentals, we do not use Back Belt Wrap.

Booty Wrap

This is our most common back inversion wrap. Edges are held in place with tension. Adjust Front Edge first, Back Edge second. Front Edge is around sitz bones at base of pelvis (aka top of legline). Back Edge is at sacrum (mid pelvis). This placement allows one to start the inversion while perched, yet supported at the Fulcrum Point, while inverted. Edges should be maintained in correct position both while coming into Lever and while going into inversion. If the wrap position is not maintained, edges can pinch.

Skirt Wrap

This back inversion wrap starts seated in Pouch with hammock around upper legs and pressed down at waist to just under hip bones. Adjustment is Back Edge first and Front Edge second. Edges are held in place with tension around sacrum (Back Belt Line) and legs. If the wrap position is not maintained students may be uncomfortable or not feel secure in pose.

2. The Lever

To get the body upside down, student goes from right side up, to horizontal (Lever), to inverted. This involves turning the body 180 degrees. Often the most challenging part of teaching an AntiGravity class is getting students to come into Lever before they come into a backward inversion. The reason for this is two-fold: core strength and fear of going backward.

Controlling the Descent

To make controlling the descent less challenging for the mind and body, we control the tempo of the descent.

Back side: Shorten the length of the back side of the Lever by keeping the head forward (Chin to Chest). Additionally, bring hands up (creating a Triangle of Ease) once your shoulders are level with hips, then slide hands back down to invert. In all Lever poses: Maintain Chin to Chest position.

Front side: To manage core strength, control the weight and shorten the length of the front of the Lever by bending the knees.

- Floating Tabletop: When you bend the knees, you shorten the Lever, creating less work for the abs.
- Straddle Lever: When you open the legs wide, you shorten the Lever, creating less work for the abs.

3. The Inversion

When a student is in Lever and has the hammock in the correct wrap and body position, spotting them into inversion and locking their legs is relatively easy (see Spotting section). Mentally spotting them, however, can be a challenge if their mind has put them into resistance. Encourage students to "relax and surrender" while constantly cueing breath. Watch carefully for disoriented focus and cue Chin to Chest.

You can invert every BODY, but not every MIND. The student must be willing to suspend their disbelief.

There are a few reasons for the initial resistance.

- Inverting backward from the hips is a new action in the human movement vocabulary. Our species is usually upright or horizontal. When our head goes below our heart it is usually in a forward position, to bend over and pick something up. Only the acrobatically inclined turn over backwards. Therefore, this action is trying something new. If the mind has closed, going backwards can often be met with resistance.
- Capitalistic society trains us to be afraid. After all, fear sells. All it takes to be courageous is to identify what is real and what is imagined. First lady Eleanor Roosevelt said, "Do one thing every day that scares you."
- Some people have an innate fear of heights (related to falling). Even though they are not going any higher, the fear of heights can kick in when shifting body positions from right side up to upside down. When this happens, the sympathetic nervous system goes into, "fight or flight" and releases adrenaline (sweaty palms, short breath, rapid heartbeat, muscle tension). As the breath diminishes, the mind no longer thinks logically. Pushing past this unfounded fear, while using the breath, releases a second set of hormones that relaxes the body and leaves a great sense of accomplishment.

4. The Lock

Because of the stretch in the hammock, when the body is inverted and the hammock is woven behind the back and in front of the thighs, it is virtually impossible to come out. This is provided the body remains inverted and the hammock remains at tension. The legs are "locked in." The upward pull of the hammock and downward pull of gravity traps the body. To come out requires muscular exertion or an outside force (Newton's first law of motion).

Newton's First Law of Motion

F=ma

An object at the rest tends to stay at rest and an object in motion tends to stay in motion with the same speed and in the same direction unless acted upon by an unbalanced force.

5. The Alignment
The head is similar to the weight of a bowling ball and pulls traction on the spine. Surrendering to gravity in the inversion comes naturally, provided the mind doesn't get in the way. Cue "relax the neck."

Passive Traction: Minimal muscular control is needed for the pose. Muscular exertion hinders the benefits gained by letting go. Getting the body and mind to completely relax, however, may take time. Breath is the bridge between holding on and complete relaxation.

Active Traction: Engaging the muscles of the pelvic floor (without disturbing muscles of neck), while gently tilting the pelvis to neutral and widening the knees, activates the deep core abdominals. Use the breath to distinguish between active and passive traction. This action fully aligns the spine.

Learning how to relax the muscles is equally as important as strengthening and lengthening. In rest, use your breath to let go and surrender to gravity.

– Christopher Harrison

5. CLASS DESIGN 1: DECOMPRESS

Rules of Thumb
Class Design at a Glance
Grips, Wraps, Traps, Mounts/Dismounts
GWTs, Mounts/Dismounts at a Glance
Sections and Sequences

Rules of Thumb

A rule of thumb is a practical guideline based on common sense and personal experience.

Remind students

Always maintain contact with the AntiGravity Hammock.

Demonstrate

Demonstrate any time a pose creates a situation where the student cannot see you.

Inversions

- Demonstrate while student observes.
- Model correct technique while student participates.
- Get out of the hammock just before the student loses visual contact.

Class Design at a Glance
Class Design 1: Decompress

CLASS INTRODUCTION

In your class introduction answer the four Ws: Who? Where? What? Why? Connect students to the hammock (Back Wrap, Back Lean, Chillax) as you deliver the introduction. Familiarize students with the Principles: Trust, Plumbline Relationship, Tension vs. Slack and Weight Distribution. This will prepare students to trust both you and the technique. (See *Class Introduction*, page 34.)

FIRST INVERSION SECTION

Spiderman Inversion / Full-Circle Sequence

GWT: Double Thumb Trap
Mount: Pouch Mount (on Plumbline)
GWTs: Pouch Wrap, Basic Grip, Booty Wrap

Leg-Lock Drill:

REPEAT 3x
- Straddle Lever
- Wide-Circle Leg Lock
- Spiderman Holding

Leg-Lock Drills can be done with:
- No edge adjust
- Front-Edge Adjust
- Booty Wrap: Front- and Back-Edge Adjust

Pouch
Basic-Grip High
Front-Edge Adjust (top of leg line)
Tabletop Holding
Back-Edge Adjust (Back Belt Line)
Reverse Sit-Up
Floating Tabletop
Hollow-Body Lever
Straddle Lever
Wide-Circle Leg Lock
Spiderman Holding
Spiderman
Wheelbarrow (at Front Tension)
Wishbone
Wishbone Sways
Spiderman
Spiderman Holding
Wide-Circle Unlock

GWT: Pouch Wrap
Floating Child's Pose
Rocking-Cradle Dismount

GROUNDING AWARENESS SECTION

Mountain Grounding

(continued in next page)

MOBILITY SECTION

Mountain Peak Sequence (Sun Salutation)

GWTs: Back Wrap, Basic Grip (on Plumbline)

REPEAT 3x
- Back Lean
- Mountain Peak
- Third-Eye Prayer
- Mountain Peak
- Chair

Mountain Peak
Chair
Forward Leaning T
Chair

Cat / Cow Sequence

GWT: Push Grip (on Plumbline)

REPEAT 3x
- Right Angle
- Cat
- Cow
- Mule
- Coyote

Right-Angle Arch
Right Angle
Cat
Roll Up

SECOND INVERSION / FRONT BELT WRAP SECTION

Flying Dog / Swoosh Sequence

GWTs: Push Grip, Front Belt Wrap
Mount: Front Belt Mount (at Front Tension)

Right Angle
Right-Angle T
Wings
Taut Dog
Downward Dog
Teepee (on Plumbline)
Flying Dog
Wag Tail
Teepee
Taut Dog
Right-Angle T

GWTs: Reverse-Grip Low, Behind; Reverse-Grip High, Behind; Inlocate Arms

Giraffe (at Front Tension)
Swoosh

GWT: Back Wrap (on Plumbline)

Back Lean
Chillax

(continued in next page)

SWINGING SECTION

Hollow-Body / Free Swinging Sequence

GWTs: Basic-Grip High, Back Wrap
Mount: Bum-Wrap Mount (on Plumbline)
GWTs: Basic Grip, Bum Wrap
- Bum Wrap (at Back Tension)
- Basic Grip, Swing and Stop, Hollow-Body-Lever Swings
- Tension Press with arms, Hollow-Body-Lever Swings
- Free Swing

Circus Dismount (on Plumbline)
- Clapping Drill
- Applaud and take a bow!

THIRD INVERSION SECTION

Spiderman Inversion / Full-Circle Sequence

Note: Additions to this sequence are shown in italics.

GWT: Double Thumb Trap
Mount: Pouch Mount (on Plumbline)
GWTs: Pouch Wrap, Basic Grip, Booty Wrap
- Basic-Grip High
- Front-Edge Adjust (Top of Leg Line)
- Tabletop Holding
- Back-Edge Adjust (Back Belt Line)
- Reverse Sit-Up
- Floating Tabletop
- Hollow-Body Lever
- Straddle Lever
- Wide-Circle Leg Lock
- Spiderman Holding
- Spiderman
- Wheelbarrow (at Front Tension)
- Wishbone
- Wishbone Sways
- *Forearm Stand*
- *Forearm-Stand Knee Squeeze*
- Spiderman
- Spiderman Holding
- Wide-Circle Unlock

GWT: Pouch Wrap
- Floating Child's Pose

Rocking-Cradle Dismount

(continued in next page)

MOBILITY SECTION

Dragonfly Sequence

GWTs: Open-Hammock Knee Trap
From behind, gather 3 handfuls
Front Edge gather, 3 handfuls
Toro Toro
Mount: Superman Mount
GWTs: Belly Wrap, Tube-Top Wrap
Dragonfly
Wings
Hula Sways
GWT: Silkworm Wrap
Fetus

RESTING SECTION

Cocoon Sequence

GWTs: Cocoon, Pouch Wrap, Basic Grip
Angel
Floating Child's Pose
Rocking-Cradle Dismount

GROUNDING AWARENESS SECTION

Mountain Grounding

CLASS CLOSING

Acknowledge success. Quote the AntiGravity premise. Thank students. (See *Class Closing*, page 35.)

Grips, Wraps, Traps
Mounts/Dismounts
Class Design 1: Decompress

- Every pose and sequence done on the AntiGravity Hammock begins with a Grip/Wrap/Trap (GWT).
- Utilize the appropriate scans and progressions for safe execution of poses and sequences.
- Be mindful of Plumbline Relationship.

Pouch Mount, Pouch Wrap, Double Thumb Trap

Stand in front of hammock.

Find **Front Edge.**

Assure no folds.

Double Thumb Trap
inside at tension,
In front of **Plumbline.**

Gather 6 handfuls.

Elbows on the inside.
Step back to the **Plumbline.**

Press tension down and rise to tiptoes, relevé.

One knee up.

Lift hip back and pull hammock under both knees.

Pouch Wrap
Arms lock in behind hammock.

Booty Wrap

Booty Wrap starts with **Pouch.**

Front-Edge Adjust

Basic-Grip High

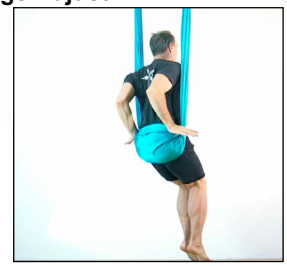
Lean back.

Tug to lift hips, free legs.

Tabletop Holding
Hammock to top of the leg line. Toes to the floor.

Back-Edge Adjust

Sit up on **Front Edge.**



Booty Wrap
Set **Back Belt Line.**

Basic Grip

Basic Grip
Hammock in front.

Basic-Grip High
Hammock in front.

Back Wrap. Basic Grip
Hammock behind.

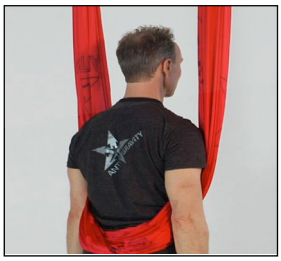
Back Wrap
Basic-Grip High
Hammock behind.

Back Wrap

Start in front of hammock, at **Plumbline Relationship.**

Arms up and around.

Back Wrap *front view*



Back Wrap *back view*

Back Wrap at **Back Tension**

Back Wrap at **Front Tension**

Push Grip

Start behind hammock, at **Plumbline Relationship**.

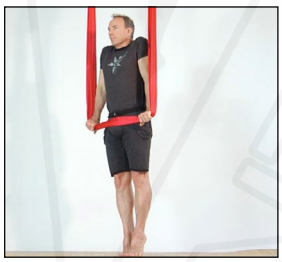
Grip hammock.

Push Grip
Wrist alignment and shoulder blades press down.

Push Grip *close-up*

Front Belt Wrap, Front Belt Mount, Reverse Grip

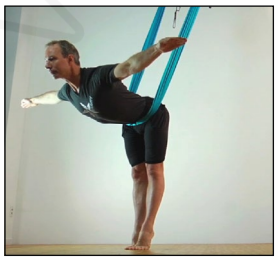
Start behind hammock. Heels on **Plumbline.**



Push Grip
Press with tension at hip crease, rise to relevé and walk to **Front Tension.**

Front Belt Mount

Front Belt Wrap
Tiptoe to **Front Tension** keeping hammock in hip crease. Fold body over hammock. Thumbs on outside of hips.



Right-Angle T
Free thumbs, bring arms wide to **T position.**

Reverse-Grip Low, Behind

Reverse-Grip High, Behind

Bum Wrap

Start in front of hammock, at **Plumbline Relationship.**

Basic-Grip High

Soften knees.

Tug, and jump straight up.

Lift knees on descent.

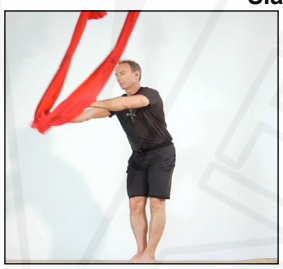
Bum Wrap on sitz bones.

Bum Wrap at tension.

Open-Hammock Knee Trap

Gather 3 handfuls.

Slack Swing



Toss hammock to open.

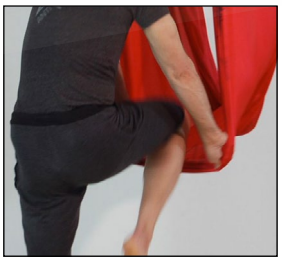
While hammock is open, catch knee.

Open-Hammock Knee Trap to ankle.

Gather 3 handfuls.

Open-Hammock Knee Trap *close up*

Slack Swing



Tension Press, trap knee.

Belly Wrap, Superman Mount, Tube-Top Wrap

Open-Hammock Knee Trap

Gather 3 handfuls on **Front Edge, Toro Toro.**

Superman Prep

Lean in and press to tension.

Arms stay straight while moving into hammock.

Superman Mount Belly Wrap
Bring limbs and torso in hammock.

Dragonfly Tube-Top Wrap
Arms and head out, hammock under armpits.

Silkworm Wrap

From **Dragonfly, Tube-Top Wrap**

Reach up, bend elbow, roll onto side.

Silkworm Wrap
Once on side, pull hammock to cover.

Fetus
Curl in.

Cocoon, Open-Hammock Double-Elbow Trap

Pouch

Find **Back Edge.**

Angel

Lay back.
Double Heel Trap

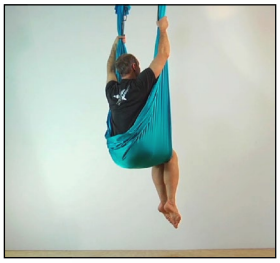
Cocoon,
Open-Hammock
Double-Elbow Trap

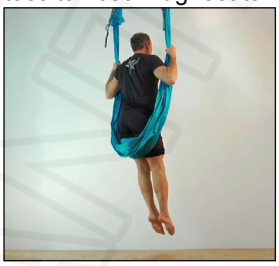
Cocoon,
Open-Hammock
Double-Elbow Trap
close-up

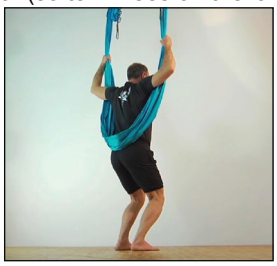
Rocking-Cradle Dismount

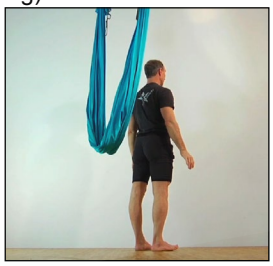
Rocking-Cradle Dismount

Reach up. **Basic-Grip High.** Lift toes to nose. Tug feet to floor (soften knees on the landing).









GWTs, Mounts/Dismounts at a Glance

Class Design Decompress

Below GWTs, Mounts/Dismounts presented in sequencial order.

Color Key

Black = GWTs, Mounts/Dismounts.
Red = Inversion Lock.
Blue = Contact cues.

1. *Grab Front Edge (wave hammock to open)*
2. Thumb Trap, Front Edge (face hammock)
3. Double Thumb Trap (face away from hammock)
4. *Gather 6 handfuls.*
5. *Tension Press*
6. Pouch Mount
7. Pouch Wrap
8. Basic-Grip High
9. *Front-Edge Adjust (to top of leg line)*
10. *Back-Edge Adjust (to Back Belt Line)*
11. Booty Wrap
12. Basic Grip
13. *Wide-Circle Leg Lock*
14. Basic Grip
15. *Wide-Circle Unlock*
16. Pouch Wrap
17. Basic-Grip High, Rocking-Cradle Dismount
18. Basic Grip
19. Back Wrap
20. Basic Grip
21. Push Grip
22. Front Belt Wrap, Front Belt Mount
23. Reverse-Grip Low, Behind; Reverse-Grip High, Behind
24. Basic Grip
25. Back Wrap
26. Basic-Grip High
27. Bum-Wrap Mount
28. Bum Wrap
29. Circus Dismount
30. *Grab Front Edge (wave hammock to open)*
31. Thumb Trap, Front Edge (face hammock
32. Double Thumb Trap (face away from hammock
33. *Gather 6 handfuls.*
34. *Tension Press*
35. Pouch Mount
36. Pouch Wrap
37. Basic-Grip High
38. *Front-Edge Adjust (to top of leg line)*
39. *Back-Edge Adjust (to Back Belt Line)*
40. Booty Wrap
41. Basic Grip
42. *Wide-Circle Leg Lock*
43. Basic Grip
44. *Wide-Circle Unlock*
45. Pouch Wrap
46. Basic-Grip High, Rocking-Cradle Dismount
47. *From behind, grab Back Edge (wave hammock to open)*
48. *From behind, fingers gather 3 handfuls.*
49. Open-Hammock Knee Trap
50. *Reach through center of hammock, gather 3 handfuls of Front Edge.*
51. *Tension Press*
52. Superman Mount
53. Belly Wrap
54. Tube-Top Wrap
55. Basic or Reverse Grip
56. Double Thumb Trap
57. Double Heel Trap
58. Silkworm Wrap
59. Basic-Grip High, Back Edge
60. Cocoon, Double Elbow Trap
61. Basic Grip High, Back Edge
62. Pouch Wrap
63. Basic-Grip High, Rocking-Cradle Dismount

Sections and Sequences

Class Design 1: Decompress

- Every class design comprises a combination of sections.
- Class sections are made up of sequences.
- Sequences comprise a specific order of poses to facilitate flow and fitness success.
- Use appopriate scans and progressions to ensure safe execution.
- Be mindful of Plumbline Relationship.

First Inversion Section
Spiderman Inversion Sequence / Pouch Mount

Grip / Wrap / Trap Thumb Trap, Double Thumb Trap, Pouch Wrap

Principles Trust, Plumbline Relationship, Tension vs. Slack.

Philosophy Safety First, Levity, Pursuit of Awareness.

Modifications If student is challenged with finger dexterity from behind when gathering the hammock, have them face the hammock to gather instead.

Scanning

- Hammock fully open, not folded.
- Scan that thumbs are not twisted.
- Student is at Front Tension and has gathered six handfuls (ensuring student will be in the middle of the hammock once mounted).
- Double Thumb Trap on outside of hips, not behind bottom.
- Elbows on the inside (as you back up to the Plumbline).
- Arms on back side of hammock, to lock in once in Pouch.

Spotting Scoop-Mount Spot (page 188).

Notes

- Check that students are under the Plumbline to mount. Coordinate actions for little to no swing.
- Swinging is an option not something that just happens.
- Rise to tiptoes, relevé, before lifting a knee.
- After the first hip has shifted in hammock, lift the opposite thigh to slide the hammock under both knees.
- If student has not gathered enough hammock, it will be challenging to get hammock under knees. Back Belt Line will also be uncomfortable, as there will be too much fabric on the back and not enough support on the Front Edge.
- To prevent dizziness always as student if they need you to stop their swining or sway.

First Inversion Section
Spiderman Inversion Sequence / Pouch Mount

Stand in front of hammock.

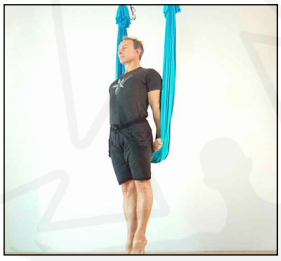
Find **Front Edge.**

Assure no folds.

Double Thumb Trap
Inside at tension, in front of **Plumbline.**

Gather 6 handfuls.

Elbows on the inside. Step back to the **Plumbline.**



Press tension down and rise to tiptoes, lift heels to relevé.

Relevé, lift one knee up.

Lift hip back and pull hammock under both knees.

Pouch Wrap
Arms lock in behind hammock.

First Inversion Section
Booty Wrap Inversion Sequence / Spiderman (IN)

Grip / Wrap / Trap Booty Wrap, Basic-Grip High.

Principles Trust, Monitor Your Resistance, Resistance vs. Flow, Tension vs. Slack, Fulcrum Point.

Philosophy Safety First; Open Up. Be Free; Fountain of Youth; Levity; Pursuit of Awareness.

Inspirational Cues
- When you open up space in the body, you open up space in the mind.
- You are only as young as your spine is flexible and your mind is open.
- Turn upside down and send fresh blood to re-awaken your brain.

Drills
- Wide-Circle Leg Lock / Unlock Drills (managing edges).
  - Easy Lever, no edge adjust.
  - Front-Edge Adjust only.
  - Front-Edge and Back-Edge Adjust, Booty Wrap.
- Tabletop Holding: Bring awareness to the abdominals to maintain Back Belt Line.
- Sit-up: Straddle to scan for wide legs.
- Booty Wrap: “Wide-Circle Leg Lock, slide hands down. Wide-Circle Unlock slide hands up”. Maintaining edges.

Modifications Skirt Wrap (see *Class Design 3: Be Free*, page 158).

Variations Active/passive deep core crunches in the inversion.

Scanning
- Front Edge at top of leg line. Back Belt Line, hammock at sacrum.
- Hips/Shoulders/hands, Triangle of Ease in Lever.
- Legs open wider than hammock for Wide-Circle Leg Lock and feet lock behind hammock.

Spotting
- Spine Align Spot (page 193).
- Disoriented Focus, Chin-to-Chest Spot (page 194).
- Full-Body-Lever Spot (page 189).
- All Leg Locks (Narrow Knees through Center, Wrong-Side Wrap, Hope Wrap, or any combination) (page 190).
- Panic Spot (page 197).

Alignment / Anatomical Cues Tuck tailbone under, open knees wide, relax neck.

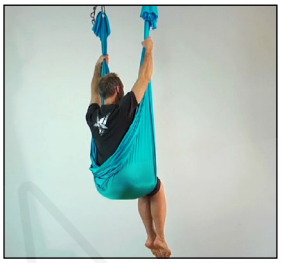
Benefits
- Decompression of the spine; increased neuroplasticity in the brain; recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. (dopamine, oxytocin, serotonin, and endorphins) of “happy hormones”.
- Guarantee: Happier, healthier, smarter, and taller.

Notes
- Inversion timing: as long as comfortable, no more than 5 minutes.
- Consider teaching in two groups if “open level.” First group is regulars and second group is first timers.
- Encourage students to relax, surrender, and breathe. Benefits outweigh any momentary discomfort.

First Inversion Section

Booty Wrap Inversion Sequence / Spiderman (IN)

Pouch



Basic-Grip High
Reach up, grab hammock like a rope.

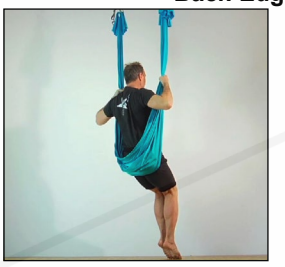
Front-Edge Adjust

Lean back.

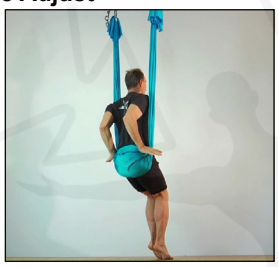
Tug to lift hips, free legs.

Tabletop Holding
Adjust **Front Edge** to top of leg line, toes to floor.

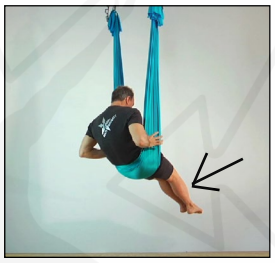
Back-Edge Adjust



Sit up on **Front Edge.**



Booty Wrap
High five, slide down. Adjust **Back Edge**, **Back Belt Line**, glue hammock to sacrum.



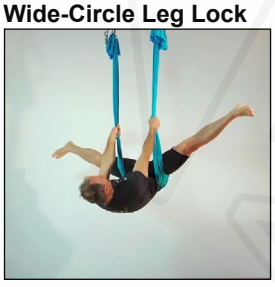
Reverse Sit-Up
Maintain tension on **Back Belt Line** at **Fulcrum Point**, keep looking forward. **Chin to Chest**, lower shoulders, knees bent and heavy. **Floating Tabletop.**

Triangle of Ease

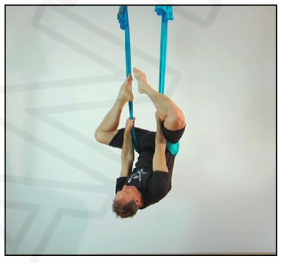
Hollow-Body Lever
Maintain tension on **Front** and **Back Edges**, slide hands up, straighten legs

Wide-Circle Leg Lock

Straddle Lever
Legs press down and out.



Downward Arrow
Press legs wide and circle legs around the hammock. Keep looking at your feet.



Bend knees to make a diamond. Press soles of feet together to lock in behind the hammock.

Spiderman Holding

Spiderman
Release arms long to ground, palms facing up to ceiling.

First Inversion Section
Full-Circle Sequence

Grip / Wrap / Trap Basic-Grip High, Booty Wrap, Basic Grip, Pouch Wrap.

Principles Trust, Monitor Resistance, Resistance vs. Flow.

Philosophy Safety First; Open Up, Be Free; Fountain of Youth; Levity.

Modifications
- For limited range of motion in shoulders keep elbows slightly bent for Wishbone and Wishbone Sways.
- Monitor Resistance in the inversion, come up earlier if needed.

Scanning
- Back Belt Line.
- Edges maintained in Wrap.
- Narrow Knees Through Center.
- Wrong-Side Wrap.
- Hope Wrap.
- Disoriented Focus.
- Make sure hands are not pushing into floor in Spiderman.
- Head up in Wheelbarrow.

Spotting
- Leg-Lock Spot (page 190).
- Wrist Spot (page 193).
- Spine Align Spot (page 193).
- Chin-to-Chest Spot (page 194).
- Panic Spot (in front or from behind) (page 197).

Alignment / Anatomical Cues
- Knees wide, tuck tailbone under, relax neck.
- Engage abdominals.
- Arms straight in Wishbone and Wheelbarrow.
- Shoulders over wrists for Wheelbarrow.

Benefits
- Decompression of the spine; increased neuroplasticity in the brain; recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. (dopamine, oxytocin, serotonin, and endorphins) of “happy hormones”.
- Guarantee: Happier, healthier, smarter, and taller.

Notes Wheelbarrow is a respite for blood flow.

First Inversion Section
Full-Circle Sequence

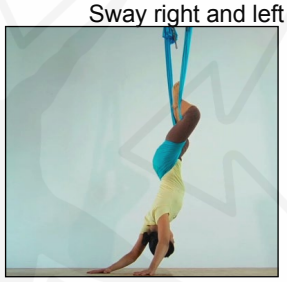
Spiderman *front view*
Release arms long to ground, palms facing up to ceiling.

Spiderman *back view*
Align spine: tuck tailbone under, open knees wide, press soles of feet together.

Wheelbarrow
Crawl fingertips forward to **Front Tension**. Glue hands down, bring your shoulders over wrists, push floor away. Lift head and chest.

Wishbone Sways
Sway right and left to release lumbar spine.

Wishbone
Without moving hands, press back lengthening long through shoulders, relax head.



First Inversion Section
Booty Wrap Inversion Sequence / Spiderman (OUT)

Grip / Wrap / Trap Booty Wrap, Basic Grip, Pouch Wrap.

Principles Trust, Resistance vs. Flow, Momentum and Timing.

Philosophy Open Up, Be Free; Pursuit of Awareness; Pursuit of Excellence; Health is Wealth.

Scanning
- Basic Grip: hands grip at crook of knees, not above shins.
- Hammock under knees for Pouch, arms lock in behind hammock for Floating Child's Pose.

Spotting
- Disoriented Focus (page 194).
- Chin-to-Chest (page 194).
- Leg-Unlock Spot (page 190).
- Panic Spot (page 197).

Benefits
- Decompression of the spine; increased neuroplasticity in the brain; recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E .(dopamine, oxytocin, serotonin, and endorphins) of "happy hormones".
- Guarantee: Happier, healthier, smarter, and taller.

Notes Rocking-Cradle Dismount cue: "Lift toes to nose, tug feet to floor".

First Inversion Section
Booty Wrap Inversion Sequence / Spiderman (OUT)

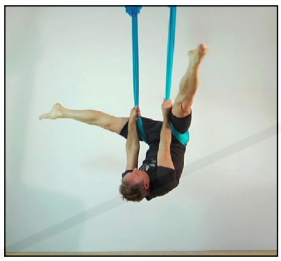
Spiderman *front view*

Bring **Chin to Chest**
back view

Spiderman Holding Basic Grip between the knees.

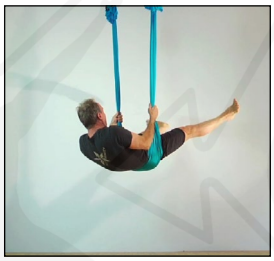
Spiderman Holding
front view

Wide-Circle Unlock



Inverted-Straddle Holding
Wide-Circle Unlock the legs.

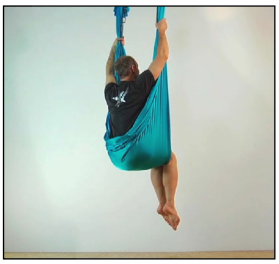
Downward Arrow



Pouch
Pull hammock to back of knees.

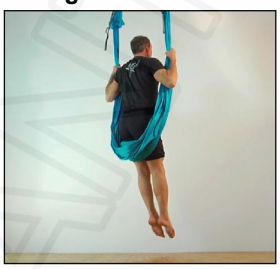
Floating Child's Pose
Arms behind the hammock, bow forward, shoulders catch **Front Edge.**

Rocking-Cradle Dismount



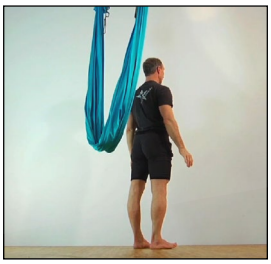
Pouch

Basic-Grip High
Lift toes to nose.



Tug feet to floor.

Soften knees on landing.



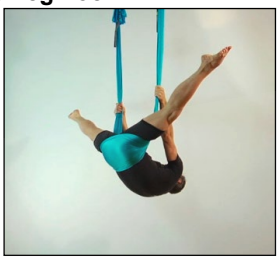
Mountain Grounding
Step in front of the hammock, feet shoulder width, arms relaxed.

Inversion Lock / Unlock Drill
Wide-Circle Leg Lock / Wide-Circle Unlock

Wide-Circle Leg Lock

Hollow-Body Lever
Basic Grip

Straddle Lever
Separate the legs.



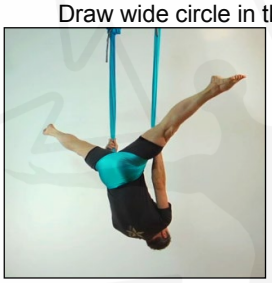
Slide hands down, draw a wide circle on ceiling with your toes around the outside of hammock.

Lock legs around the back side of hammock, soles of feet come together.

Spiderman Holding
Glue soles of the feet together.

Wide-Circle Unlock
Draw wide circle in the opposite direction.

Unlock legs.



Inverted-Straddle Holding

Slide the hands up.

Hollow-Body Lever

Notes

A good verbal cue is “Wide-Circle Leg Lock, slide hands down. Wide-Circle Unlock, slide hands up.”

This drill is three-fold in purpose:

1. To get students to understand the Leg Lock.
2. To get students to understand how to self-adjust edges.
3. To gain core strength.

For the sake of the drill only, this can be practiced with varying edges.

- No edge adjust.
- Front-Edge Adjust.
- Booty Wrap: Front-Edge and Back-Edge Adjust.

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Mobility Section
Mountain Peak Sequence (Sun Salutation)

Grip / Wrap / Trap Back Wrap.

Principles Weight Distribution, Trust, Plumbline Relationship, Resistance vs. Flow.

Philosophy Pursuit of Awareness, Pursuit of Excellence.

Progressions The objective is to synchronize breath with movement and create synergy. Example: Inhale Mountain Peak, exhale Third-Eye Prayer, inhale Mountain Peak, exhale Chair. (Always inhale on Mountain Peak).

Modifications
- For limited range of motion in knees skip Forward Leaning T.
- For challenged abdominal strength, step forward of the Plumbline. Be sure to cue student to step back before returning to Mountain Peak.

Variations Option to teach in parts (example: Mountain Peak, Chair, Mountain Peak), then add additional poses.

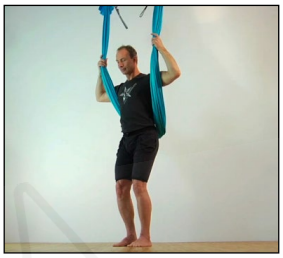
Scanning
- Tension in hammock for Back Wrap.
- Back Wrap under scapula, not armpits.
- Feet on Plumbline.
- Weight Distribution in Mountain Peak.
- Sensitivity at Front Tension (encourage sleeves).

Alignment / Anatomical Cues
- Engage core and latissimus dorsi throughout this sequence.
- Body in one line for Mountain Peak and Forward Leaning T (Plank).
- Assure knees are in line with toes in Third-Eye Prayer and Chair.

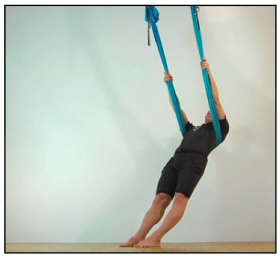
Notes Repeat sequence minimum of five times to establish class flow and harmony.

Mobility Section
Mountain Peak Sequence (Sun Salutation)

Back Wrap on **Plumbline**



Basic Grip



Back Lean
Hammock under shoulder blades, lean back.

Mountain Peak
Inhale, arms up, hands together over head.

Third-Eye Prayer
Exhale bend knees, distribute weight in hammock, chest to ceiling, elbows wide.

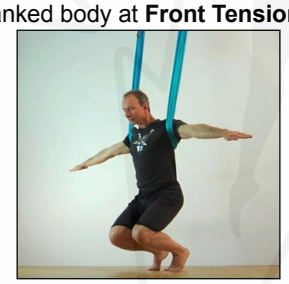
Mountain Peak
back view
Inhale, straighten legs and arms.

Chair
Exhale, bend knees, arms wide **T position**, feet on floor.

Mountain Peak
Inhale.

Exhale. Rock forward over **Plumbline**, push down through feet. Find planked body at **Front Tension.**

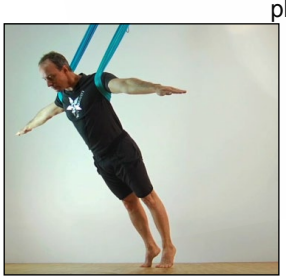
Chair



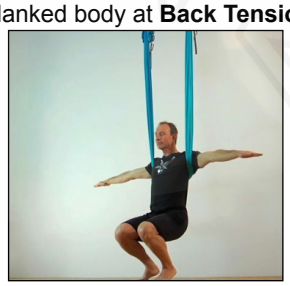
Soften knees.

Forward Leaning T

Inhale. Rock backward over **Plumbline**, push down through feet. Find planked body at **Back Tension.**



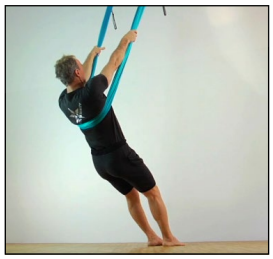
Forward Leaning T



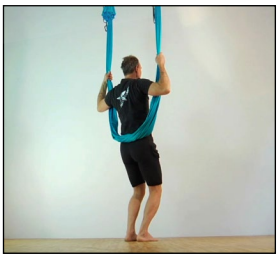
Chair

Mountain Peak

Pull to stand *back view.*



Reach to **Basic Grip.**



Come to standing.

Repeat sequence

Mobility Section
Cat / Cow Sequence

Grip / Wrap / Trap Push Grip.

Principles Tension vs. Slack, Presence.

Philosophy Fountain of Youth; Health is Wealth; Pursuit of Awareness; Pursuit of Excellence.

Inspirational Quotes
- You are only as young as your spine is flexible and your mind is open.
- The cheetah is the fastest land animal in the world because of the flexibility of its spine in both directions.

Modifications If knees or ankle roll in or out, bring legs together rather than hip distance apart.

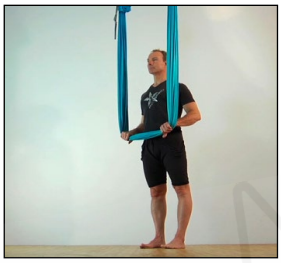
Scanning
- Plumbline Relationship.
- Alignment (see below).
- Pelvic mobility.

Alignment / Anatomical Cues
- Extend wrists long (no break), pinky fingers down.
- Arms straight.
- Consider feet together or hip-width apart. Make sure knees are bending over the toes.
- Articulate through the spine as you roll up to finish and stand tall.
- Do not push shoulders into hyperextension.

Benefits
- This is a great way to mobilize the joints and articulate the spine.
- Learn to synchronize your breath with your movement.
- Bring awareness to the anatomy of the movement.

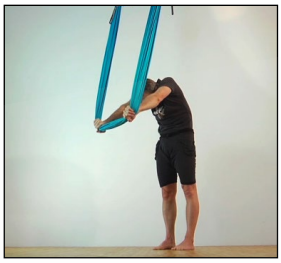
Notes The objective is to synchronize breath and movement. Cue students to breathe and find flow in the sequence. Experiment with repetitions and timings accordingly.

Mobility Section
Cat / Cow Sequence

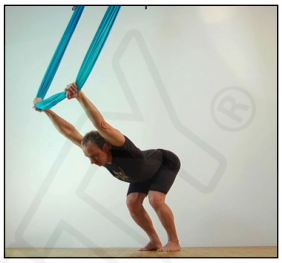


Push Grip
Feet aligned either hip width or together.

Right Angle
Extend spine long, complimentary opposite stretch, tailbone back, crown of head forward.



Cat
Curl all the way up into thoracic spine flexion, bring chin on chest.



Cow
Bend knees, tailbone back, chest forward, arch back, extending space in spine.

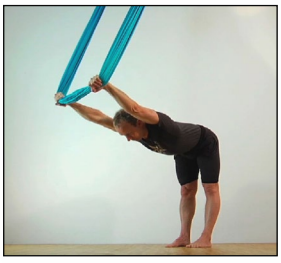
Keep knees bent, extend arms, press down to lift chest. Raise head following the extension of the thoracic spine

Mule
Bend elbows, rotate wrists, bring knuckles together, head and chest move down and through towards the floor.

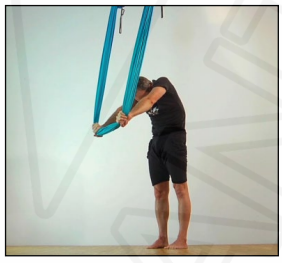
Coyote *front view*

Coyote *back view*

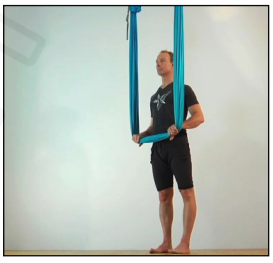
Right-Angle Arch
Stretch legs, extend arms long.



Right Angle



Cat



Roll Up

Stand.

Repeat sequence

Second Inversion / Front Belt Section
Flying Dog / Swoosh Sequence

Grip / Wrap / Trap Push Grip, Front Belt Wrap, Front Belt Mount.

Principles Plumbline Relationship, Tension vs. Slack, Fulcrum Point, Monitor Your Resistance.

Philosophy Safety First, Dream of Flight, Health is Wealth.

Progressions For safety and comfort, the progressions are important from Front Belt Wrap setup through finish in Right-Angle T.

Modifications Important to continually cue the Principle: Monitor Resistance. Invite students to progress from Teepee to Flying Dog when ready. Offer a pillow/pad.

Scanning
- Plumbline Relationship.
- Discomfort in Wrap.
- Hammock in hip crease NOT abdomen.
- Pelvic tilt into extension during Flying Dog.
- If knees come up too high in Flying Dog, ensure thighs stay close to belly, arms in counter balance.

Spotting
- Front-Belt Wrap Spot (page 198).
- Self-Adjust Spot.
- Flying Dog: Knees-to-Chest Spot (page 199).

Alignment / Anatomical Cues
- Lengthen from tailbone through top of the head.
- Arms stay long and in counter balance, glue palms of hands to floor, fingertips wide.

Benefits
- Deep tissue massage of hip flexors.
- Elongation of the spine, opens the shoulder girdle.
- Decompression of the spine; increased neuroplasticity in the brain; recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. (dopamine, oxytocin, serotonin, and endorphins) of “happy hormones”.
- Guarantee: Happier, healthier, smarter, and taller.

Notes Positively forecast entire sequence.

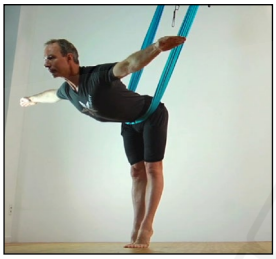
Second Inversion / Front Belt Section
Flying Dog / Swoosh Sequence

Push Grip
Stand with heels on **Plumbline**.Hands wider than hips.

Front Belt Wrap
Rise onto toes, press tension, and glue hammock to hip crease.

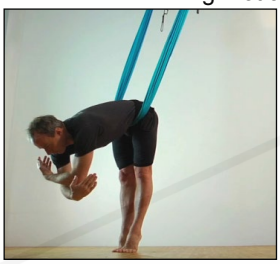
Front Belt Mount

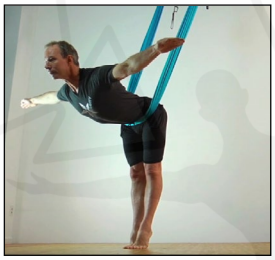
Front Belt
Tiptoe to **Front Tension,** keeping hammock in hip crease. Fold body over hammock.

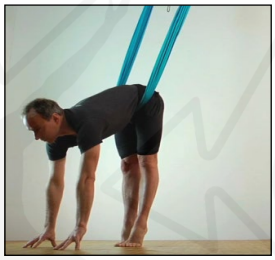


Right-Angle T
Free thumbs, bring arms wide to **T position.**

Wings
Lower chest down to floor and back up, creating a wing motion with arms.





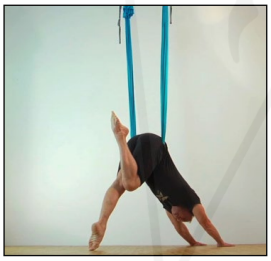


Taut Dog
Reach fingertips forward to floor, at **Front Tension**, extend chest.

Downward Dog
Maintaining tension, walk back until heels reach floor at **Front Tension.**

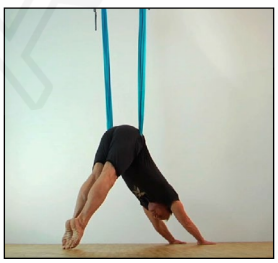
Slide or walk to bring navel over **Plumbline.**

Flying Dog
Bend knees, tip pelvis up, thighs close to belly, arms in counter balance.

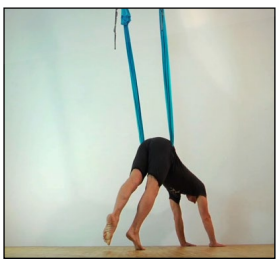


Teepee
Navel over **Plumbline**, extend arms and legs long. Flip tops of toes to floor.

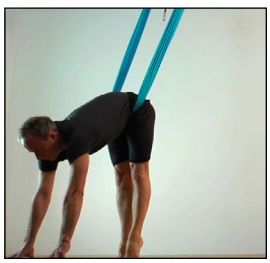
Wag Tail
Sway hips side to side.



Teepee at **Plumbline**



Bring toes back to floor. Walk feet to hands.



Taut Dog
Walk forward to **Front Tension.**

Second Inversion / Front Belt Section
Flying Dog / Swoosh Sequence

Grip / Wrap / Trap Front Belt Wrap; Reverse-Grip Low, Behind; Reverse-Grip High, Behind.

Principles Trust, Fulcrum Point, Momentum and Timing, Plumbline Relationship.

Philosophy Levity, Dream of Flight.

Scanning
- Front-Belt Wrap placement.
- Reverse Grip from behind, hands slide up as high as client capability.
- Inlocate shoulders position, thumbs inside.
- Glutes and legs engaged.

Spotting
- Typically spotting is for comfort and fear of take off.
- Place your hand on shoulder and count student in for the take off.
- Remind them to lift chest and maintain grip.

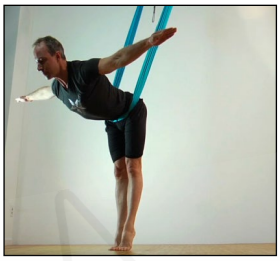
Alignment / Anatomical Cues
Swoosh positioning cues:
- Inlocate shoulders.
- Lift chest.
- Raise head up.
- Squeeze legs together.

Benefits
- Deep tissue massage of hip flexors.
- Elongation of the spine, opens the shoulder girdle.
- Strengthens erector spinae muscles.
- Guarantee: Happier, healthier, smarter, and taller.

Notes
- When cueing swinging, state what is happening on the front and back swings, where student lands, and how many swings the group will be doing.
- Use vocal dynamics.
- Count everyone off together. For example:

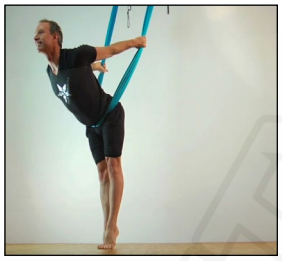
  Cue: On the count of three, keep your chest up, your eyes on the mirror, and lift your toes up.
  One, Two, Three... *Swooooosh!*
  Cue to stop: On your next Front Swing, bring feet down to the floor.

Second Inversion / Front Belt Section
Flying Dog / Swoosh Sequence



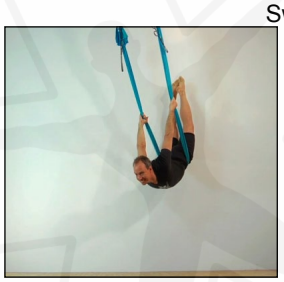
Right-Angle T at **Front Tension.**

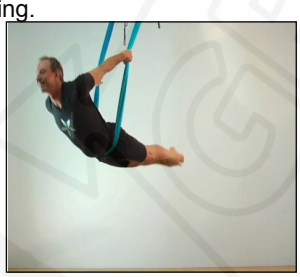
Reverse-Grip Low, Behind
Bring arms back with palms facing one another, thumbs on the inside of hammock by hips, fingers on the outside.

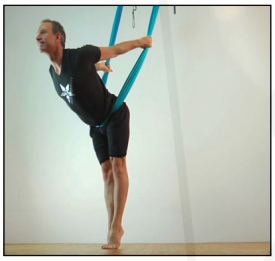


Giraffe
Lift chest up. Slide the hands up. Inlocate arms, long neck. **Reverse-Grip High, Behind**

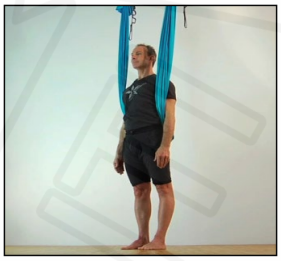
Swoosh
Keep chest and eyes UP in the mirror. Lift toes up. Swing.



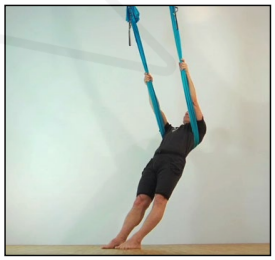




Giraffe
At **Front Tension** bring feet down on front swing.



Back Wrap



Back Lean
Chillax
Recalibration.

Swinging Section
Hollow-Body Swings / Free Swinging Sequence

Grip / Wrap / Trap Back Wrap, Basic-Grip High, Bum-Wrap Mount, Bum Wrap

Principles Presence, Plumbline Relationship, Weight Distribution, Fulcrum Point.

Philosophy Levity; Health is Wealth; Dream of Flight.

Drills
- Tug drill: Tugs and Tucks to scan for Bum-Wrap Mount.
- Clap drill: To prepare for Circus Dismount, clap on front swing in front of hammock, clap on back swing behind hammock.

Modifications Step-up Mount.

Variations
- Explore arm positions (release hands and balance or Wings).
- Explore feet positions (flex feet on front swing and point feet on back swing).

Scanning
- Drill Tugs to scan whether students can successfully clear the hammock for Bum-Wrap Mount.
- Hands slide down two to three inches, maintaining Basic Grip and allowing the students to find leverage to tug and jump.
- Bum Wrap: Hammock along sitz bones, not on hamstrings.
- Shoulders should lean away from and not into hammock.
- Kick, extend legs at apex of back swing. Pull, bend knees at apex of front swing.

Spotting Bum-Wrap Mount (page 201).

Alignment / Anatomical Cues
- Hammock placement under sitz bones and around thigh bone (head of femur).
- Shoulders free from hammock.
- Core enganged.

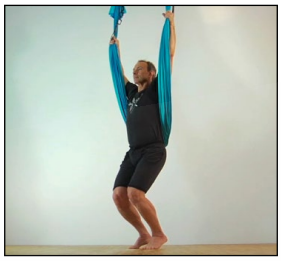
Benefits
- Proprioceptive awareness, vestibular system stimulation.
- Kinesthetic intelligence (KQ) training.
- Core strength, balance and coordination.
- Balance, agility, spatial orientation, improved focus, happiness, and fun!

Notes
- Always demonstrate Circus Dismount first. Model the usage of Momentum and Timing.
- Proprioceptors are specialized sensory receptors on nerve endings found in muscles, tendons, joints, and the inner ear. These receptors relay information about motion or position and make us aware of our own body position and movement in space.

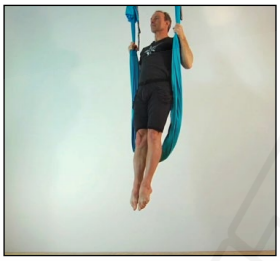
Swinging Section
Hollow-Body Swings / Free Swinging Sequence

Back Wrap

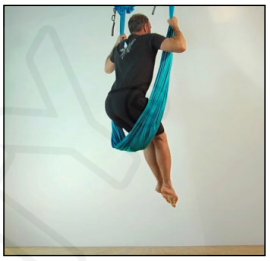
Basic-Grip High



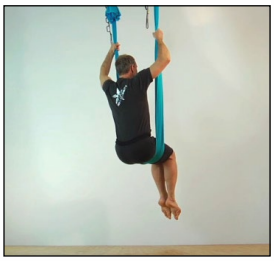
Pull, tug with arms.



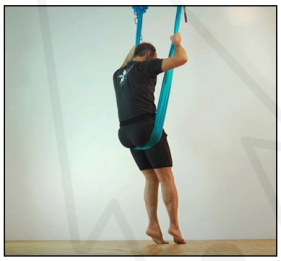
Push feet, jump straight up.



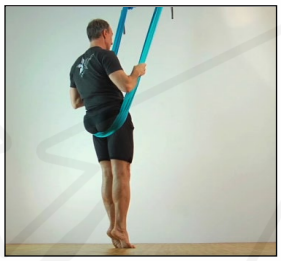
Bend knees on descent.



Bum Wrap Mount
Bum Wrap



Adjust hammock to sitz bones. Tiptoe behind **Plumbline** to **Back Tension.**

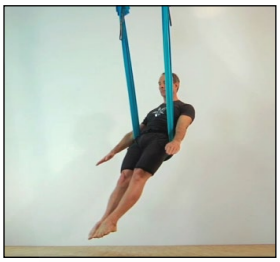


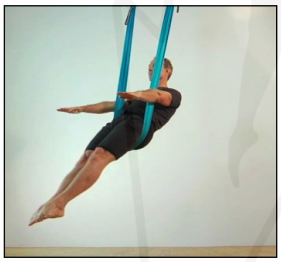
Bum Wrap at **Back Tension. Basic Grip** at rib height.

Hollow-Body Swings
Swing front, swing back, and put feet down on back swing.

Hollow-Body Swings

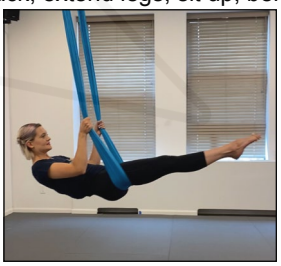
Tension Press with arms.

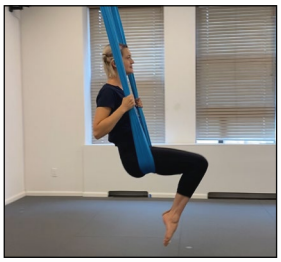




Free Swinging

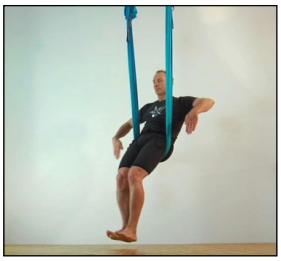
Lean back, extend legs, sit up, bend knees.

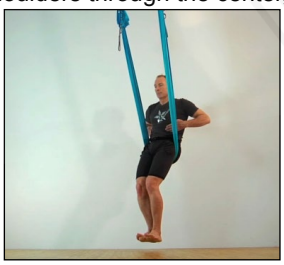


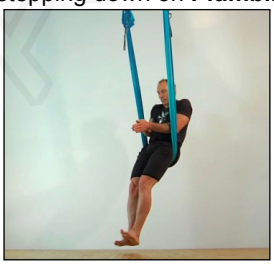


Circus Dismount

To prepare, note the timing between front and back of swing. On the back swing, hands come behind hammock. Send hands, arms, and shoulders through the center, stepping down on **Plumbline**. Walk forward and take a bow.







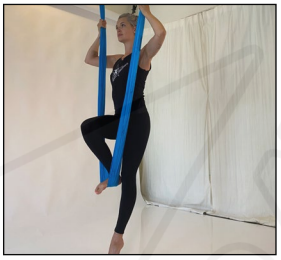
Modification
Step-Up Mount / Bum Wrap

The Step-Up Mount can be used for three different scenarios:

1. Multiple students are displaying the inability to tug up and clear the hammock to mount in Bum Wrap.
2. A regular student consistently is unable to execute Bum-Wrap Mount.
3. You want to teach balance and coordination for little to no swing or to challenge the class differently that day.

Stand at **Plumbline**, **Arch Wrap**

Basic-Grip High Arch Wrap



Simultaneously tug with arms and press with foot (this could be done repetitively for a drill).

Step-Up Mount

Basic-Grip High Arch Wrap, extend one leg.

Bend knees and lower bottom onto hammock.

Release leg and sit.

Bum Wrap
Tug with arms to release feet, lower to sit.

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Third Inversion Section
Booty Wrap Inversion Sequence / Spiderman (IN)

Grip / Wrap / Trap Booty Wrap, Basic-Grip High.

Principles Trust, Monitor Your Resistance, Resistance vs. Flow, Tension vs. Slack, Fulcrum Point.

Philosophy Safety First; Open Up, Be Free; Fountain of Youth; Levity; Pursuit of Awareness.

Inspirational Cues
- When you open up space in the body, you open up space in the mind.
- You are only as young as your spine is flexible and your mind is open.
- Turn upside down and send fresh blood to re-awaken your brain.

Progression Easy Lever: no Back-Edge Adjust.

Drills
- Tabletop Holding: Bring awareness to the abdominals to maintain Back Belt Line.
- Sit-up: Straddle to scan for wide legs.
- Booty Wrap: “Wide-Circle Leg Lock, slide hands down. Wide-Circle Unlock, slide hands up”. Maintain edges.

Modifications Skirt Wrap (see *Class Design 3: Be Free*, page 158).

Variations Active/passive deep-core crunches in the inversion.

Scanning
- Front Edge at top of leg line. Back Belt Line, hammock at sacrum.
- Hip/Shoulder/Hands, “Triangle of Ease” in Lever.
- Legs open wider than hammock for Wide-Circle Leg Lock and feet lock behind hammock.

Spotting
- Spine Align Spot (page 193).
- Disoriented Focus, Chin-to-Chest Spot (page 194).
- Full-Body-Lever Spot (189).
- All Leg Locks (Narrow Knees through Center, Wrong-Side Wrap, Hope Wrap, or any combination) (page 190).
- Panic Spot (page 197).

Alignment / Anatomical Cues Tuck tailbone under, open knees wide, relax neck.

Benefits
- Decompression of the spine, increased neuroplasticity in the brain, recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. of “happy hormones” ie: dopamine, oxytocin, serotonin, and endorphins.
- Guarantee: Happier, healthier, smarter and taller.

Notes
- Inversion timing: as long as comfortable, no more than 5 minutes.
- Consider teaching in two groups if “open level.” First group is regulars and second group is first timers.
- Encourage students to breath. The benefits outweigh any momentary discomfort.

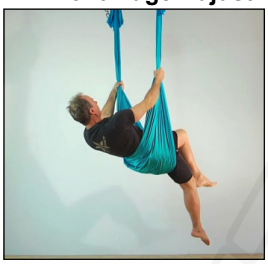
Third Inversion Section
Booty Wrap Inversion Sequence / Spiderman (IN)

Pouch

Basic-Grip High
Reach up, grab hammock like a rope.

Front-Edge Adjust

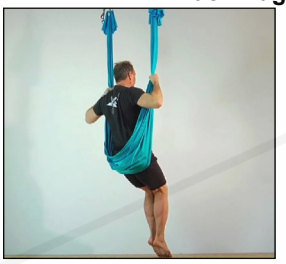
Lean back.



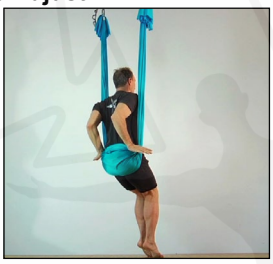
Tug to lift hips, cycle legs.

Tabletop Holding
Adjust **Front Edge** to top of leg line, toes to floor.

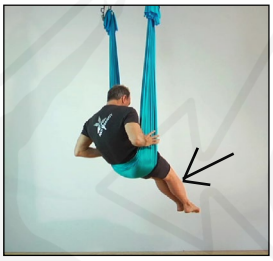
Back-Edge Adjust



Sit up on **Front Edge.**



Booty Wrap
High five, slide down adjust **Back Edge**, **Back Belt Line**, glue hammock to sacrum.



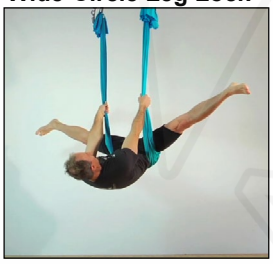
Reverse Sit-Up
Maintain tension on **Back Belt Line** at **Fulcrum Point**, keep looking forward. **Chin-to-Chest**, lower shoulders, knees bent and heavy.
Floating Tabletop

Hollow-Body Lever
Maintain tension on **Front** and **Back Edges**, slide hands up, straighten legs.

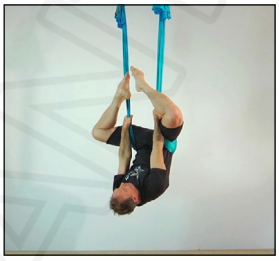
Triangle of Ease

Wide-Circle Leg Lock

Straddle Lever
Legs press down and out.



Downward Arrow
Press legs wide and circle legs around the hammock. Keep looking at your feet.



Bend knees to make a diamond, press soles of feet together to lock in behind the hammock.

Spiderman Holding

Spiderman
Release arms long to ground, palms facing up to ceiling.

Third Inversion Section
Full-Circle Sequence (Variation)

Grip / Wrap / Trap Basic-Grip High, Booty Wrap, Basic Grip, Pouch Wrap.

Principles Trust, Monitor Resistance, Resistance vs. Flow.

Philosophy Safety First; Open Up, Be Free; Fountain of Youth; Levity.

Modifications
- For limited range of motion in shoulders keep elbows slightly bent for Wishbone and Wishbone Sways.
- Monitor Resistance in the inversion come up earlier if needed.
- Consider turning palms up in Forearm-Stand Knee Squeeze, if students are pushing into the floor.

Scanning
- Booty Wrap is maintaned.
- Leg Lock is maintained.
- Disoriented Focus, chin on chest.
- Make sure hands are not pushing into floor in Spiderman.
- Head up in Wheelbarrow.

Spotting
- Leg-Lock Spot (page 190).
- Wrist Spot (page 193).
- Spine Align Spot (page 193).
- Chin-to-Chest Spot (page 194).
- Panic Spot (in front or from behind) (page 197).

Alignment / Anatomical Cues
- Knees wide, tuck tailbone under, relax neck.
- Engage abdominals.
- Shoulders over wrists for Wheelbarrow.

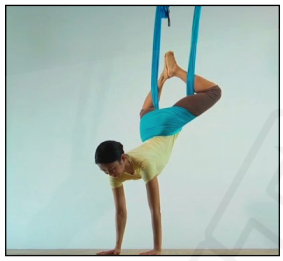
Benefits
- Decompression of the spine, increased neuroplasticity in the brain, recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. of “happy hormones” ie: dopamine, oxytocin, serotonin, and endorphins.
- Guarantee: Happier, healthier, smarter and taller.
- Tourniquet technique in Knee Squeeze provides fresh oxygenated blood to legs and toes upon calibration.

Notes For Forearm Stand, the elbows may or may not reach the ground, based on body proportions.

Third Inversion Section
Full-Circle Sequence (Variation)

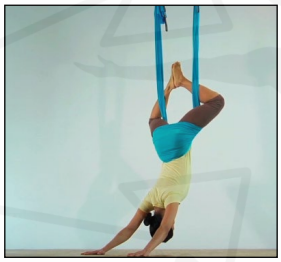
Spiderman *front view*
Release arms long to ground, palms facing up to ceiling .

Spiderman *back view*
Align spine: tuck tailbone under, open knees wide, press soles of feet together.

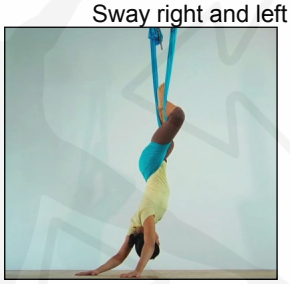


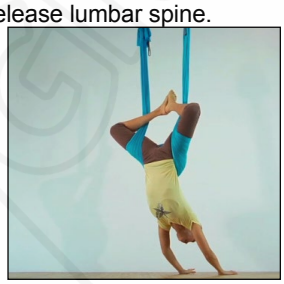
Wheelbarrow
Crawl fingertips forward to **Front Tension**. Glue hands down, bring shoulders over wrists push floor away.

Wishbone Sways
Sway right and left to release lumbar spine.



Wishbone
Without moving hands, press back, lengthening long through shoulders, relax head.





Forearm Stand
Elbows slide under shoulders. Relax neck.

Forearm-Stand Knee Squeeze
Align spine, engage inner thighs, and squeeze knees together.

Spiderman
Release contraction and tension, bring backs of hands to floor, send arms wide. **Passive Traction**

Third Inversion Section
Booty Wrap Inversion Sequence / Spiderman (OUT)

Grip / Wrap / Trap Booty Wrap, Basic Grip, Pouch Wrap.

Principles Trust, Resistance vs. Flow.

Philosophy Open Up, Be Free; Pursuit of Awareness; Pursuit of Excellence; Health is Wealth.

Scanning
- Basic Grip: hands grip at crook of knees, not above shins.
- Hammock under knees for Pouch, arms lock in behind hammock for Floating Child's Pose.

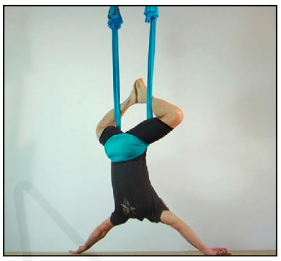
Spotting
- Disoriented Focus (page 194).
- Chin-to-Chest Spot (194).
- Leg-Unlock Spot.
- Panic Spot (page 197).

Benefits
- Decompression of the spine, increased neuroplasticity in the brain, recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. of "happy hormones" ie: dopamine, oxytocin, serotonin, and endorphins.
- Guarantee: Happier, healthier, smarter and taller.

Notes Consider cueing the Principle: Momentum and Timing during Rocking-Cradle Dismount. Lift toes to nose, tug arms, feet to floor. (For low impact, soften knees on landing).

Third Inversion Section
Booty Wrap Inversion Sequence / Spiderman (OUT)

Spiderman *front view*

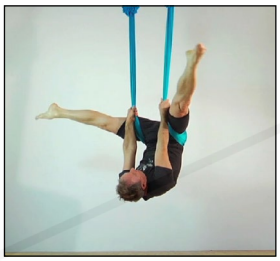


Bring **Chin to Chest.**
back view

Spiderman Holding Basic Grip between the knees.

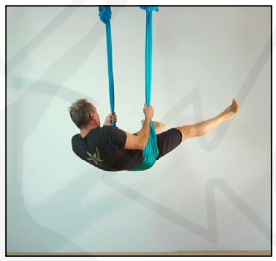
Spiderman Holding
front view

Wide-Circle Unlock



Inverted-Straddle Holding
Wide-Circle Unlock the legs.

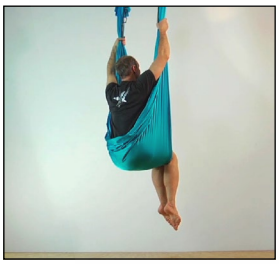
Downward Arrow



Pouch
Pull hammock to back of knees.

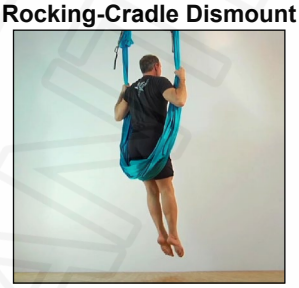
Floating Child's Pose
Arms behind the hammock, bow forward, shoulders catch **Front Edge.**

Rocking-Cradle Dismount

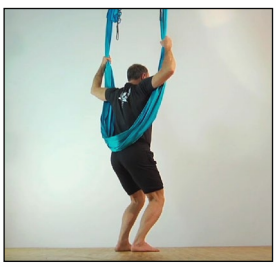


Pouch

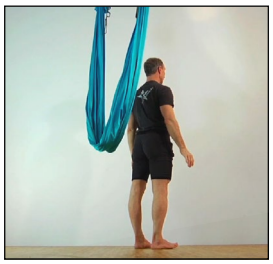
Basic-Grip High
Lift toes to nose.



Tug feet to floor. Soften knees on landing.



Mountain Grounding
Step in front of the hammock, feet shoulder width, arms relaxed.



Grounding Awareness
Step forward and establish **Presence**. Recalibrate the body.

Mobility Section
Dragonfly Sequence

Grip / Wrap / Trap Open-Hammock Knee Trap, Belly Wrap, Tube-Top Wrap, Silkworm Wrap, Cocoon.

Principles Plumbline Relationship, Tension vs. Slack, Momentum and Timing.

Philosophy Open Up, Be Free; Health is Wealth; Levity; Dream of Flight.

Progressions
- Clear GWTs cueing for success.
- Always gather 3 handfuls on Front and Back Edge.

Scanning
- Be sure students reach through the center of the hammock to clasp the Front Edge.
- In Toro Toro, make sure the hammock is above students' head so there is enough hammock to bring the body fully in.
- Make sure students keep arms straight and lean forward into their hands for Superman.
- Hammock tension at collarbones for Dragonfly.

Alignment / Anatomical Cues
- Back and core.
- Lengthening and strengthening the spine through the shoulder girdle.

Benefits
- A fun sequence that brings the inner child to play.
- Fine-tunes proprioceptive response.
- Strengthens muscles along the back of the body.

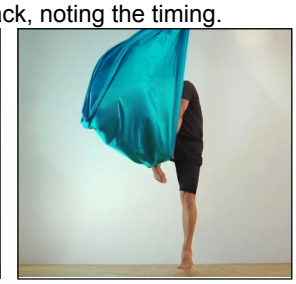
Notes If students do not keep tension in hammock with arms long and straight, the hammock could end up around the waist.

Mobility Section
Dragonfly Sequence

Slack Swing

Walk just behind **Plumbline** and swing the hammock forward and back, noting the timing.

Stand behind hammock, grab **Back Edge**, gather 3 handfuls.



Open-Hammock Knee Trap

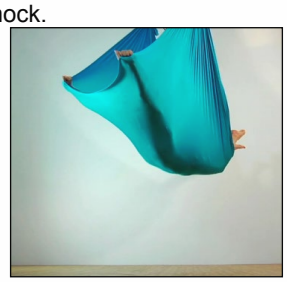
Trap knee on the back swing, pull to ankle.

Bring arms through the center.

Belly Wrap / Superman

Emphasize **Tension vs. Slack** keep arms extended and maintain tension in hammock. Send all weight forward into hands, press down into knee, extending the legs long. Full body in hammock.

Grab **Front Edge**, gather 3 handfuls



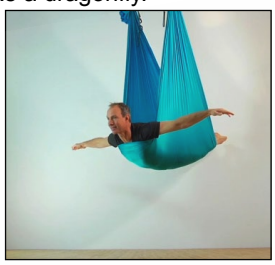
Toro Toro

Pull hammock up and wave like a Spanish bullfighter. Make sure hammock is well above head.

Mobility Section
Dragonfly Sequence

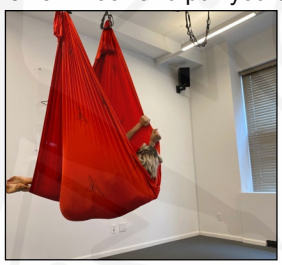
Hula Sways
Bend knees, pointing toes to ceiling. Sway your arms and feet simultaneously from side-to-side. Synchronize the class utilizing **Momentum and Timing.**

Wings
Allow the body to move freely as you fly the arms up and down like a dragonfly.



Dragonfly
Tube-Top Wrap
Release hands bring hammock under arms at collarbones. Arms extend wide into a **T position**

Silkworm Wrap Transition
Reach up with one hand to grab the edge of the hammock and pull yourself onto your side.



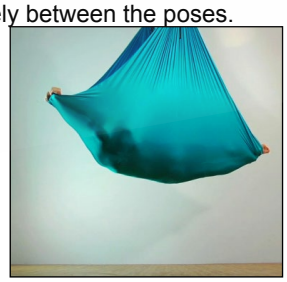
Dragonfly
to Silkworm
Swing arm to grip.

Push hammock away and swivel to side, bringing body in.

Fetus
Bend elbows and knees, bringing body fully into hammock.

Silkworm Wrap

Fetus / Silkworm
Pull your body into a ball then, stretch all the way back out, moving freely between the poses.



Silkworm Wrap

Double Thumb Trap
Double Heel Trap
Silkworm: Entire body is inside hammock.

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Resting Section
Cocoon Sequence

Grip / Wrap / Trap Cocoon, Basic-Grip High.

Principles Presence.

Philosophy Open Up, Be Free; Pursuit of Awareness.

Modifications
- Arm or leg variations for comfort.
- Consider providing a cushion for anyone with neck challenges.

Scanning / Spotting
- Entire body inside the hammock, including the head.
- Shoulders and hips even.
- Always ask students if they need to stop swinging and/or if they would like to swing.

Alignment / Anatomical Cues
- Soften the muscles.
- Let go of the weight of your entire body.
- Release any tension in your body or mind.

Benefits
- Levitating meditation.
- Suspended in the hammock creates sensory deprivation reducing external stimulation.
- Can aid in achieving a state of deep relaxation and heightened awareness. With fewer distractions from the external environment, practitioners can focus more easily on their internal experience and less on uncomfortable physical sensations during meditation.

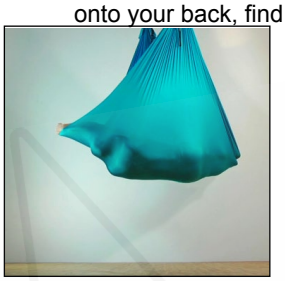
Notes
- Cocoon is a signature pose that allows the body to move freely in all directions.
- The Cocoon experience is like floating on a cloud. Sometimes we refer to it as a floating savasana or a levitating meditation.
- Encourage students to truly rest and enjoy being present.
- Bring attention to the the breath lead a guided meditation, play a song, or just come to silence.
- Offer to still the sway or to swing your students. Allow them to savor this resting pose.
- Inform students that it is equally as important to learn how to relax muscles as it is to strengthen or stretch.

Resting Section
Cocoon Sequence

Cocoon

Reach up and grab the sides of the hammock as you elongate the spine. Give a tug to pull evenly onto your back, find your resting pose.

Fetus



Option to extend legs long, arms across chest.

Option to **Open-Hammock Double-Elbow Trap**. Soften the knees to let them fall open inside hammock.

To come out, extend legs out. Hammock to knees.

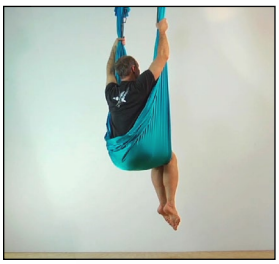
Grab the hammock and pull yourself up.

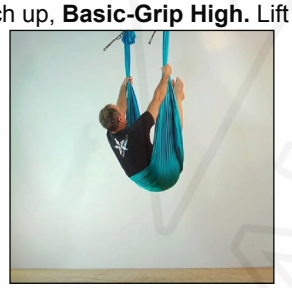
Angel
Holding **Back Edge,** extend arms inside hammock to tension. Sit up tall.

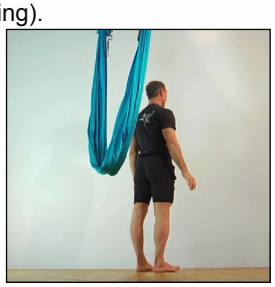
Floating Child's Pose
Hands release behind hammock, arms relaxed. Fold forward, head relaxed, hammock captures front of shoulders.

Rocking-Cradle Dismount

Reach up, **Basic-Grip High.** Lift toes to nose, tug feet to floor (soften knees on the landing).







Grounding Awareness
Step forward and establish **Presence**. Recalibrate the body.

ANTI GRAVITY®

6. CLASS DESIGN 2: OPEN UP

Rules of Thumb
Class Design at a Glance
Grips, Wraps, Traps, Mounts/Dismounts
GWTs at a Glance
Sections and Sequences

Rules of Thumb

A rule of thumb is a practical guideline based on common sense and personal experience.

Remind students

Always maintain contact with the AntiGravity Hammock.

Demonstrate

Demonstrate any time a pose creates a situation where the student cannot see you.

Inversions

- Demonstrate while student observes.
- Model correct technique while student participates.
- Get out of the hammock just before the student loses visual contact.

Class Design at a Glance

Class Design 2: Open Up

CLASS INTRODUCTION

In your class introduction answer the four Ws: Who? Where? What? Why? Connect students to the hammock (Back Wrap, Back Lean, Chillax) as you deliver the introduction. Familiarize students with the Principles: Trust, Plumbline Relationship, Tension vs. Slack and Weight Distribution. This will prepare students to trust both you and the technique. (See *Class Introduction,* page 34.)

ESTABLISHING PRESENCE

Womb Sequence

GWT: Double Thumb Trap
Mount: Pouch Mount (on Plumbline)
GWTs: Pouch Wrap, Basic Grip Stacked
- Side Saddle
- Kick Switch
- Saddle

GWT: Heel Trap
- Straddle Sit
- Womb
- Straddle
- Saddle

GWT: Basic Grip Stacked
- Kick Switch

GWT: Pouch Wrap

FIRST INVERSION SECTION

Booty Wrap Inversion / Spiderman Sequence

GWTs: Booty Wrap, Basic-Grip High
- Front-Edge Adjust (top of leg line)
- Back-Edge Adjust (Back Belt Line)
- Reverse Sit-Up
- Tabletop Holding
- Hollow-Body Lever
- Straddle Lever
- Wide-Circle Leg Lock
- Spiderman Holding
- Spiderman
- Spiderman Reverse-Point
- Spiderman
- Spiderman Holding
- Wide-Circle Unlock

GWT: Pouch Wrap
- Floating Child's Pose

Rocking-Cradle Dismount

(continued in next page)

GROUNDING AWARENESS SECTION

Mountain Grounding

MOBILITY SECTION

Cat / Cow / Cobra Sequence

GWT: Push Grip (on Plumbline)
- Right Angle
- Cat
- Cow
- Mule
- Coyote
- Right-Angle Arch
- Right Angle
- Cat
- Roll Up
- Relevé

GWT: Reverse-Grip High
- Cobra

REPEAT

Egg-Beater Sequence

GWT: Push Grip (on Plumbline)
- Wide Stance
- Egg Beaters Right
- Egg Beaters Left

STRENGTHENING SECTION

Airplane Sequence

GWTs: Back Wrap (on Plumbline), **Basic Grip High**

REPEAT RIGHT/LEFT
- Awkward Chair
- Crescent Moon
- Chair
- Airplane
- Ostrich
- Arabesque
- Ostrich
- Awkward Chair
- Crescent Moon

- Suspension Bridge
- EZ Suspension Bridge
- Body Wave

(continued in next page)

SECOND INVERSION / FRONT BELT WRAP SECTION

Flying Dog / Wheelbarrow Sequence

GWTs: Push Grip, Front Belt Wrap (on Plumbline)
Mount: Front Belt Mount (at Front Tension)
- Right Angle
- Right-Angle T
- Wings
- Taut Dog
- Downward Dog
- Teepee (on Plumbline)
- Flying Dog
- Wag Tail
- Wishbone
- Wishbone Straddle

GWT: Outward-Wrap Feet Lock
- Wheelbarrow (at Front Tension)
- Wishbone Straddle
- Wishbone
- Flying Dog
- Teepee (on Plumbline)
- Taut Dog
- Right-Angle T (at Front Tension)

GWT: Back Wrap (on Plumbline)
- Back Lean
- Chillax

THIRD INVERSION SECTION

Open-Hammock Shoulder Wrap Inversion / Bat Sequence

GWT: Double Thumb Trap
Mount: Pouch Mount (on Plumbline)
GWTs: Pouch Wrap (on Plumbline), **Basic Grip, Back Edge**
- Angel

GWTs: Shoulder-Wrap Cradle, Open-Hammock Reverse Grip
- Hollow-Body Lever

GWT: Double Knee Trap
- Peanut

GWT: Open-Hammock Shoulder Wrap
- Bat
- Extended Bat
- Bat

GWTs: Shoulder-Wrap Cradle, Open-Hammock Reverse Grip
- Peanut
- Angel

GWT: Pouch Wrap
- Floating Child's Pose

(continued in next page)

FLIPS AND TRICKS SECTION

Back Angel-Flip Sequence

GWTs: Pouch Wrap, Basic Grip, Back Edge
Angel
GWTs: Shoulder-Wrap Cradle, Open-Hammock Reverse Grip
Plow
GWT: Open-Hammock Shoulder Wrap
Feet to floor

FLEXIBILITY SECTION

Ski Jumper Sequence

GWTs: Single Wrist Wrap, Behind; Double Wrist-Wrap, Behind; Houdini Wrap (on Plumbline)
Lunge (right/left)
Ski Jumper
Swim Start
Ski Jumper
Lunge (right/left)

SWINGING SECTION

Hollow Body / Free Swinging Sequence

GWTs: Basic-Grip High, Back Wrap
Mount: Bum-Wrap Mount (on Plumbline)
GWTs: Basic Grip, Bum Wrap
Bum Wrap (at Back Tension)
Basic Grip, Swing and Stop, Hollow-Body-Lever Swings
Tension Press with arms, Hollow-Body-Lever Swings
Free Swing
Circus Dismount (on Plumbline)
Clapping Drill
Applaud and take a bow!

(continued in next page)

FOURTH INVERSION SECTION

Open-Hammock Shoulder-Wrap Inversion / Flying Shoulder-Stand Sequence

GWT: Double Thumb Trap
Mount: Pouch Mount (on Plumbline)
GWT: Pouch Wrap
Angel
GWTs: Shoulder-Wrap Cradle, **Open-Hammock Reverse Grip**
Hollow-Body Lever
GWT: Double Knee Trap
Peanut
GWT: Open-Hammock Shoulder Wrap
Bat
Extended Bat
Flying Shoulder-Stand at Tension
Flying Shoulder-Stand
Bat
Peanut
Angel
GWT: Pouch Wrap
Floating Child's Pose

RESTING SECTION

Cocoon Sequence

GWT: Pouch Wrap
Angel
GWT: Cocoon
Floating Child's Pose
Rocking-Cradle Dismount

GROUNDING AWARENESS SECTION

Mountain Grounding

CLASS CLOSING

Acknowledge success. Quote the AntiGravity premise. Thank students. (See *Class Closing*, page 35.)

ANTI GRAVITY®

Grips,Wraps,Traps
Mounts/Dismounts

Class Design 2: Open Up

- Every pose and sequence done on the AntiGravity Hammock begins with a Grip/Wrap/Trap (GWT).
- Utilize the appropriate scans and progressions for safe execution of poses and sequences.
- Be mindful of Plumbline Relationship.

Heel Trap, Double Heel Trap

Saddle

Grab edges on either side of knee.

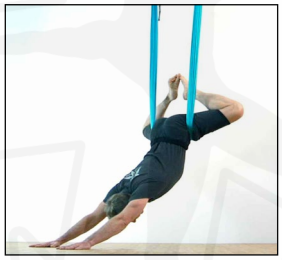
Kick foot, lift knee.

Heel Trap
Leg extended long. Repeat other side.

Straddle Sit, Double Heel Trap

Outward-Wrap Feet Lock

Flying Dog



Wishbone

Wishbone Straddle

Outward-Wrap Feet Lock

Double Knee Trap

Lever

Double Knee Trap

Peanut
Cover your butt, tuck the knees into the chest.

Shoulder-Wrap Cradle, Open-Hammock Reverse Grip

Pouch Wrap

Find **Back Edge.**

Angel

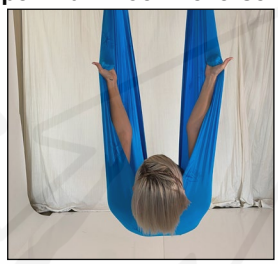
Reverse Sit-Up
Lay back. Cover the shoulders.

Button Up
Safety check.

Open-Hammock Reverse Grip (sleeves)

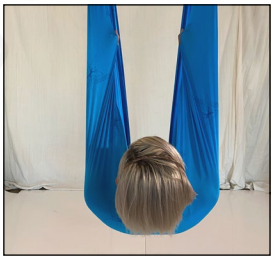
Prayer hands, reach up.

Fingers on the inside, thumbs on the outside.



Grip hammock with fingers.

Put on your sleeves.



Shoulder-Wrap Cradle, Open-Hammock Reverse Grip

Houdini Wrap

Standing on **Plumbline** in front of hammock.

Hands to a T.

Circle arms back, around and through hammock.

Single Wrist Wrap, Behind

Double Wrist-Wrap, Behind. Repeat circle arms, back, around and through hammock.

Houdini Wrap

Houdini
Stretch arms back, inlocate.

GWTs, Mounts/Dismounts at a Glance

Class Design Open Up

Below GWTs, Mounts/Dismounts presented in sequencial order.

Color Key

Black = GWTs, Mounts/Dismounts.
Red = Inversion Lock.
Blue = Contact cues.

1. *Grab Front Edge (wave hammock to open)*
2. Thumb Trap, Front Edge
3. Double Thumb Trap
4. *Gather 6 handfuls.*
5. *Tension Press*
6. Pouch Mount
7. Pouch Wrap
8. Basic Grip Stacked
9. *Kick Switch*
10. Heel Trap, Double Heel Trap
11. Basic Grip Stacked
12. *Kick Switch*
13. Pouch Wrap
14. Basic-Grip High
15. *Front-Edge Adjust (to top of leg line)*
16. *Back-Edge Adjust (to Back Belt Line)*
17. Booty Wrap
18. Basic Grip
19. *Wide-Circle Leg Lock*
20. Basic Grip
21. *Wide-Circle Unlock*
22. Pouch Wrap
23. Basic-Grip High, Rocking-Cradle Dismount
24. Push Grip
25. Reverse-Grip High
26. Push Grip
27. Basic Grip
28. Back Wrap
29. Basic Grip High
30. Push Grip
31. Front Belt Wrap, Front Belt Mount
32. Outward-Wrap Feet Lock
33. Basic Grip
34. Back Wrap
35. *Grab Front Edge (wave hammock to open)*
36. Thumb Trap, Front Edge
37. Double Thumb Trap
38. *Gather 8 handfuls.*
39. *Tension Press*
40. Pouch Mount
41. Pouch Wrap
42. Basic Grip, Back Edge
43. Shoulder-Wrap Cradle
44. Open-Hammock Reverse Grip *(aka sleeves)*
45. Double Knee Trap
46. Open-Hammock Shoulder Wrap
47. Shoulder-Wrap Cradle, Open-Hammock Reverse Grip
48. Basic Grip, Back Edge
49. Pouch Wrap
50. Basic Grip, Back Edge
51. Shoulder-Wrap Cradle
52. Open-Hammock Reverse Grip *(aka sleeves)*
53. Open-Hammock Shoulder Wrap, Back Angel-Flip Dismount
54. Single Wrist Wrap, Behind; Double Wrist-Wrap, Behind; Houdini Wrap
55. Basic-Grip High
56. Bum-Wrap Mount
57. Bum Wrap
58. Circus Dismount
59. *Grab Front Edge (wave hammock to open)*
60. Thumb Trap, Front Edge
61. Double Thumb Trap
62. *Gather 8 handfuls.*
63. *Tension Press*
64. Pouch Mount
65. Pouch Wrap
66. Basic Grip, Back Edge
67. Shoulder Wrap Cradle
68. Open-Hammock Reverse Grip *(aka sleeves)*
69. Double Knee Trap
70. Open-Hammock Shoulder Wrap
71. *Tension Press*
72. Shoulder-Wrap Cradle, Open-Hammock Reverse Grip
73. Basic Grip, Back Edge
74. Pouch Wrap
75. Cocoon, Double Elbow Trap
76. Basic Grip, Back Edge
77. Pouch Wrap
78. Basic-Grip High, Rocking-Cradle Dismount

Sections and Sequences

Class Design 2: Open Up

- Every class design comprises a combination of sections.
- Class sections are made up of sequences.
- Sequences comprise a specific order of poses to facilitate flow and fitness success.
- Use appopriate scans and progressions to ensure safe execution.
- Be mindful of Plumbline Relationship.

Establishing Presence Section
Womb Sequence / Pouch Mount

Grip / Wrap / Trap Thumb Trap, Double Thumb Trap, Pouch Wrap.

Principles Trust, Plumbline Relationship, Tension vs. Slack, Economy of Motion.

Philosophy Safety First, Levity, Pursuit of Awareness.

Scanning

- Hammock fully open, not folded.
- Gather 6 handfuls (so student will be in the middle of the hammock once mounted).
- Thumbs on outside of hips not behind bottom.
- Elbows on the inside as you back up to Plumbline Relationship.
- Relevé before lifting a knee.
- Once the 1st hip has shifted in hammock, then lift opposite thigh to slide hammock easily under both knees.
- Arms on back side of hammock, to lock in.

Spotting Scoop-Mount Spot (page 188).

Notes

- Swinging should be purposefull.
- Check that students are under the Plumbline to mount, and coordinate actions for little to no swing.
- If student has not gathered enough hammock it will be challenging to get hammock under knees.

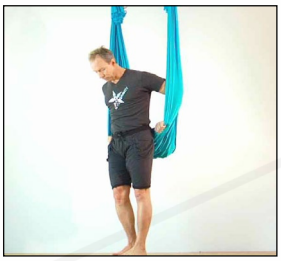
Establishing Presence Section
Womb Sequence / Pouch Mount

Find **Front Edge.**

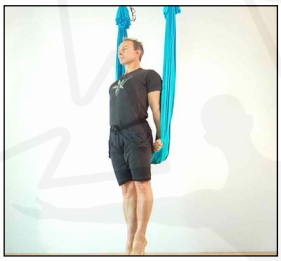
Assure no folds.

Double Thumb Trap
inside at tension
In front of **Plumbline.**

Gather 6 handfuls.



Elbows on the inside.
Step back to the
Plumbline.



Press tension down and
rise to tiptoes (heels up).

One knee up.

Lift hip back and pull
hammock under both
knees.

Pouch Wrap
Arms lock in behind
hammock.

Establishing Presence Section
Womb Sequence

Grip / Wrap / Trap Pouch Wrap, Basic Grip Stacked, Heel Trap, Double Heel Trap.

Principles Presence.

Philosophy Pursuit of Awareness, Showing Up.

Inspirational Cues
- Use your breath to relax every muscle in your body.
- Close the eyes and come to Presence in this pose we call Womb.
- Here in Womb all of your needs are met.

Modifications
- Shift hips closer to the hands to accommodate tight hamstrings. Saddle, Straddle Sit.
- From Pouch lift hip to make more space for leg to kick through.
- Can substitute Cocoon in extreme cases.
- Saddle if no even spread.

Scanning
- Gather proper handful for even spread.
- Emphasize arms pushing the hammock as far away as possible to allow the most space for the leg to swing over into Saddle.
- Keep tension on the hammock as you Kick Switch.
- Hammock pulled under both knees so that the hammock is not riding up the leg.
- Look for swaying and stop if needed.

Spotting
- Assist students with tight hamstrings by pulling hammock further away as student threads leg over and through to Saddle.
- Stop sway.

Alignment / Anatomical Cues
- For Saddle: students with tight hamstrings and/or hip mobility issues may find getting into this difficult.
- The instructor may cue a relaxed spine or lift to a tall, seated position.
- A helpful cue for ease in this floating pose is: “Keeping your knees just as they are now, very wide, simply bend them to bring the soles of the feet together and allow the knees to stay open. The hammock will move with you, so there is no need to shift inside.”

Benefits Presence, more astute presence through mindful consciousness conditioning.

Notes
- To achieve an even spread of the hammock if there is too much on one side or the other, place both hands in hammock under hips. Push down to lift hips and slide the hammock to the side that needs more fabric to even out.
- Continually cue breathe.

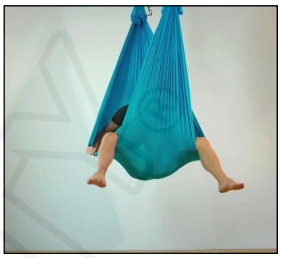
Establishing Presence Section
Womb Sequence

Pouch, Pouch Wrap

Basic Grip Stacked Side Saddle grab one side of hammock at chest height.

Tension Press, create space.

Kick Switch leg up and over to the other side.



Saddle
Assure even spread of hammock on both sides.

Heel Trap
Grab hammock on either side of knee, kick the foot, lift the knee, trap the heel extend the leg long.

Reverse Grip Tug Adjust
Grab the fabric and pull yourself upright.

Saddle

Repeat on other side.

Straddle Sit
Double Heel Trap

Bend knees wide, bring soles of feet together.

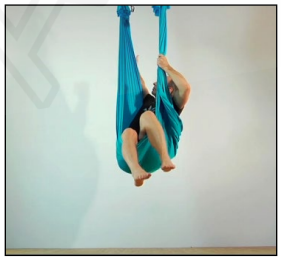
Womb
Feet together in a diamond shape, rest hands on ankles or in lap, head rests on hammock in front or at back.

Straddle Sit

Pull hammock to back of knees.

Basic Grip Stacked, Tension Press

Kick Switch



Return to **Pouch.**

Tug Adjust

Pouch

First Inversion Section
Booty Wrap Inversion Sequence / Spiderman (IN)

Grip / Wrap / Trap Pouch Wrap, Basic Grip High, Booty Wrap.

Principles Trust, Monitor your Resistance, Resistance vs. Flow, Tension vs. Slack, Fulcrum Point.

Philosophy Safety First, Open Up Be Free, Fountain of Youth, Levity, Pursuit of Awareness.

Inspirational Cues
- When you open up space in the body, you open up space in the mind.
- You are only as young as your spine is flexible and your mind is open.
- Turn upside down and send fresh blood to re-awaken your brain.

Drills
- Wide-Circle Leg Drills.
  - Easy Lever no edge adjust.
  - Front-Edge Adjust only.
  - Front-Edge and Back-Edge Adjust, Booty Wrap.
- Tabletop Holding: Bring awareness to the abdominals to maintain Back Belt Line.
- From Sit up: Straddle to scan for wide legs.
- From Booty Wrap: “Wide-Circle Leg Lock slide hands down Wide-Circle Unlock slide hands up” maintaining edges.

Modifications Skirt Wrap (see *Class Design 3: Be Free*, page 158.)

Variation Active/Passive deep core crunches in inversion.

Scanning
- Finding and maintaining Front Edge at top of leg line. Back Belt Line, hammock at sacrum.
- Hip/Shoulder/Hands, “Triangle of Ease” in Lever.
- Legs open wider than hammock for Wide-Circle Leg Lock and feet lock behind hammock.

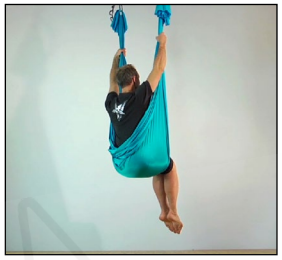
Spotting
- Spine Align Spot (page 193).
- Disoriented Focus, Chin-to-Chest Spot (page 194).
- Full-Body-Lever Spot (page 199).
- All Leg Locks (Narrow Knees through Center, Wrong-Side Wrap, Hope Wrap or any combination) (page 190).
- Panic Spots (page 197).

Alignment / Anatomical Cues Tuck tailbone under, knees wide, relax neck.

Benefits
- Decompression of the spine, increased neuroplasticity in the brain, recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. of “happy hormones” ie: dopamine, oxytocin, serotonin, and endorphins.
- Guarantee: Happier, healthier, smarter and taller.

First Inversion Section
Booty Wrap Inversion Sequence / Spiderman (IN)

Pouch



Basic-Grip High
Reach up, grab hammock like a rope.

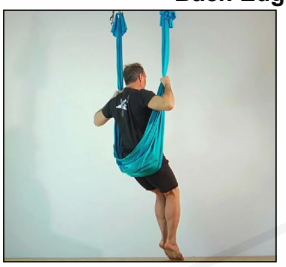
Front-Edge Adjust

Lean back.

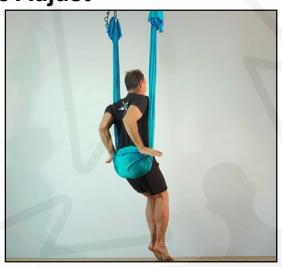
Tug to lift hips, free legs.

Tabletop Holding
Adjust **Front Edge** to top of leg line, toes to floor.

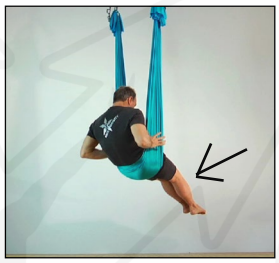
Back-Edge Adjust



Sit up on **Front Edge.**



Booty Wrap
High five, slide down adjust **Back Edge**, **Back Belt Line**, glue hammock to sacrum.



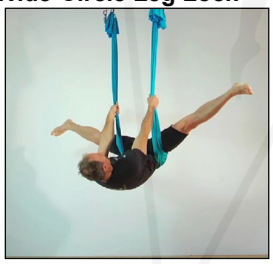
Reverse Sit-Up
Maintain tension on **Back Belt Line** at **Fulcrum Point**, keep looking forward, **Chin to Chest**, lower shoulders, knees bent and heavy.
Floating Tabletop.

Hollow-Body Lever
Maintain tension on **Front** and **Back Edge,** slide hands up, straighten legs.

Triangle of Ease

Wide-Circle Leg Lock

Straddle Lever.
Legs press down and out.



Downward Arrow
Press legs wide and circle legs around the hammock keep looking at your feet.

Bend knees to make a diamond, press soles of feet together to lock in behind the hammock.

Spiderman Holding

Spiderman
Release arms long to ground, palms facing up to ceiling.

Interlock fingers at sacrum.

Spiderman
Reverse Point

Bring **Reverse Point** back to sacrum.

Spiderman

First Inversion Section
Booty Wrap Inversion Sequence / Spiderman (OUT)

Grip / Wrap / Trap Booty Wrap, Basic Grip, Pouch Wrap, Rocking-Cradle Dismount.

Principles Trust; Resistance vs. Flow; Economy of Motion; Momentum and Timing.

Philosophy Pursuit of Awareness.

Scanning
- Basic Grip: hands grab at crook of knees, not above shins.
- Hammock under knees for Pouch, arms lock in behind hammock for Floating Child's Pose.

Spotting
- Disoriented Focus (page 194).
- Chin-to-Chest Spot (page 194).
- Legs Unlock Spot (page 190).
- Panic Spot (page 197).

Benefits
- Decompression of the spine, increased neuroplasticity in the brain, recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. of "happy hormones" ie: dopamine, oxytocin, serotonin, and endorphins.
- Guarantee: Happier, healthier, smarter and taller.

Notes Consider cueing the Principle: Momentum and Timing on the Rocking-Cradle dismount. Lift toes to nose, tug feet to floor. (For low impact, soften knees on landing). A four count phrase makes it easy to remember: "Lift toes to nose", "Tug feet to floor".

First Inversion Section
Booty Wrap Inversion Sequence / Spiderman (OUT)

Spiderman

Bring **Chin to Chest.**

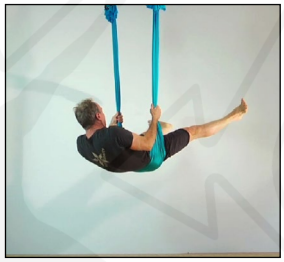
Spiderman Holding
back view
Basic Grip between the knees.

Spiderman Holding
front view

Wide-Circle Unlock

Inverted-Straddle Holding
Wide-Circle Unlock the legs.

Downward Arrow

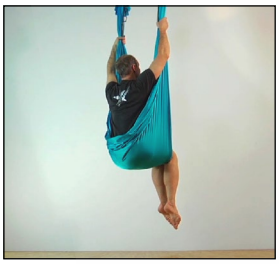


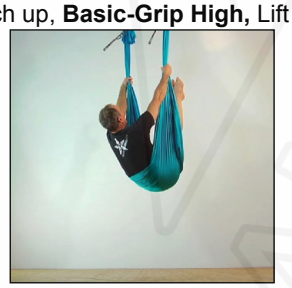
Pouch
Pull hammock to back of knees.

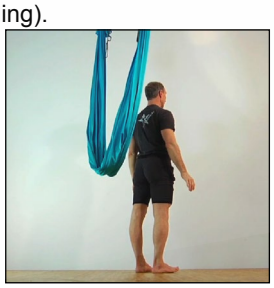
Floating Child's Pose
Arms behind the hammock, bow forward shoulders trap inside **Front Edge** of hammock.

Rocking-Cradle Dismount

Reach up, **Basic-Grip High,** Lift toes to nose, tug feet to floor, (soften knees on the landing).







Grounding Awareness
Step forward and establish **Presence**, recalibrate the body.

Mobility Section
Cat / Cow / Cobra Sequence

Grip / Wrap / Trap Push Grip, Reverse-Grip High.

Principles Tension vs. Slack; Weight Distribution; Economy of Motion; Presence.

Philosophy Health is Wealth, Fountain Of Youth, Pursuit of Awareness.

Inspirational Cues
- You are only as young as your spine is flexible and your mind is open.
- The cheetah is the fastest land animal in the world because of the flexibility of its spine in both directions.
- Open the mouth and drop head back to howl in Coyote.

Progressions
- First set, consider no relevé in T-Stop focusing on tension vs. slack and sliding hands up the hammock for Reverse-Grip High.
- Second set, add the relevé for balance challenge.

Modifications If knees and ankles are rolling in and/or out bring legs together rather than hip distance apart.

Scanning
- Plumbline Relationship.
- For bent wrists, see Alignment below.
- Hips stay over the ankles, not allowing weight to come forward or back. Complimentary opposite traction.
- Neck and head follow the line of the thoracic spine for Cobra.
- Pelvic mobility.

Alignment / Anatomical Cues
- Knuckles forward, straight wrists (no breaking at wrists).
- Right Angle: Cervical alignment - ears in line with biceps shoulders away from ears, ribcage closed, core engaged, flat back.
- Knees tracking over ankles (especially with hip-width variation).

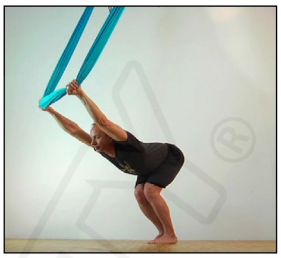
Benefits Strength and flexibility, joint mobility, agility, balance.

Mobility Section
Cat / Cow / Cobra Sequence

Push Grip
Standing with feet together on **Plumbline.**

Right Angle
Extend spine long, complimentary opposite stretch, tailbone back, crown of head forward.

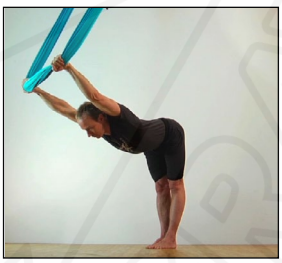
Cat
Curl up into thoracic spine, bring chin on chest.



Cow
Bend knees, tailbone back, arms and chest forward, arch the back.

Mule
Bend elbows, rotate wrists, bring knuckles together, reach the head and chest towards the floor.

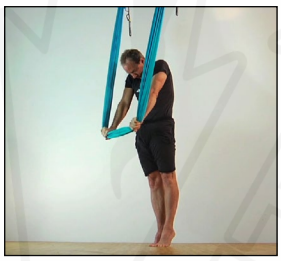
Coyote
Keep knees bent, extend arms, press down to lift chest, eyes follow the extension of the thoracic spine, arch back, reaching head towards tailbone.



Right-Angle Arch
Keep arms forward and extend legs while maintaining arched spine.

Right Angle
Organize the ribs, long spine.

Cat

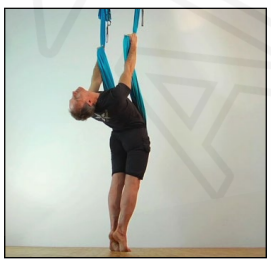


Cat Roll Up
Roll up through the spine to standing tall.

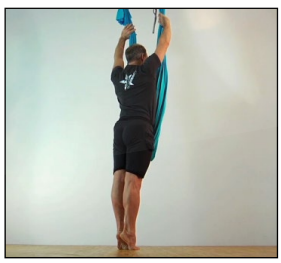
Press down to rise up lift the heels to relevé.

Opening the arms to side, maintain tension to balance, **T-stop.**

Slide the hands up to **Reverse-Grip High**



Cobra
Keeping elbows in, pull on hammock arch back from top of head, lift sternum to ceiling, option to extend arms, deepening the extension.



Tug hammock as you pull yourself back up to relevé lower the heels.

Push Grip
Slide the hands down.

Repeat sequence

Mobility Section
Egg Beater Sequence

Grip / Wrap / Trap Push Grip.

Principles Weight Distribution, Tension vs. Slack, Ecomomy of Motion, Resistance vs. Flow, Momentum and Timing.

Philosophy Health is Wealth, Levity.

Progressions
- Start with swinging hips in one direction and arms the other. Switch.
- Play with timing repeat Egg Beaters on one side then the other right and left.
- Alternate right and left consecutively.

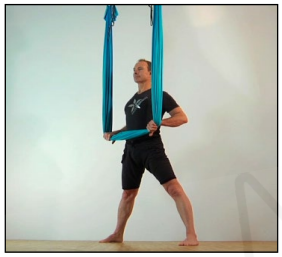
Scanning
- Scan for wide stance over Plumbline.
- Hip driving movement, hip mobility, hip tilt into extension.
- Arm and spinal extension, neutral head.
- Watch for shoulders lifting up to ears and sinking into flexibility of lumbar spine and shoulders.

Alignment / Anatomical Cues
- Wide stance with hips over heels, feet parallel.
- Emphasize the flow of the movement.
- Keep spine long and reaching in opposite direction.

Benefits Joint mobility, lubricates back, hips and ankles.

Notes
- Hands and hips go in opposite directions, while lengthening the spine to enhance the side stretch.
- Stay together as a group cueing in rhythmical fashion to synchronize the room. (equal repetitions on each side).

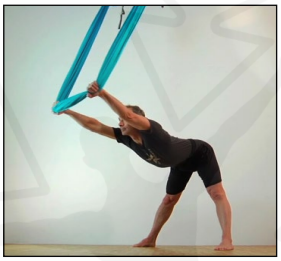
Mobility Section
Egg Beater Sequence



Push Grip
Wide stance. Legs wider than shoulders.

Egg Beater

Extend arms to the left, hips press out to the right.



Create a semi circle swinging to opposite side as you swivel hips maintaining as much distance between hips and hands at all times.

Stand up and bring hands under **Plumbline** and repeat action in flowing movement. Repeat other side.

Repeat sequence

Strengthening Section
Airplane Sequence

Grip / Wrap / Trap Back Wrap, Basic Grip.

Principles Trust, Weight Distribution, Tension vs. Slack, Monitor Your Resistance.

Philosophy Pursuit of Excellence, Health is Wealth.

Progressions Repeat Awkward Chair through to Ostrich on right and left side, before moving in to Suspension Bridge.

Modifications
- Mountain Peak Sequence (Sun Salutation).
- For Suspension Bridge consider legs hip distance apart to support this hyperextension of the spine.

Scanning
- Start on Plumbline.
- Hammock below shoulder blades.
- Hammock at Tension.
- Knees over ankles.
- Scan to ensure foot, hands and head are on the same plane.

Spotting Adjust hips to ensure proper alignment, either squared to floor in Airplane or turned out in Arabesque.

Alignment / Anatomical Cues
- Awkward Chair: Encourage students to ground feet to the floor, deepen bend at hips and knees. Tilt pelvis for slight flexion in the lumbar spine with extension in the thorasic spine. Pull the shoulders back and down, lift the chest, and reach with the arms. Reach the crown of the head and tailbone in opposite directions, pulling abdominals in.
- Crescent Moon: Encourage students to open up and arch the spine. Keep abdominals engaged and hips in line with legs.
- Airplane: Standing leg is grounded, long energy line from crown of head through heel of lifted leg, lifted leg hip is rotated down/square, arms reach wide to the sides, gaze is neutral.
- Ostrich: Feel the belly scoop, rounding the spine, chin into chest. Standing leg is grounded, glute engaged, fingertips reaching toward the floor. This is a deep pelvic floor and abdominal contraction.
- Arabesque: Working leg is rotated out, allowing hips to open up. Toes are pointed. Keep upper body lifted and arms out to the side to support balance.

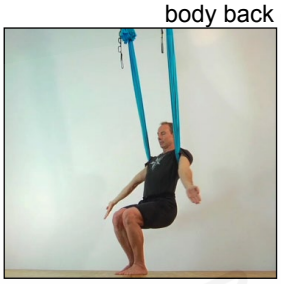
Benefits Balance, agility, joint mobility, strength, flexibility.

Strengthening Section
Airplane Sequence

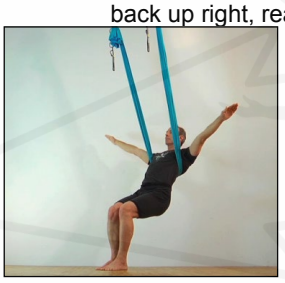
Back Wrap
Stand on the **Plumbline.**

Awkward Chair
Bend knees, lift arms up to frame face, ground feet, reach chest emphasize weight in heels, like trying to sit into a chair behind you. Hold.

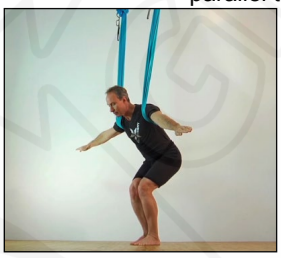
Crescent Moon
Swing through transition. Deepen the bend of the knees, arms swing back lift hips up and over, reach long, arch body back over hammock.

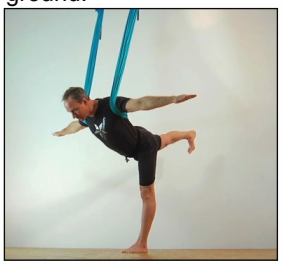


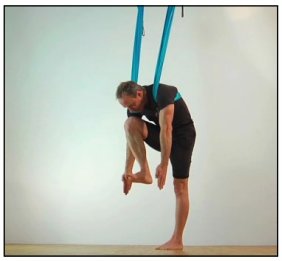
Chair
Bend knees, drop tailbone, engage core to lift the body back up right, reach arms to the side.



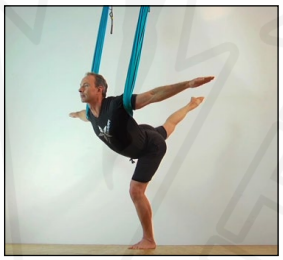
Airplane
Shift weight to bring hips over heels, **Right-Angle T** extend the legs, hinge at the hips. Lengthen the right leg parallel to the ground.



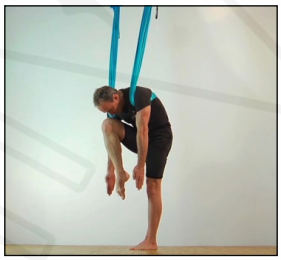




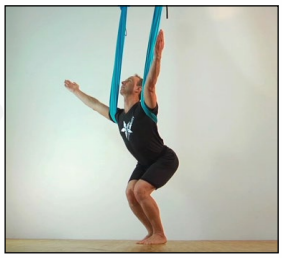
Ostrich
Round and curl the spine, reach the fingertips toward the floor, flexed foot.



Arabesque
Reach the arms to the side, open the right hip extend the leg, soften the left knee, point the toes.

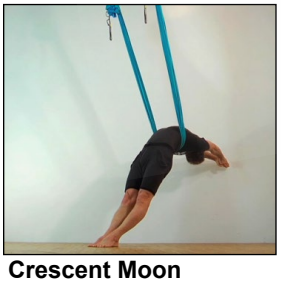


Ostrich
Round and curl the spine, bring knee towards the chest pointed foot.

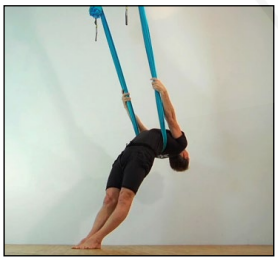


Awkward Chair
Bring the right foot to the floor, transition to repeat other side.

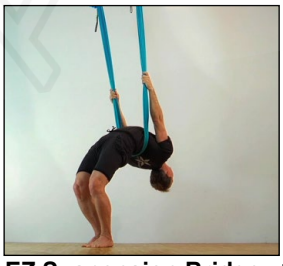
Body Wave
Tug on the hammock, pull to undulate up to standing..



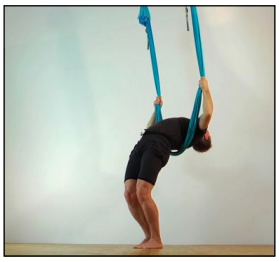
Crescent Moon

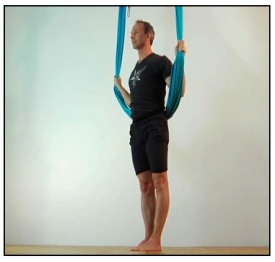


Basic-Grip High, Suspension Bridge



EZ Suspension Bridge
Keep the hips lifted, bend the knees





Notes. Feet apart on **EZ Suspension Bridge** will allow for less intensity in this extension of the spine.

Second Inversion / Front Belt Section
Flying Dog / Wheelbarrow Sequence

Grip / Wrap / Trap Push Grip, Front Belt Wrap, Front Belt Mount.

Principles Tension vs. Slack, Fulcrum Point, Monitor Your Resistance, Resistance vs. Flow, Plumbline Relationship.

Philosophy Safety First, Dream of Flight, Health is Wealth.

Progressions The Plumbline progressions are important from Front Belt Wrap setup through to finishing in Right-Angle T for safety.

Modifications Important to continually cue the Principle, Monitor Resistance, in Front Belt Wrap, inviting students to progress from Teepee to Flying Dog when ready. Offer a pillow/pad.

Scanning
- Plumbline Relationship.
- Discomfort in Wrap.
- Hammock in hip crease NOT abdomen.
- Pelvic tilt into extension during Flying Dog.
- Knees coming up too high in Flying Dog, ensure thighs stay close to belly, arms in counter balance.

Spotting
- Front-Belt Wrap Spot (page 198).
- Flying Dog Knees-to-Chest Spot (page 199).

Alignment / Anatomical Cues
- Lengthen from tailbone through top of the head.
- Arms stay long and in counter balance, glue every knuckle of the hand into floor, fingertips wide.

Benefits
- Elongation of the spine and open shoulder girdle.
- Decompression of the hip girdle, increased neuroplasticity in the brain, recalibration of circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. of “happy hormones” ie: dopamine, oxytocin, serotonin, and endorphins.
- Deep tissue massage for hip-flexors and lymph nodes, triggering the release of trauma lodged in the body.

Notes Positively forecast entire sequence.

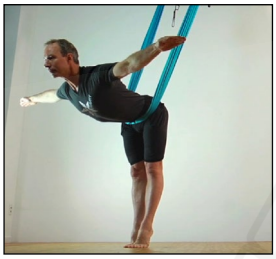
Second Inversion / Front Belt Section
Flying Dog / Wheelbarrow Sequence

Push Grip
Stand with heels on **Plumbline**.Hands wider than hips.

Front Belt Wrap
Rise onto toes, press tension, and glue hammock to hip crease.

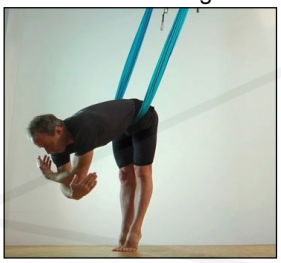
Front Belt Mount

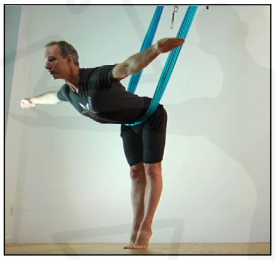
Front Belt
Tiptoe to **Front Tension,** keeping hammock in hip crease. Fold body over hammock.

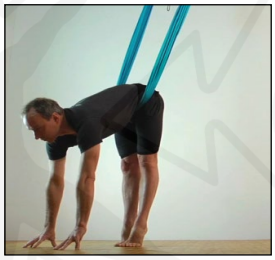


Right-Angle T
Free thumbs, bring arms wide to **T position.**

Wings
Lower chest down to floor and back up, creating a wing motion with arms.







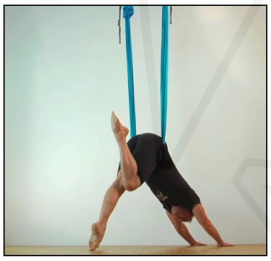
Taut Dog
Reach fingertips forward to floor, at **Front Tension**, extend head and chest.

Downward Dog
Maintaining tension walk back until palms and heels reach floor, at **Front Tension.**

Slide or walk back **to** bring navel over **Plumbline.**

Flying Dog
Bend knees, tip pelvis up, thighs close to belly, arms in counter balance.

Wag Tail
Sway hips side to side.



Teepee
Navel over **Plumbline**, extend arms and legs long, flip tops of toes to floor.

Second Inversion / Front Belt Wrap Section
Flying Dog / Wheelbarrow Sequence

Grip / Wrap / Trap Front Belt Wrap, Outward-Wrap Feet Lock.

Principles Tension vs. Slack, Weight Distribution, Trust, Monitor Your Resistance, Plumbline Relationship.

Philosophy Safety First, Pursuit of Excellence.

Progressions Flying Dog / Swoosh Sequence (from Class design 2 Decompress).

Modifications
- Option to stay in any part of progression of the sequence.
- Option to come in to an A frame (aka Rest Stop) with knees bent, hands on thighs, chest up, to rest before moving into Chillax.

Scanning
- Proper Front Belt Wrap placement, hammock in hip crease NOT abdomen.
- Plumbline Relationship.
- Knees coming up too high in Flying Dog, ensure thighs stay close to belly, arms in counterbalance.
- Scan each set of legs in the room to ensure that they are wrapped around the outside of the hammock to keep the body locked in, knees wide.
- Instructor should be out of hammock at the back of the room or walking around.

Spotting
- Self Adjust Spot.
- Front-Belt Wrap Spot (page 198).
- Outward-Wrap Feet Lock Spot (page 200).

Alignment / Anatomical Cues
- Arms stay long and in counterbalance.
- Lower back stretch. ‘Wagging tail’ mobilizes spine in extension, lateral flexion.
- Spine stays long, shoulders and head relaxed.

Benefits
- Elongation of the spine and open shoulder girdle.
- Deep tissue massage of hip flexors.
- Decompression of the spine; increased neuroplasticity in the brain; recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a DOSE (dopamine, oxytocin, serotonin, and endorphins) of “happy hormones”.
- Guarantee: Happier, healthier, smarter, and taller.

Second Inversion / Front Belt Wrap Section
Flying Dog / Wheelbarrow Sequence

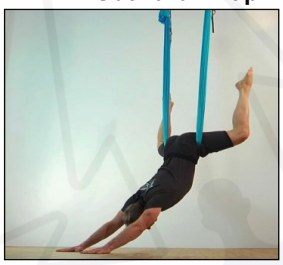
Flying Dog

Wishbone
Keep the toes together, open the knees wide.

Notes Hands do not move once navel is over **Plumbline.**

Outward-Wrap Feet Lock

Wishbone Straddle
Keeping the knees wide, extend the legs low and out to the sides, toes facing down.



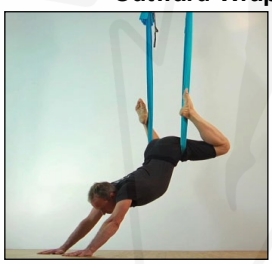
Transition.

Outward-Wrap Feet Lock
Wrap the feet outside and around the hammock.

Wheelbarrow
Palms glued, lift the chest, look up, shift weight to bring shoulders over wrists.

Outward-Wrap Feet Unlock

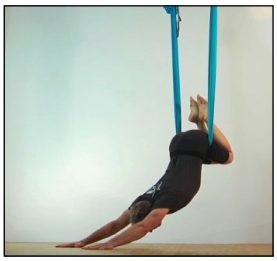
Wishbone
Keep arms long and strong chest and head reach toward the back of the room.



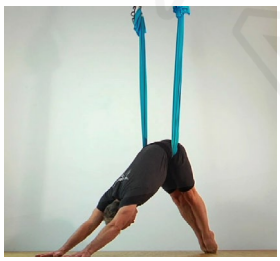
Transition through as you unhook the feet.

Wishbone Straddle

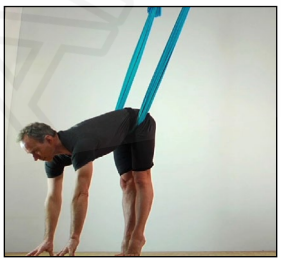
Wishbone



Flying Dog
Bring the knees together toward belly.

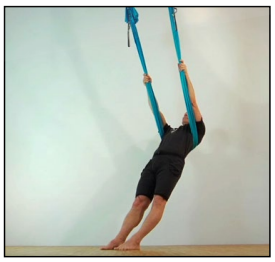


Teepee
Reach the toes to the ground.



Taut Dog
Walk hands and feet forward lft the chest.
Front Belt Wrap at **Front Tension.**

Back Wrap



Back Lean
Chillax
Recalibration.

Third Inversion Section
Open-Hammock Shoulder Wrap Inversion / Bat Sequence

Grip / Wrap / Trap Shoulder Wrap Cradle, Double Knee Trap, Open-Hammock Reverse Grip (sleeves), Open-Hammock Shoulder Wrap.

Principles Trust, Monitor Your Resistance, Tension vs. Slack.

Philosophy Safety First, Levity, Dream of Flight.

Drills
- Lever, Double Knee Trap, Peanut, Bat. Repeat.
- Hips Over Shoulders (Peanut to Bat). Repeat.

Modifications Tension Leverage Assist.

Scanning
- Instructor MUST walk to the back of the room to ensure each student's shoulders are properly wrapped in the hammock during Shoulder Wrap Cradle.
- Edges of hammock at base of neck, shoulders covered.
- Reverse Grip with thumbs exposed.

Spotting
- Instructor can assist with hammock placement (no excess fabric).
- Hips Over Shoulders Spot: Momentum Assist and Tension Leverage Assist (page 202).

Alignment / Anatomical Cues
- Hips over Shoulders.
- Bat: rounded spine.
- Extended Bat: aligned spine/active traction.

Benefits Strength, agility, fun.

Notes
- Gather 8 (rather than 6) handfuls of hammock for Pouch.
- Shoulder Wrap Cradle; Keep elbows slightly bent.
- Peanut to Bat: Momentum and Timing can be very helpful for weak core strength.
- Be mindful of too much or too little fabric on Back Edge.

Third Inversion Section
Open-Hammock Shoulder Wrap Inversion / Bat Sequence

Pouch Wrap

Reach high find **Back Edge** of hammock.

Angel
press out wide to tension at shoulder height, arms are straight.

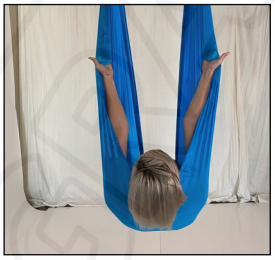
Shoulder Wrap Cradle
Maintain tension bending the elbows bringing hammock to the base of the neck covering your shoulders.

Reverse Sit-Up
Lay back, cover the shoulders.

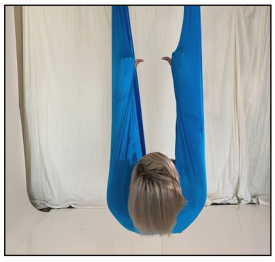
Button Up
Safety check.

Prayer hands reach up.

Fingers on the inside, thumbs on the outside.



Grip hammock with fingers.



Put on your sleeves. **Shoulder Wrap Cradle**, **Open-Hammock Reverse Grip**

Lever

Double Knee Trap

Peanut
Cover your butt, tuck the knees into the chest.

Bat
Arms pull, engage core to lift the hips over shoulders.

Extended Bat
Lengthen spine, press tops of shoulders into hammock, open the chest to widen shoulders, active traction.

Bat
To come out, round the spine.

Peanut

Angel
Pulling yourself up to **Pouch.**

Floating Child's Pose
Arms come out and behind hammock, bowing forward hammock under your knees.

Flips and Tricks Section
Back Angel-Flip Sequence

Grip / Wrap / Trap Shoulder-Wrap Cradle, Open-Hammock Reverse Grip, Open-Hammock Shoulder Wrap.

Principles Trust, Momentum and Timing, Economy of Motion.

Philosophy Safety First, Levity, Pursuit of Excellence.

Progressions Use Momentum and Timing to swing legs through center to the floor.

Modifications
- Cue Tension Leverage Assist to get hips over shoulders.
- Practice Bat into Plow to support any student who is fearful.

Scanning
- Gather 8 handfuls to start.
- Scan from back of room for Shoulder Wrap Cradle.
- Solid Grip.

Spotting Back Angel-Flip Spot (page 204).

Alignment / Anatomical Cues. Bring legs back through the center of hammock and to floor. Flex feet and bend knees for landing.

Benefits
- Strength, agility, fun.
- Proprioceptive acuity.
- Increased Air Awareness.

Notes Always be sure to finish with applause because you never know what first timer or frequent flyer has just completed the first back flip of their entire life!

Flips and Tricks Section
Back Angel-Flip Sequence

Pouch
Gather 8 handfuls to Mount.

Find **Back Edge.**

Angel

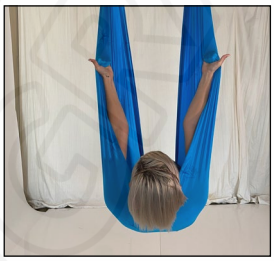
Shoulder-Wrap Cradle
Maintain tension bending the elbows bringing hammock to the base of the neck covering your shoulders.

Reverse Sit-Up
Lay back. Cover the shoulders.

Button Up
Safety check.

Prayer hands reach up.

Fingers on the inside, thumbs on the outside



Grip hammock with fingers.

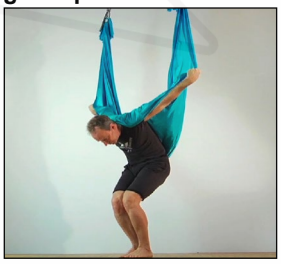
Open-Hammock Reverse Grip
Put on your sleeves.

Back Angel-Flip

Lever

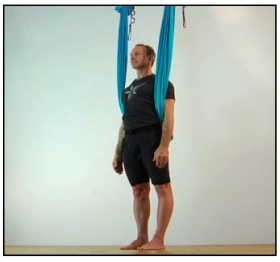
Plow

Open-Hammock Shoulder Wrap
Look where you want to go.

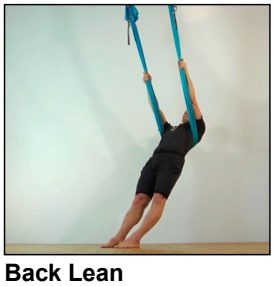


Feet to the floor, soften knees.

Stand Up



Back Wrap



Back Lean Chillax
Recalibration.

Flexibility Section
Ski Jumper Sequence

Grip / Wrap / Trap Single Wrist-Wrap, Behind; Double Wrist-Wrap, Behind; Houdini Wrap.

Principles Monitor Your Resistance, Weight Distribution, Plumbline Relationship.

Philosophy Safety First, Pursuit of Excellence, Pursuit of Awareness.

Inspirational cues
- Do your best, no better, no less.
- When you learn to monitor your own resistance appropriately, you are balancing safety and risk assesment.

Progressions It is important to assist student's in learning to monitor their resistance in this sequence as tight shoulders and weak core can make this signature sequence very challenging. Adjusting the Plumbline is the key to success. Take a step forward then Lunge. This will give the instructor the ability to provide options for coming into Ski Jumper, based on the student's flexibility. Consider giving the option to step back to Plumbline for Ski Jumper on the 2nd set for those that are open and strong.

Modifications
- If needed, relevé to create slack when coming into Houdini Wrap.
- Hold Houdini Wrap and press back.
- Take a step forward then Lunge.
- Bring back leg forward to front leg avoiding Ski Jumper.

Scanning
- Maintain tension in hammock.
- Proper wrap and Inlocate position of the shoulders. See note below.
- Be mindful that not all students will be moving forward through the entirety of the sequence.
- Make sure you are cueing for the students staying in lunge AND for the students moving through in Ski Jumper / Swim Start, constantly reminding Monitor Your Resistance.

Alignment / Anatomical Cues
- Gaze is forward throughout series.
- Shoulders in an inlocate position entire time.
- Collarbones wide.
- Watch for knee over ankle in Lunge.

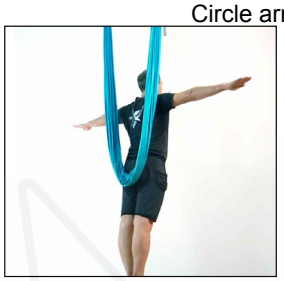
Benefits
- Opening of skeletal shoulder girdle.
- Elongation of chest and shoulder muscles.
- Shoulder and wrist mobility.
- Circulation refresh for arms, hands and fingers.
- Corrective posture enhancer.

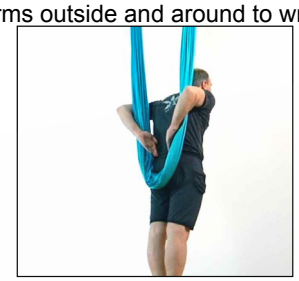
Notes Scanning Houdini Wrap can be tricky. The most important scan is right at the beginning as the student starts the Single Wrist-Wrap behind. Make certain students go around the outside first before threading through the inside. The common errors are a) the student will thread back through the center rather than around first than through center and b) the student starts from Back Wrap instead of standing in front of hammock.

Flexibility Section
Ski Jumper Sequence

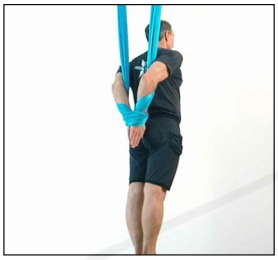
Single Wrist-Wrap
Circle arms outside and around to wrap wrists

Standing on **Plumbline** in front of the hammock.

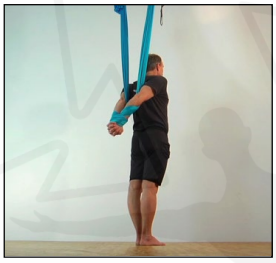




Repeat circle arms outside around and through wrapping wrists twice.



Double Wrist-Wrap becomes **Houdini Wrap** Interlock the fingers.



Houdini
Press back.

Step forward.

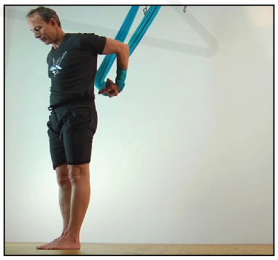
Step foot forward to lunge, body forward bringing the hammock to tension.

Ski Jumper
Join the front leg to the back leg pressing the hips forward to create a straight line with the body.

Swim Start
Soften the knees bring the hips toward the heels.

Lunge the other leg forward.

Ski Jumper
Pressing the hips forward, extend the legs.



Step forward begin to unwind.

Step back to the **Plumbline**, release **Houdini Wrap.**

Swinging Section
Hollow-Body Swings / Free Swinging Sequence

Grip / Wrap / Trap Back Wrap, Basic-Grip High, Bum-Wrap Mount, Bum Wrap.

Principles Presence, Fulcrum Point, Momentum and Timing, Plumbline Relationship.

Philosophy Levity, Health is Wealth, Pursuit of Awareness.

Drills
- Tugs, Tucks or Tug Jacks to scan for Bum-Wrap Mount.
- Clap on front swing in front locking in around hammock, clap hands behind hammock on back swing to prepare for Circus Dismount.

Modifications Step-Up Mount (page 84).

Variations
- Explore arm positions i.e. release hands and balance or create wings in accordance with the apex of the swing front or back.
- Explore feet positions i.e. Flex on front swing point on back swing.

Scanning
- Drill the Tugs to scan students can successfully clear the hammock for Bum-Wrap Mount
- Hands slide down two to three inches, maintaining Basic Grip and allowing the students to find leverage to tug and jump.
- Bum Wrap: Hammock along sitz bones, not on hamstrings.
- Shoulders should lean away from and not into hammock.
- Kick, extend legs at apex of back swing. Pull, bend knees at apex of front swing.

Spotting Bum-Wrap Mount (page 201).

Alignment / Anatomical Cues
- Hammock placement under sitz bones and around thigh bone (head of femur).
- Shoulders free from hammock.
- Core enganged.

Benefits
- Proprioceptive awareness.
- Kinesthetic intelligence (KQ) training.
- Vestibular system stimulation.
- Core strength.
- Balance, agility, spatial orientation, improved focus, happiness, and fun!

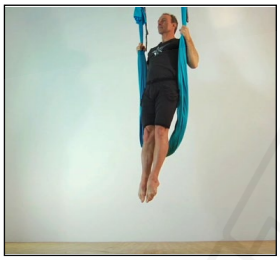
Notes
- Instructor should always demonstrate Circus Dismount first to model the usage of Momentum and Timing.
- Proprioceptors are specialized sensory receptors on nerve endings found in muscles, tendons, joints, and the inner ear. These receptors relay information about motion or position and make us aware of our own body position and movement in space.

Swinging Section
Hollow-Body Swings / Free Swinging Sequence

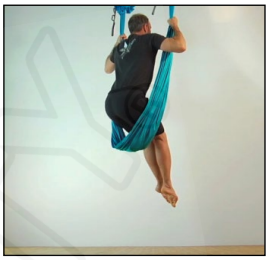
Back Wrap

Basic-Grip High

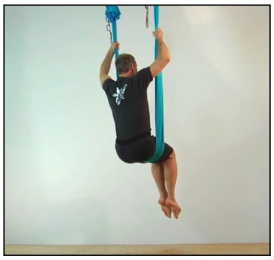
Pull, tug with arms.



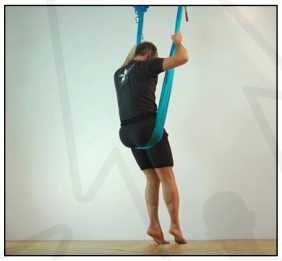
Push feet, jump straight up.



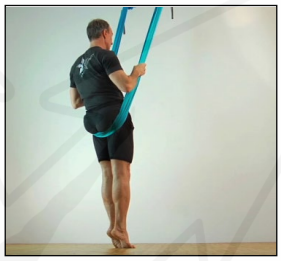
Bend knees on descent.



Bum-Wrap Mount
Bum Wrap



Tiptoe behind **Plumbline** to **Back Tension.**



Bum Wrap at **Back Tension. Basic Grip** at rib height.

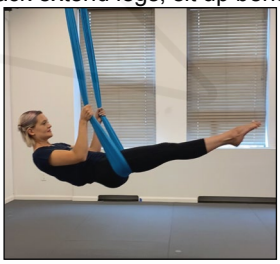
Hollow-Body Swings
Swing front, swing back, and put feet down on back swing.

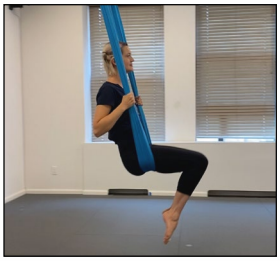
Hollow-Body Swings

Tension Press with arms.

Free Swinging

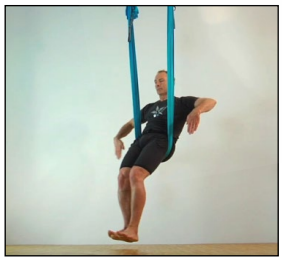
Lean back extend legs, sit up bend knees.

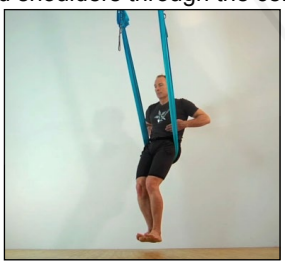


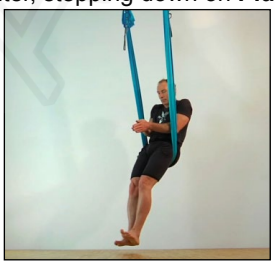


Circus Dismount

To prepare, note the timing between front and back apex of swing. On the back swing, hands come behind hammock, send hands, arms and shoulders through the center, stepping down on **Plumbline**. Walk forward and take a bow.







Fourth Inversion Section
Open-Hammock Shoulder Wrap Inversion / Flying Shoulder-Stand (IN)

Grip / Wrap / Trap Shoulder-Wrap Cradle, Open-Hammock Reverse Grip, Double Knee Trap, Open-Hammock Shoulder Wrap.

Principles Trust, Resistance vs. Flow, Monitor your Resistence.

Philosophy Levity, Pursuit of Excellence, Dream of Flight.

Progressions
- Bat.
- Extended Bat.
- Tension Press.
- To challenge advanced students have them move directly from Extended Bat to Flying Shoulder-Stand on the in and out.

Modifications Tension Leverage Assist to get hips over shoulders (page 203).

Scanning Instructor MUST be scanning the room to ensure that each student is properly wrapped with the hammock around the shoulders.

Spotting Hips over Shoulders Spot (page 202).

Alignment / Anatomical Cues
- Activates transverse abdominus, the deepest layer of abdominal muscle.
- Deep tissue massage for the upper trapezius.

Benefits
- Decompression of the spine, increased neuroplasticity in the brain, recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. of “happy hormones” ie: dopamine, oxytocin, serotonin, and endorphins.
- Guarantee: Happier, healthier, smarter and taller.
- Strength, balance, agility, fun.

Notes
- Gather 8 handfuls to start.
- Once inverted, there is no adjusting or fidgeting in the hammock. The hammock is what holds one safely in the pose. Therefore, always cue students to tuck in shirts before going into this sequence.
- For comfort: Long hair and ponytails should be released out the back edge of Shoulder Wrap Cradle.

Fourth Inversion Section
Open-Hammock Shoulder-Wrap Inversion / Flying Shoulder-Stand (IN)

Pouch Wrap

Reach high find **Back Edge** of hammock.

Angel
press out wide to tension at shoulder height, arms are straight.

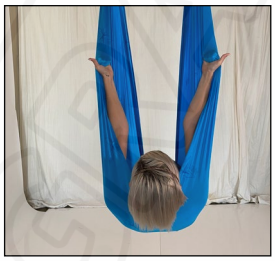
Shoulder-Wrap Cradle
Maintain tension bending the elbows bringing hammock to the base of the neck covering your shoulders.

Reverse Sit-Up

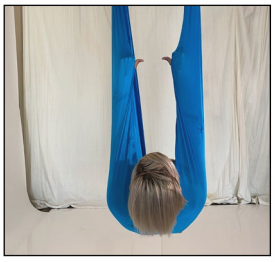
Button Up
Safety check.

Prayer hands reach up.

Fingers on the inside, thumbs on the outside.



Grip hammock with fingers.



Put on your sleeves. **Shoulder Wrap Cradle**, **Open-Hammock Reverse Grip**

Lever

Double Knee Trap

Peanut
Cover your butt, tuck the knees into the chest.

Bat
Arms pull, engage core to lift the hips over shoulders.

Extended Bat
Lengthen spine, press tops of shoulders into hammock, open the chest to widen shoulders, active traction.

Tension Press
Reach the outside of the ankles against the hammock.

Flying Shoulder-Stand
at **Tension**, guide the feet, slide the legs up the hammock, press the hips slightly forward, engage glutes.

Flying Shoulder-Stand
Once you find balance, bring the legs together.

Fourth Inversion Section
Open-Hammock Shoulder-Wrap Inversion / Flying Shoulder-Stand (OUT)

Flying Shoulder-Stand
Once you find balance, bring the legs together.

To come out guide feet slide down.

Extended Bat

Bat
Draw the knees to the chest, rounding the spine.

Peanut
unrolling back into the hammock.

Angel
Pulling yourself up.

Floating Child's Pose
Arms come behind the hammock to fold the body forward **Pouch Wrap.**

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Resting Section
Cocoon Sequence

Grip / Wrap / Trap Cocoon, Basic-Grip High, Double Heel Trap.

Principles Presence, Resistance vs. Flow.

Philosophy Open Up, Be Free; Pursuit of Awareness; Dream of Flight.

Modifications
- Arm or leg variations for comfort.
- Consider providing a cushion for anyone with neck challenges.

Variations Consider adding Fetus and Silkworm.

Scanning / Spotting
- Entire body inside the hammock, including the head.
- Shoulders and hips even.
- Always ask students if they need to stop swinging and/or if they would like a swing.

Alignment / Anatomical Cues
- Soften the muscles. Give in to gravity at last!
- Let go of the weight of your entire body.
- Release any tension in your body or mind.

Benefits
- Levitating meditations.
- Suspended in the hammock creates sensory deprivation reducing external stimulation.
- Can aid in achieving a state of deep relaxation and heightened awareness. With fewer distractions from the external environment, practitioners can focus more easily on their internal experience and less on uncomfortable physical sensations during meditation.

Notes
- Cocoon is a signature pose that allows the body to move freely in all directions.
- The Cocoon experience is like floating on a cloud. Sometimes we refer to it as a floating savasana or a levitating meditation.
- Encourage students to truly rest and enjoy being present.
- Bring attention to the the breath lead a guided meditation, play a song, or just come to silence.
- Offer to still the sway or to swing your students. Allow them to savor this resting pose.
- Inform students that it is equally as important to learn how to relax muscles as it is to strengthen or stretch.

Resting Section
Cocoon Sequence

Cocoon

Reach up and grab the sides of the hammock as you elongate the spine. Give a tug to pull evenly onto your back, find your resting pose.

Angel
Holding **Back Edge** arms extend inside hammock to tension.

Grab the hammock and lay down.

Double Heel Trap

Option to extend legs long, arms across chest.

Option to **Open-Hammock Double-Elbow Trap**. Soften the knees to let them fall open inside hammock.

To come out, extend legs out. Hammock under knees.

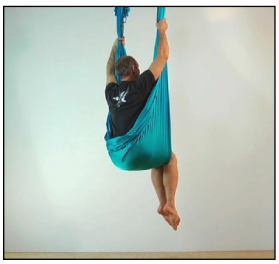
Grab the hammock and pull yourself up.

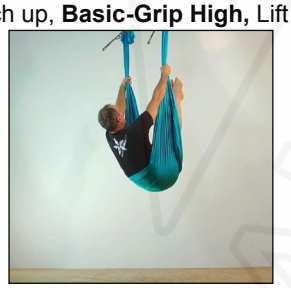
Angel
Holding **Back Edge** arms extended inside hammock to tension. Sit up tall.

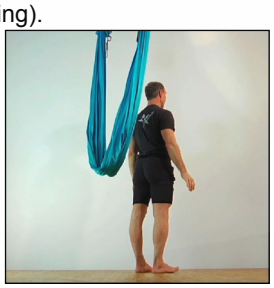
Floating Child's Pose
Hands release behind hammock, arms relaxed. Fold forward, head relaxed, hammock captures front of shoulders.

Rocking-Cradle Dismount

Reach up, **Basic-Grip High,** Lift toes to nose, tug feet to floor (soften knees on the landing).







Grounding Awareness
Step forward and establish **Presence**, recalibrate the body.

ANTI GRAVITY®

7. CLASS DESIGN 3: BE FREE

Rules of Thumb
Class Design at a Glance
Grips, Wraps, Traps, Mounts/Dismounts
GWTs at a Glance
Sections and Sequences

Rules of Thumb

A rule of thumb is a practical guideline based on common sense and personal experience.

Remind students

Always maintain contact with the AntiGravity Hammock.

Demonstrate

Demonstrate any time a pose creates a situation where the student cannot see you.

Inversions

- Demonstrate while student observes.
- Model correct technique while student participates.
- Get out of the hammock just before the student loses visual contact.

Class Design at a Glance

Class Design 3: Be Free

CLASS INTRODUCTION

In your class introduction answer the four Ws: Who? Where? What? Why? Connect students to the hammock (Back Wrap, Back Lean, Chillax) as you deliver the introduction. Familiarize students with the Principles: Trust, Plumbline Relationship, Tension vs. Slack and Weight Distribution. This will prepare students to trust both you and the technique. (See *Class Introduction*, page 34.)

ESTABLISHING PRESENCE

Saddle Pranayama Sequence

GWT: Double Thump Trap
Mount: Pouch Mount (on Plumbline)
GWTs: Pouch Wrap, Basic Grip Stacked
- Side Saddle
- Kick Switch
- Saddle
- Kick Switch
- Side Saddle
- Pouch

FIRST INVERSION SECTION

Skirt Wrap Inversion / Skirted Monkey Sequence

GWTs: Pouch Wrap, Skirt Wrap, Heel Trap
- Adjust Back Edge (Back Belt Line)
- Reverse Sit-Up
- Hollow-Body Lever
- Skirted Lever
- Skirted Downward Arrow
- Wide-Circle Leg Lock
- Skirted Monkey Holding
- Skirted Monkey

GWT: Tip Grip
- Skirted Monkey Sways
- Skirted Monkey Holding
- Wide-Circle Unlock

GWT: Pouch Wrap
- Floating Child's Pose

Rocking-Cradle Dismount

GROUNDING AWARENESS SECTION

Mountain Grounding

(continued in next page)

MOBILITY SECTION

Cobra / Scale Sequence

GWT: Push Grip (on Plumbline)
- Right Angle
- Cat
- Cow
- Mule
- Coyote
- Right-Angle Arch
- Right Angle
- Cat Roll Up

GWT: Reverse-Grip High (on Plumbline)

REPEAT RIGHT & LEFT
- Relevé
- Cobra
- Concave Stretch
- Body Wave
- Relevé
- **GWT: Push Grip** (on Plumbline)
- Scale
- Ostrich
- Arabesque
- Ostrich

Reverse Prayer Sequence

GWTs: Single Wrist-Wrap, Behind, Double Wrist-Wrap, Behind, Houdini Wrap
- 007
- Reverse Prayer
- Reverse Prayer (at Front Tension)

SECOND INVERSION / FRONT BELT WRAP SECTION

Lightning Bolt / Cannonball Sequence

GWT: Front Belt Wrap (on Plumbline)
Mount: Front Belt Mount (at Front Tension)
- Right Angle
- Right-Angle T
- Wings
- Taut Dog
- Downward Dog
- Teepee (on Plumbline)
- Flying Dog
- Lightning Bolt
- Lightning Bolt Switches

GWT: Tip Grip
- Lightning Bolt
- Lightning Bolt Switches
- Reverse Point

(continued in next page)

GWT: Tip Grip
Cannonball
Teepee
Taut Dog
Right-Angle T
GWT: Back Wrap (on Plumbline)
Back Lean
Chillax

MOBILITY SECTION

Gyro Sequence

GWTs: Back Wrap, Reverse Grip (on Plumbline)

Wide Stance
Wide Stance Back Lean
Gyro Right (repeat 3-5 times)
Gyro Left (repeat 3-5 times)

THIRD INVERSION SECTION

Skirt Wrap Inversion / Swan Dive Sequence

GWT: Double Thumb Trap
Mount: Pouch Mount (on Plumbline)

GWT: Skirt Wrap
Skirted Lever
Swan Dive Holding
Swan Dive
Swan
Swan Dive Holding
Bell
Swan Dive Holding
GWT: Pouch Wrap
Floating Child's Pose

Back Angel-Flip Dismount

(continued in next page)

SWINGING SECTION

Hollow Body / Free Swinging Sequence

GWTs: Basic-Grip High, Back Wrap
Mount: Bum-Wrap Mount (on Plumbline)
GWTs: Basic Grip, Bum Wrap
Bum Wrap (at Back Tension)
Basic Grip, Swing and Stop, Hollow-Body-Lever Swings
Tension Press with arms, Hollow-Body-Lever Swings
Free Swing
Circus Dismount (on Plumbline)
Clapping Drill
Applaud and take a bow!

Notes. Option to flow right into Cocoon from Coffin

FLIP AND TRICK SECTION

Open-Hammock Shoulder Wrap / Vampire Sequence

GWT: Double Thumb Trap
Mount: Pouch Mount (on Plumbline)
GWTs: Shoulder Wrap Cradle, Coffin, Open-Hammock Reverse Grip
Mosquito
GWTs: Open-Hammock Shoulder Wrap, Winged Wrap
Winged Mosquito
Winged Gargoyle
Vampire
Gargoyle
Mosquito
Coffin
Angel
Floating Child's Pose

RESTING SECTION

Cocoon Sequence

GROUNDING AWARENESS SECTION

Mountain Grounding

CLASS CLOSING

Acknowledge success. Quote the AntiGravity premise. Thank students. (See *Class Closing*, page 35)

Grips, Wraps, Traps Mounts/Dismounts

Class Design 3: Be Free

- Every pose and sequence done on the AntiGravity Hammock begins with a Grip/Wrap/Trap (GWT).
- Utilize the appropriate scans and progressions for safe execution of poses and sequences.
- Be mindful of Plumbline Relationship.

Skirt Wrap

Notes Skirt Wrap starts with Back-Edge Adjust.

Pouch

Back-Edge Adjust

Find **Back Edge.**

Back Belt Line
Set just underneath hip bones. Maintain tension.

Reverse Sit-Up
Chin to Chest
Lower the shoulders.

Front-Edge Adjust

Hollow-Body Lever
Slide the hands up.

Heel Trap
Extend to ankles.

Skirted Lever

Coffin

Notes Coffin starts with Back-Edge Adjust.

Pouch

Find **Back Edge.**

Angel

Shoulder Wrap Cradle, Reverse Sit-Up
Lay back, cover the shoulders.

Button Up
Safety check.

Grab **Front Edge.**

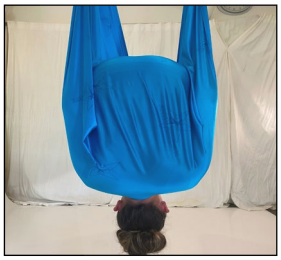
Create a blanket
Cover the shins.

Open-Hammock Reverse Grip.

Coffin *front view*

Coffin *back view*
Open-Hammock Reverse Grip (aka sleeves).

Winged Wrap



Mosquito Open-Hammock Reverse Grip

Winged Wrap
Keeping arms and hands inside hammock release grip and press out to tension, inlocate.

GWTs, Mounts/Dismounts at a Glance

Class Design Be Free

Below GWTs, Mounts/Dismounts presented in sequencial order.

Color Key

Black = GWTs, Mounts/Dismounts. *Red* = Inversion Lock. *Blue* = Contact cues.

1. *Grab Front Edge (wave hammock to open)*
2. Thumb Trap, Front Edge
3. Double Thumb Trap
4. *Gather 6 handfuls.*
5. *Tension Press*
6. Pouch Mount, Pouch Wrap
7. Basic Grip Stacked, *Kick Switch*
8. Basic Grip Stacked, *Kick Switch*
9. Pouch Wrap
10. *Back-Edge Adjust (to Back Belt Line)*
11. Basic Grip, Back Edge
12. *Front-Edge Adjust,* Heel Trap *(to back of ankles)*
13. Skirt Wrap
14. *Wide-Circle Leg Lock*
15. Tip Grip
16. Basic Grip (ropes between knees)
17. *Wide-Circle Unlock*
18. Pouch Wrap
19. Basic-Grip High, Rocking-Cradle Dismount
20. Push Grip
21. Reverse-Grip High
22. Push Grip
23. Single Wrist-Wrap, Behind; Double Wrist-Wrap, Behind; Houdini Wrap
24. Push Grip
25. Front Belt Wrap, Front Belt Mount
26. Tip Grip
27. Basic Grip
28. Back Wrap, Reverse Grip
29. *Grab Front Edge (wave hammock to open)*
30. Thumb Trap, Front Edge
31. Double Thumb Trap
32. *Gather 6 handfuls.*
33. *Tension Press*
34. Pouch Mount, Pouch Wrap
35. *Back-Edge Adjust, (to Back Belt Line)*
36. Basic Grip, Back Edge
37. *Front-Edge Adjust,* Heel Trap *(to back of ankles)*
38. Skirt Wrap
39. Basic Grip, Back Edge
40. Pouch Wrap
41. *Back-Edge Adjust (to Back Belt Line)*
42. Basic Grip, Back Edge
43. *Front-Edge Adjust,* Heel Trap *(to back of ankles)*
44. Skirt Wrap
45. Basic Grip, Back Edge
46. Double Knee Trap
47. Basic Grip, Back Edge
48. Pouch Wrap
49. Basic Grip, Back Edge
50. Shoulder Wrap Cradle
51. Open-Hammock Reverse Grip *(aka sleeves)*
52. Open-Hammock Shoulder Wrap
53. Back Angel-Flip Dismount
54. Basic Grip
55. Back Wrap
56. Basic-Grip High
57. Bum-Wrap Mount
58. Bum Wrap
59. Circus Dismount
60. *Grab Front Edge (wave hammock to open)*
61. Thumb Trap, Front Edge
62. Double Thumb Trap
63. *Gather 8 handfuls.*
64. *Tension Press*
65. Pouch Mount, Pouch Wrap
66. Basic Grip, Back Edge
67. Shoulder Wrap Cradle
68. Open-Hammock Reverse Grip *(aka sleeves)*
69. Heel Trap (transition to Coffin)
70. *Blanket (over feet and shins)*
71. Open-Hammock Reverse Grip *(aka sleeves)*
72. Open-Hammock Shoulder Wrap, Coffin
73. Winged Wrap
74. Open-Hammock Shoulder Wrap, Open-Hammock Reverse Grip
75. Basic Grip, Back Edge
76. Pouch Wrap
77. Cocoon, Double Elbow Trap
78. Basic Grip, Back Edge
79. Pouch Wrap
80. Basic-Grip High, Rocking-Cradle Dismount

Sections and Sequences

Class Design 3: Be Free

- Every class design comprises a combination of sections.
- Class sections are made up of sequences.
- Sequences comprise a specific order of poses to facilitate flow and fitness success.
- Use appopriate scans and progressions to ensure safe execution.
- Be mindful of Plumbline Relationship.

Establishing Presence Section
Saddle Pranayama Sequence

Grip / Wrap / Trap Pouch Wrap, Basic Grip Stacked.

Principles Presence, Economy of Motion.

Philosophy Pursuit of Awareness, Showing Up, Levity.

Progressions
- Pouch Mount.
- Pouch.

Modifications
- Shift hips closer to the hands to accommodate tight hamstrings.
- Can substitute Cocoon in extreme cases.

Scanning
- Gather proper handful for even spread.
- Hammock pulled behind both knees so that the hammock is not riding up the leg.
- Side Saddle: Emphasize arms pushing the hammock as far away as possible to allow the most space for the leg to swing over into Saddle.
- Keep tension on the hammock as you Kick Switch.
- Make certain the hammock is closed in the hands so that the foot doesn't get caught while swinging the leg over.

Spotting
- Assist students with tight hamstrings by pulling hammock further away as student threads leg over and through to Saddle.
- Stop sway.

Alignment / Anatomical Cues
- Saddle: Those with tight hamstrings and/or hip mobility issues may find getting into this difficult.
- Knees stay wide.
- Inhale through the nose, exhale ribcage.
- The instructor may cue a flexed lumbar or 'lift' to a tall, seated position.

Benefits This makes Presence easier to achieve. Deep breathing activates parasympathetic nervous system.

Notes
- Pull from your personal knowledge and wisdom to cue various breathing techniques.
- Sway should be purposeful. Stop sway to keep students from keeping dizzy.

Establishing Presence Section
Saddle Pranayama Sequence

Find **Front Edge**

Assure no folds.

Double Thumb Trap
inside at Tension
In front of **Plumbline**

Gather 6 handfuls.

Elbows on the inside.
Step back to the **Plumbline.**

Press tension down and rise to tiptoes (heels up).

One knee up.

Lift hip back and pull hammock under both knees.

Pouch Mount
Arms lock in behind hammock.

Pouch Wrap, Pouch

Basic Grip Stacked
at chest height, grab hammock like a rope.

Tension Press
Shoulders inside, lean away.

Kick Switch

Reverse Grip,
Tug Adjust straighten spine.

Saddle Pranayama, Saddle with edges behind knees, even spread, knees wide, hands to thighs palms facing up.

Basic Grip Stacked
Tension Press

Kick Switch
Back to front.

Tug Adjust from behind to center.

Pouch

First Inversion
Skirt Wrap Inversion / Skirted Monkey Sequence (IN)

Grip / Wrap / Trap Skirt Wrap, Heel Trap.

Principles Tension vs. Slack, Fulcrum Point, Trust.

Philosophy Open Up, Be Free; Dream of Flight; Safety First.

Inspirational Cueing
- When you open up space in the body, you open up space in the mind. The more open your mind is, the more life you can experience.
- Turn upside down and send fresh blood to re-awaken your brain.
- Happy hormone cocktail filled with a D.O.S.E. of dopamine, oxytocin, serotonin, endorphins. These spirits will fill you with an AntiGravity® High, drink up!"

Drill For core strength and maintaining tension in hammock: Cue bring Front Edge to Back Edge while maintaining tension on the hammock. This exercise drills Skirted Lever to Skirted Downward Arrow. (Repeat 3 x).

Scanning
- Back-Edge Adjust, hammock at sacrum.
- Holding Back Edge only for the Wide-Circle Leg Lock.
- Maintaining tension in hammock for the Wide-Circle Leg Lock.
- Hip/Shoulder/Hands, "Triangle of Ease" in Skirted Lever.
- Legs open wider than hammock for Wide-Circle Leg Lock and feet lock behind hammock.
- Basic Grip: hands grab at crook of knees, not above shins.
- Hammock under knees for Pouch. Arms lock in behind hammock for Floating Child's Pose.

Spotting
- Spine Align Spot (page 193).
- Disoriented Focus, Chin-to-Chest Spot (page 194).
- Full-Body-Lever Spot (Skirted) (page 189).
- Skirted Monkey Spot (page 206).
- All Leg Locks (Narrow Knees through Center, Wrong-Side Wrap, Hope Wrap or any combination) (page 190).
- Panic Spot (page 197).

Alignment / Anatomical Cues
- To aid in spinal decompression: cue knees wide, slight posterior tilt of pelvis to lengthen lumbar, soft neck. Knees wide, tailbone tucked, relax the neck.
- Let the head hang heavy. Allow the knees to be wide and the hips to be soft. Gently tuck the pelvis under to allow your lumbar spine to decompress further.

Benefits
- Decompression of the spine, increased neuroplasticity in the brain, recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. of "happy hormones" ie: dopamine, oxytocin, serotonin, and endorphins.
- Guarantee: Happier, healthier, smarter and taller.

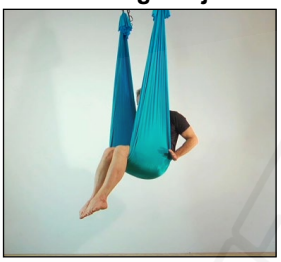
First Inversion
Skirt Wrap Inversion / Skirted Monkey Sequence (IN)

Pouch

High five find **Back Edge.**

Slide hands down, **Tension Press** just underneath hip bones, **Back Belt Line.**

Back-Edge Adjust



Reverse Sit-Up
Chin to Chest, curl spine down.

Hollow Body Lever
Using abdominal strength maintain tension on hammock, slide hands up.

Heel Trap
Tension Press, slide hammock to ankles.

Front-Edge Adjust

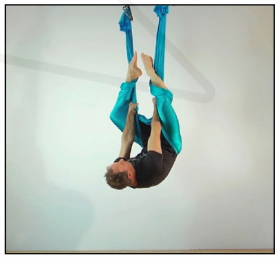
Skirted Lever
Heels out.

Wide-Circle Leg Lock

Straddle
Legs wide **Tension Press.**

Skirted Down Arrow

Inverted Straddle
Slide hands down.



Watch feet move through center to thread ankles.

Skirted Monkey Sways
Right and left *side view*

Skirted Monkey Holding
Flexed feet.

Skirted Monkey
Backs of hands to floor, knees wide, tailbone under, relax neck.

Tip Grip

First Inversion
Skirt Wrap Inversion / Skirted Monkey Sequence (OUT)

Skirted Monkey
Back of hands to floor, knees wide, tailbone under, relax neck.

Chin to Chest

Skirted Monkey Holding

Wide-Circle Unlock

Pouch
Hammock to back of knees, arms behind.

Floating Child's Pose

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Mobility Section
Cobra / Scale Sequence

Grip / Wrap / Trap Push Grip, Reverse-Grip High.

Principles Monitor Your Resistance, Weight Distribution, Tension vs. Slack, Economy of Motion.

Philosophy Pursuit of Excellence, Health is Wealth.

Inspirational Cues
- Move your joints and hydrate the soft tissue.
- Push your body and keep moving, use it or lose it.

Progressions
- First set no relevé.
- Second set add relevé, straighten arms on Cobra.

Modifications
- No relevé.
- Keep arms bent on Cobra.

Variations Add leg/knee lift pulses to Scale section.

Scanning
- Start on Plumbline.
- Hammock at tension, no break at wrists (Scale / Ostrich).
- Knees over ankles.
- For Scale scan to ensure foot, hands and head are on the same plane Hips parallel with floor.
- Arabesque hips turned out, external rotation, foot pointed, chest lifts, standing leg knee bends.

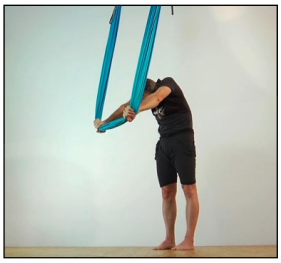
Alignment / Anatomical Cues
- Cobra: Deep spinal extension for cervical and thoracic spine, chest opener. Option to straighten arms, increasing extension for lumbar spine.
- Concave Stretch: Spinal flexion with scooped abdominals. Great counter-stretch to spinal extension.
- Knee-over-toe alignment.

Benefits Spinal flexibility, joint mobility.

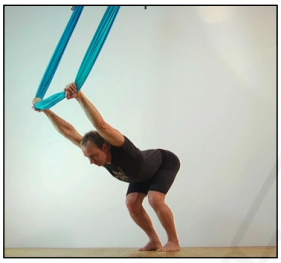
Mobility Section
Cobra / Scale Sequence

Push Grip
Feet aligned either hip width or together on **Plumbline**.

Right Angle
Extend spine long, complimentary opposite stretch, tailbone back, crown of head forward.



Cat
Curl all the way up into thoracic spine flexion, bring chin on chest.

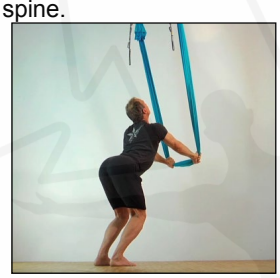


Cow
Bend knees, tailbone back, chest forward, arch back, extending space in spine.

Mule
Bend elbows, rotate wrists, bring knuckles together, head and chest move down and through.

Keep knees bent, extend arms, press down to lift chest. Raise head following the extension of the thorasic spine.

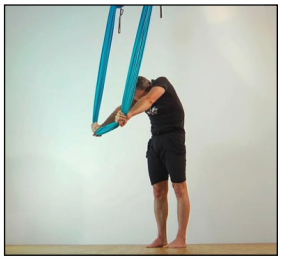
Coyote *front view*



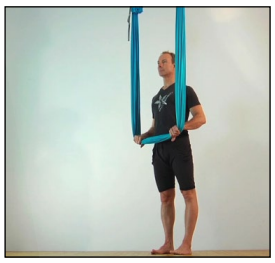
Coyote *back view*

Right-Angle Arch
Stretch legs, extend arms long.

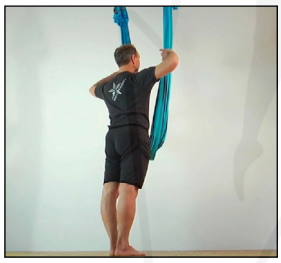
Right Angle



Cat



Roll Up

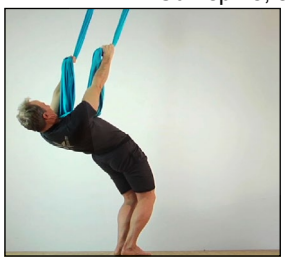


Reverse-Grip High
feet together.

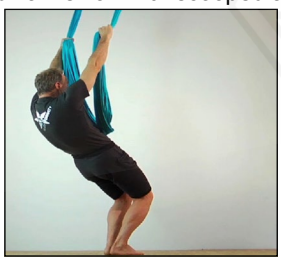
Reverse-Grip High
Rise to relevé, lift heels.

Cobra
Tug to lift heart toward ceiling, slowly arch spine.

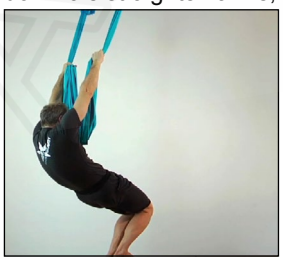
Concave Stretch
Curl spine, spinal flexion with scooped abdominals straighten arms, chin on chest.



Heels down. Tailbone under.



Slide the hands down.



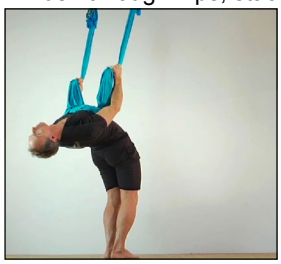
Concave Stretch

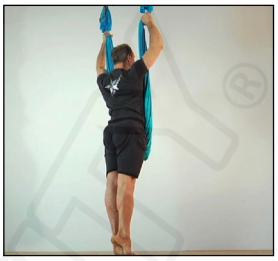
Mobility Section
Cobra / Scale Sequence

Body Wave Up

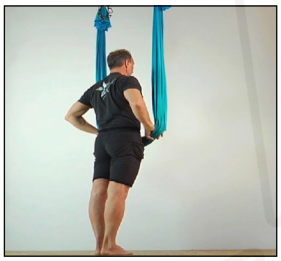
Push through hips, stacking ribs, shoulders, head last.

Concave Stretch

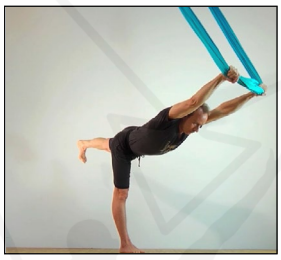




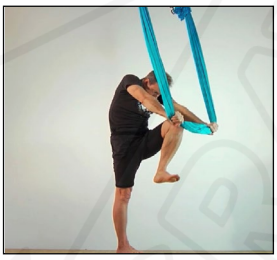
Relevé. Lift heels.



Push Grip
Slide hands down, lower heels.



Scale
Push hammock forward, ground left foot, extend right leg long, flexed foot.



Ostrich
Bend leg bring knee to nose, flex spine and foot.

Arabesque Tension Press
hammock, extend working leg, bend standing knee, rotate hip open, point toe.

Ostrich
Bend leg bring knee to nose, flex spine and point foot.

Lower leg to floor and curl spine up to stand straight. Repeat **Scale** sequence on the other side.

Repeat sequence

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Mobility Section
Reverse Prayer Sequence

Grip / Wrap / Trap Single Wrist Wrap, Behind; Double Wrist-Wrap, Behind; Houdini Wrap.

Principles Monitor Your Resistance, Tension vs. Slack, Plumbline Relationship.

Philosophy Pursuit of Excellence, Health is Wealth.

Modifications
- If needed, relevé to create slack when coming into Houdini Wrap.
- Hold at Houdini Wrap.
- Push/Stretch back at Houdini Wrap.

Scanning
- For proper Wrap (see note below).
- Plumbline Relationship.

Alignment / Anatomical Cues
- To open up more space in the shoulder girdle, slowly walk forward of Plumbline.
- This is an excellent way to help students gain the flexibility needed in the shoulder girdle to accomplish this traditional yoga position.

Benefits
- Opening of skeletal shoulder girdle.
- Elongation of chest and shoulder muscles.
- Shoulder and wrist mobility.
- Circulation refresh for arms, hands and fingers.
- Corrective posture enhancer.
- Enhanced internal arm rotation.

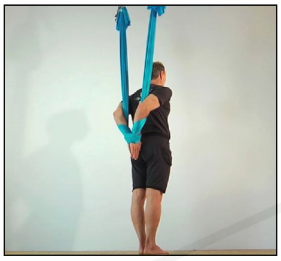
Notes Scanning Houdini Wrap can be tricky. The most important scan is right at the beginning as the student starts the Single Wrist Wrap, Behind. Make certain students go around the outside first before threading through the inside. The common errors are a) the student will thread back through the center rather than around first than through center and b) the student starts from Back Wrap instead of standing in front of hammock.

Mobility Section
Reverse Prayer Sequence

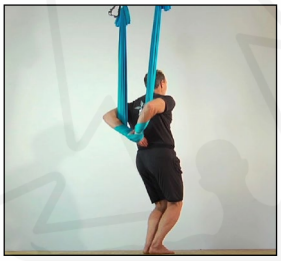
Single Wrist Wrap, **Behind**
Circle arms outside and around to wrap wrists, palms forward at slack.

Standing on **Plumbline** in front of the hammock.

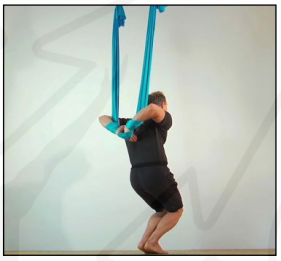
Repeat circle arms outside around and through wrapping wrists twice.



Double Wrist-Wrap becomes **Houdini Wrap**
Press palms together.



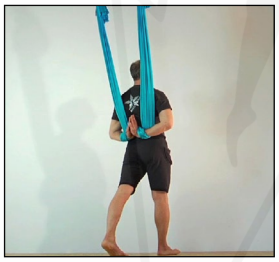
007
Bend knees, rotate fingertips into back.



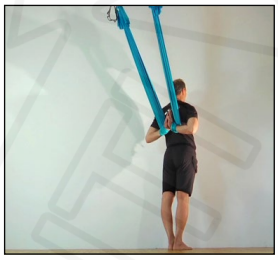
Rotate spine of hand into back.

Stand up, press hands together. Forearms at tension in hammock.

Reverse Prayer

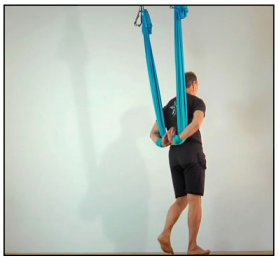


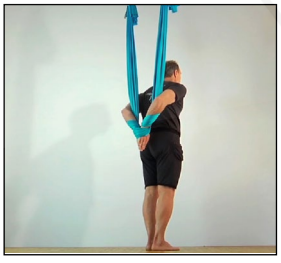
Step forward.

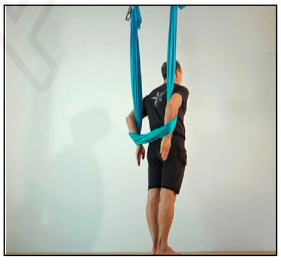


Reverse Prayer at Front Tension
Keep shoulders down.

To come out, step backward to release and unwind the wrap.







Second Inversion / Front Belt Wrap Section
Flying Dog / Lightning Bolt / Cannonball Sequence

Grip / Wrap / Trap Front Belt Wrap, Front Belt Mount, Tip Grip.

Principles Trust, Monitor Your Resistance, Tension vs. Slack, Weight Distribution, Fulcrum Point, Resistance vs. Flow, Plumbline Relationship.

Philosophy Pursuit of Awareness, Pursuit of Excellence, Open Up, Be Free.

Progressions It is important to not skip steps. This sequence prepares students to get accustomed to the Front Belt Wrap and trust themselves to let go for Reverse Point in Lightning Bolt.

Drills
- Lightning Bolt leg switches before Flying Dog.
- Lightning Bolt leg switches once in Tip Grip.

Modifications
- No Reverse Point.
- Students can hold hammock (Cannonball Holding).
- Always give students option to stay in any previous pose within the sequence.

Scanning
- Plumbline Relationship.
- Discomfort in Wrap.
- Hammock in hip crease NOT abdomen.
- Pelvic tilt into extension during Flying Dog.
- Knees coming up too high in Flying Dog, ensure thighs stay close to belly, arms in counter balance.
- Be sure student is maintaining the lock in Flying Dog / Lightning Bolt.
- Low extended leg.
- Nose looking at knees.

Spotting
- Frontbelt Mount Spot (page 198).
- Block legs from lifting (page 199).
- Stabilize sacrum.

Alignment / Anatomical Cues
- Arms stay long and in counterbalance.
- Lower back stretch. Spine stays long, shoulders and head relaxed.

Benefits
- Deep tissue massage of hip flexors.
- Decompression of the hip girdle, increased neuroplasticity in the brain, recalibration of circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. of “happy hormones” ie: dopamine, oxytocin, serotonin, and endorphins.
- Deep tissue massage for hip-flexors and lymph nodes, triggering the release of trauma lodged in the body.
- Additionally delivers a myriad of inversion benefits.

Notes Keep a close eye on students with uneven body proportions.

.

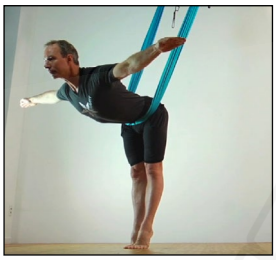
Second Inversion / Front Belt Wrap Section
Flying Dog / Lightning Bolt / Cannonball Sequence

Push Grip
Stand with heels on **Plumbline**.Hands wider than hips.

Front Belt Wrap
Rise onto toes, press tension, and glue hammock to hip crease.

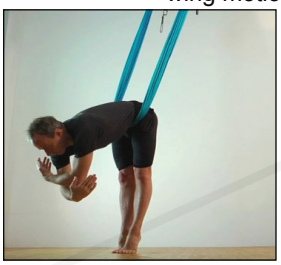
Front Belt Mount

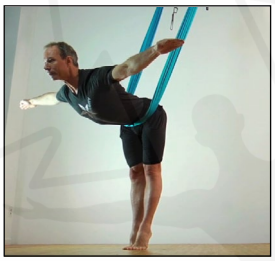
Front Belt
Tiptoe to **Front Tension,** keeping hammock in hip crease. Fold body over hammock.

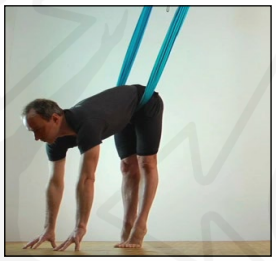


Right-Angle T
Free thumbs, bring arms wide to **T position.**

Wings
Lower chest down to floor and back up, creating a wing motion with arms







Taut Dog
Reach fingertips forward to floor, at **Front Tension**, extend chest, lift head.

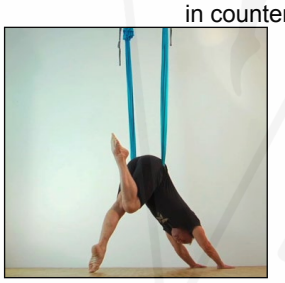
Downward Dog
Maintaining tension walk back until heels reach floor, at **Front Tension.**

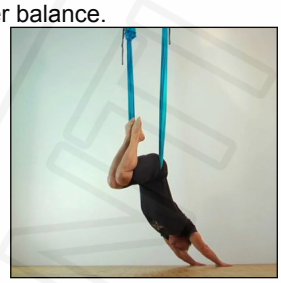
Slide or walk **to** bring navel over **Plumbline.**

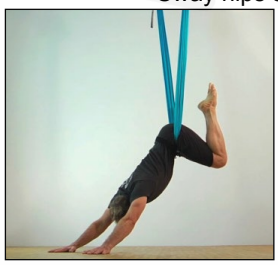
Flying Dog
Bend knees, tip pelvis up, thighs close to belly, arms in counter balance.

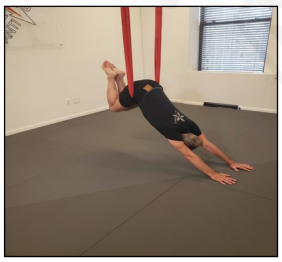
Wag Tail
Sway hips side to side.

Teepee
Navel over **Plumbline**, extend arms and legs long, Flip tops of toes to floor.

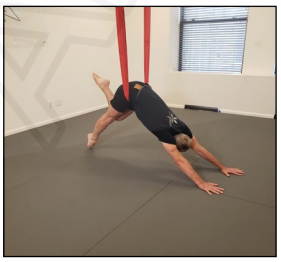








Flying Dog



Lightning Bolt
Extend one leg straight, thighs to belly.

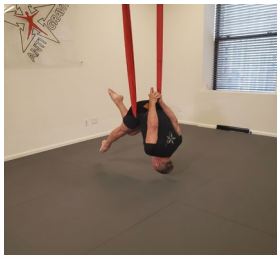
Tip Grip Lightning Bolt
Circle arms around, fingertips on floor, nose and knees towards one another.

Reverse Point Lightning Bolt
Hands at sacrum, interlock fingers, release index fingers and press palms together.

Front Belt Wrap Section
Flying Dog / Lightning Bolt / Cannonball Sequence

Reverse Point Lightning Bolt
Hands at sacrum, interlock fingers, release index fingers and press palms together.

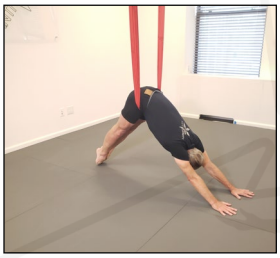
Reverse Point, Lightning Bolt
Arms lower to floor. Inlocate shoulder stretch. Maintain knees together, switch legs.



Reverse Point Lightning Bolt out, Hands back to sacrum.

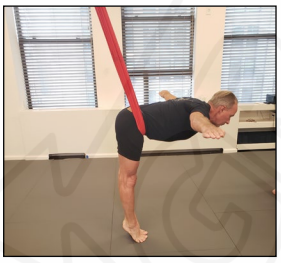
Tip Grip, Lightning Bolt
Release fingers, fingertips on floor.

Cannonball
Hug shins, lock in.



Teepee
Hands and feet return to floor in counter balance.

Taut Dog
Walk forward to **Front Tension.**



Right-Angle T
Reach arms to side, lift body.

Back Wrap, Back Lean, Chillax
Bring hammock behind, feet together or hip width.

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Mobility Section
Gyro Sequence

Grip / Wrap / Trap Back Wrap, Reverse Grip.

Principles Weight Distribution, Tension vs. Slack, Economy of Motion, Resistance vs. Flow, Momentum and Timing, Plumbline Relationship.

Philosophy Open Up, Be Free; Health is Wealth.

Progressions
- This is a Gyro Kinetic movement, involving circular motion.
- First set alternate half circles right and left.
- As students understand the circular action, make full circles to one side several times then the other.
- For extra fun and challenge cue right Gyro then left Gyro in succession.

Modifications
- Stay side to side, half circles
- Option to keep knees bent through full rotation to take pressure off of lower back.

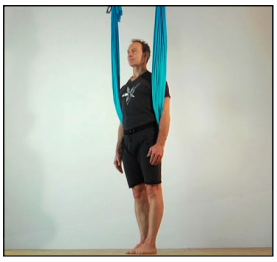
Variations
- To challenge release the Reverse Grip maintaining tension with arms pressed wide in Back Wrap.
- For fun / challenge release Reverse Grip and students hold hands, being mindful of friends in the middle.
- For extra special challenge move slowly.

Scanning
- Feet on either side of Plumbline.
- Back Wrap under scapula.
- Full circular range of motion.

Alignment / Anatomical Cues
- Gyro is a unique movement that one can only perform when off-weighted, as with the hammock. By taking weight off the joints, one can safely mobilize and lubricate the hips, knees and ankles in ALL directions and angles safely.
- Cue students to lift weight off joints, evenly distributing weight, maintaining hammock tension, and tugging with arms when needed.

Benefits
- Joint mobility.
- Hydration of the ball and socket joints in the body: hips and ankles.
- Strengthening of knees in alterior range of motion.
- Decompression of spine.
- Enhanced neuroplasticity.

Mobility Section
Gyro Sequence



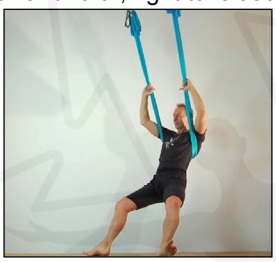
Back Wrap on **Plumbline.**

Back Wrap
Reverse Grip

Legs in wide stance over **Plumbline.**

Back Lean
Wide stance.

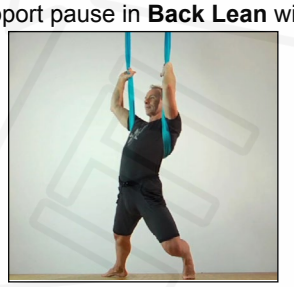
Semi circle back and forth, right to left at **Back Tension.**

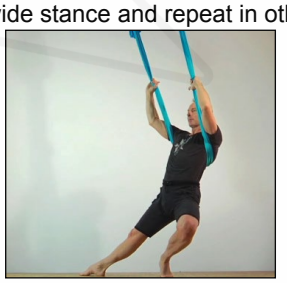


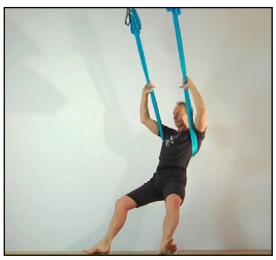
Back Lean
Wide stance.

Gyro

Progress to full circles one direction several times. Maintain tension in hammock, keep **Back Wrap** under lats, keep legs wide. Tug at **Front Tension** on hammock for support pause in **Back Lean** wide stance and repeat in other direction.







Toe heel feet together with gentle rocks (zig-zag legs), tug on hammock, return to stand.

Repeat sequence

Third Inversion Section
Skirt Wrap Inversion / Swan Dive and Bell Sequence

Grip / Wrap / Trap Basic Grip, Back Edge, Heel Trap, Skirt Wrap.

Principles Trust, Tension vs. Slack, Weight Distribution, Monitor Your Resistance, Fulcrum Point.

Philosophy Open Up, Be Free; Dream of Flight; Fountain of Youth; Pursuit of Excellence.

Progressions For new students always break this sequence into two parts with separate demostrations: Swan sequence into Floating Child's pose, then repeat Swan with option to move into Bell. This will also give the instructor an opportunity to demonstrate and correct and scan for readiness for Bell.

Modifications Swan Holding.

Variations When recalibrating in Floating Child's Pose, option to stretch/straighten legs for a counter stretch for the spine.

Scanning
- Back-Edge Adjust, hammock at sacrum. Front-Edge Adjust hammock at ankles, feet out.
- Holding Back Edge only
- Maintaining tension in hammock
- Hip/Shoulder/Hands, "Triangle of Ease" in Skirted Lever.
- Remind students to monitor resistance, especially those with L4/L5 complications.
- Make sure students do not push on floor.
- Make sure students are keeping lower body and legs engaged, maintaining tension in the hammock
- Instructor should still hammocks throughout the sequence to reduce discomfort, as swinging in this position can cause intense motion sensitivity.
- Hammock under knees for Pouch. Arms lock in behind hammock for Floating Child's Pose.

Spotting
- Stop sway.
- Full-Body-Lever Spot (Skirted) (page 205)
- Swan / Bell Spot (page 207)
- Disoriented Focus, Chin-to-Chest Spot (page 194)

Alignment / Anatomical Cues
- From Swan Dive holding: If this feels good, you may stay here. If you wish to increase the intensity of this pose, release the hands back toward the toes and allow gravity to pull them toward the floor.
- Keep lower abdominals engaged to support the lumbar spine in this extension.
- Protect spine by squeezing glutes throughout.
- This is a hyperextension of the full length of the spine and stretch of the shoulder extensors.
- Swan Dive / Bell is an opener for the lumbar spine as well as an opener for the hip flexors so make sure that during this pose you squeeze your glutes and monitor your resistance.

Benefits
- Mobility of lumbar spine and sacro-illiac joint in hip girdle.
- Decompression of the spine, increased neuroplasticity in the brain, recalibration of: circulatory, endocrine, lymphatic, digestive and immune systems in the body.
- Releases a D.O.S.E. of "happy hormones" ie: dopamine, oxytocin, serotonin, and endorphins.
- Guarantee: Happier, healthier, smarter and taller.
- Joy of creating beauty in the air.

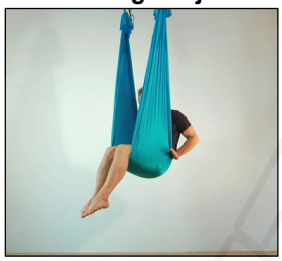
Third Inversion Section
Skirt Wrap Inversion / Swan Dive and Bell Sequence

Pouch

High five, find **Back Edge.**

Slide hands down, **Tension Press** just underneath hip bones, **Back Belt Line.**

Back-Edge Adjust



Reverse Sit-Up
Chin to Chest, curl spine down.

Hollow Body Lever
Using abdominal strength maintain tension on hammock, slide hands up.

Front-Edge Adjust

Heel Trap
Tension Press, slide hammock to ankles.

Skirted Lever
Heels out.

Skirted Lever
back view

Swan Dive Holding
Slide hands down hammock, maintaining **Chin to Chest**, head lengthens last.

Swan Dive
Press downward with legs squeeze glutes, release hands back towards feet, palms up.

Swan
Reach hands wide, palms facing up.

Return to **Swan Dive Holding.**

Bell
Bend one knee, slide hammock to crook of knee, bend other knee, press thighs down.

Bell
Option to grab feet or ankles, gentle tug and press feet into hands.

Swan Dive Holding
To come out, reverse the process, release feet grab hammock.

Chin to Chest
Engage abdominals.

Tug with arms to pull up.

Floating Child's Pose

Flips and Tricks Section
Back Angel-Flip Sequence

Grip / Wrap / Trap Shoulder Wrap Cradle, Open-Hammock Reverse Grip, Open-Hammock Shoulder Wrap.

Principles Trust, Momentum and Timing, Economy of Motion.

Philosophy Safety First, Levity, Dream of Flight.

Progression Use Momentum and Timing to swing legs through center to the floor.

Modifications
- Cue Tension Leverage Assist to get hips over shoulders.
- Practice Bat into Plow to support any student who is fearful.

Scanning
- Gather 8 handfuls to start.
- Scan for Shoulder Wrap Cradle.
- Proper Grip.

Spotting Back Angel-Flip Spot (page 204).

Alignment / Anatomical Cues Plow legs back through the center of hammock and to floor. Flex feet and bend knees for landing.

Benefits
- Strength, agility, fun.
- Proprioceptive acuity.
- Increased Air Awareness.

Notes Always be sure to finish with applause. You never know what first timer or frequent flyer has just completed the first back flip of their entire life!

Flips and Tricks Section
Back Angel-Flip Sequence

Pouch
Gather 8 handfuls to **Mount.**

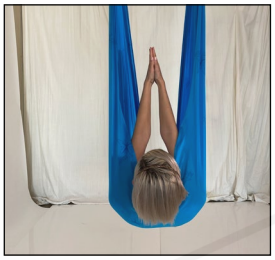
Find **Back Edge.**

Angel

Shoulder Wrap Cradle, Reverse Sit-Up
Cover the shoulders.

Button Up
Safety check.

Open-Hammock Reverse Grip (aka sleeves)

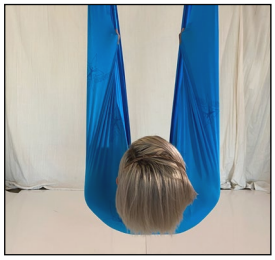


Prayer hands reach up.

Fingers on the inside, thumbs on the outside.

Grip hammock with fingers.

Put on your sleeves.



Shoulder Wrap Cradle, Open-Hammock Reverse Grip

Lever

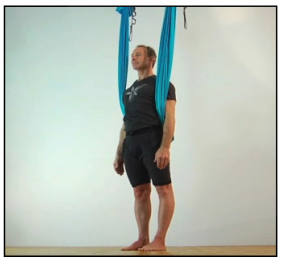
Plow

Back Angel-Flip

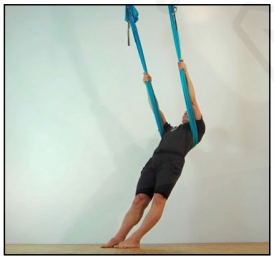
Open-Hammock Shoulder Wrap
Look where you want to go.

Feet to the floor, soften knees.

Stand Up



Back Wrap



Back Lean Chillax
Recalibration.

Swinging Section
Hollow-Body Swings / Free Swinging Sequence

Grip / Wrap / Trap Back Wrap, Basic-Grip High, Bum-Wrap Mount, Bum Wrap.

Principles Presence, Momentum and Timing, Plumbline Relationship.

Philosophy Levity, Health is Wealth, Pursuit of Awareness, Fountain of Youth.

Drill
- Tugs, Tucks or Tug Jacks to scan for Bum-Wrap Mount.
- Clap hands on front swing locking in around hammock, clap hands on back swing behind hammock to engage core and prepare for Circus Dismount.

Modifications Step-Up Mount.

Variations
- Explore arm positions i.e. release hands and balance or create wings in accordance with the apex of the swing front or back.
- Explore feet positions i.e. Flex on front swing point on back swing.

Scanning
- During Bum-Wrap Mount, hands slide down two to three inches, allowing the students to engage lats for the tug and jump.
- Drill the Tugs to scan students can successfully clear the hammock for Bum-Wrap Mount.
- Bum Wrap: Hammock along sitz bones, not on hamstrings.
- Shoulders should lean away from and not into hammock.
- Kick, extend legs at apex of back swing. Pull, bend knees at apex of front swing.

Spotting Bum-Wrap Mount (page 201).

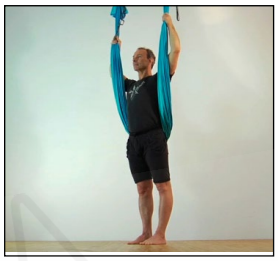
Alignment / Anatomical Cues
- Hammock placement under sitz bones and around thigh bone (head of femur).
- Shoulders free from hammock.
- Core enganged.

Benefits
- Proprioceptive awareness.
- Kinesthetic intelligence (KQ) training.
- Vestibular system stimulation.
- Core strength.
- Balance, agility, spatial orientation, improved focus, happiness, and fun!

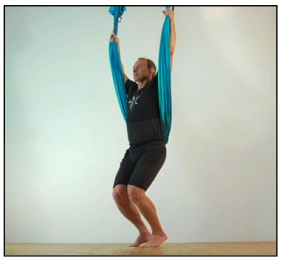
Notes
- Instructor should always demonstrate Circus Dismount first to model the usage of Momentum and Timing.
- Proprioceptors are specialized sensory receptors on nerve endings found in muscles, tendons, joints, and the inner ear. These receptors relay information about motion or position and make us aware of our own body position and movement in space.

Swinging Section
Hollow-Body Swings / Free Swinging Sequence

Back Wrap

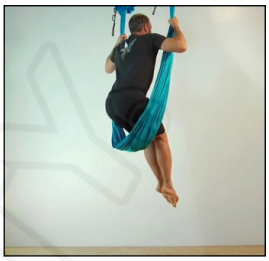


Basic-Grip High

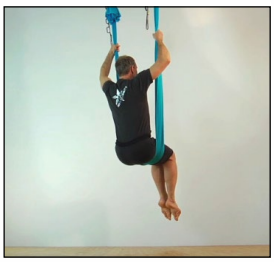


Pull, tug with arms.

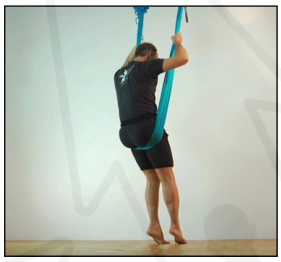
Push feet, jump straight up.



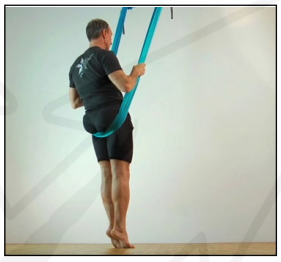
Bend knees on descent.



Bum-Wrap Mount
Bum Wrap



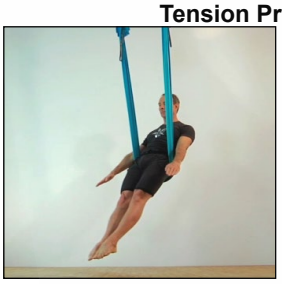
Tiptoe behind **Plumbline** to **Back Tension.**

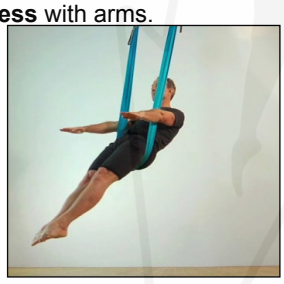


Bum Wrap at **Back Tension.**
Basic Grip at rib height.

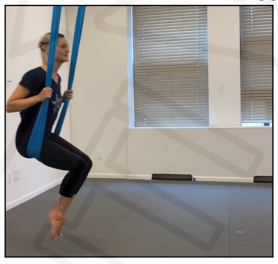
Hollow-Body Swings
Swing front, swing back, and put feet down on back swing.

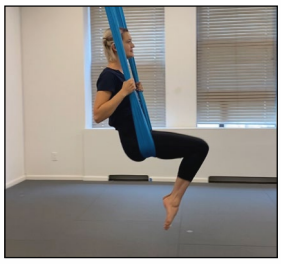
Hollow-Body Swings
Tension Press with arms.





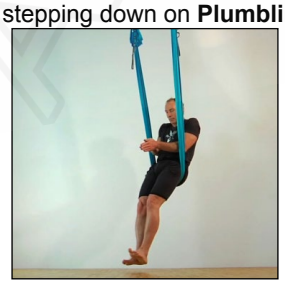
Free Swinging
Lean back extend legs, sit up bend knees.





Circus Dismount

To prepare, note the timing between front and back of swing. On the back swing, hands come behind hammock, send hands, arms and shoulders through the center, stepping down on **Plumbline**. Walk forward and take a bow.



Flips and Tricks Section
Open-Hammock Shoulder Wrap / Vampire Sequence (IN)

Grip / Wrap / Trap Shoulder-Wrap Cradle, Coffin, Open-Hammock Reverse Grip, Open-Hammock Shoulder Wrap, Winged Wrap.

Principles. Trust, Monitor Your Resistance, Tension vs. Slack, Economy of Motion, Resistance vs. Flow.

Philosophy. Safety First, Levity, Dream of Flight.

Progressions
- Back Angel-Flip prepares for Mosquito.
- Vampire has 4 poses in this sequence. Encourage students to take the journey.
- Mosquito, Winged Wrap Mosquito, Winged Gargoyle, Vampire.

Modifications
- Each pose is complete. Cue student to only go as far as comfortable.
- Hold hammock, stay in Reverse Grip (no Winged Wrap).

Scanning
- Instructor MUST be in the back walking the room to scan and ensure that each student is properly wrapped in the hammock around the shoulders and that there is hammock over the legs at least to the shins.
- Thin edge of hammock around base of neck.
- Watch for students hyperextending the spine without core strength support.
- In Winged Wrap palms pushing out are keeping tension on the hammock.

Spotting
- Hips Over Shoulders Spot (page 208).
- Winged Wrap Spot (page 208).
- Chin-to-Chest Spot if student becomes disoriented on the in or out (page 209).

Alignment / Anatomical Cues
- For Vampire: Lengthen through spine and engage core to protect the back keeping space between lower lumbar vertebrae.
- Students should start with a neutral spine, hips level with shoulders. Only lower hips further if lower back is supported and does not feel vulnerable.

Benefits
- Core strength.
- Shoulder mobility and strengthening of pectorial muscles.
- Enhance propioception and kinesthetic intelligence.
- Fun!

Notes To get into Pouch, remember to gather 8 handfuls to assure a thin edge behind neck for Open-Hammock Shoulder Wrap.

Flips and Tricks Section
Open-Hammock Shoulder Wrap / Vampire Sequence (IN)

Pouch Wrap

Reach high find **Back Edge** of hammock.

Angel
Press out wide to tension at shoulder height, arms are straight.

Shoulder-Wrap Cradle
Maintain tension bending the elbows bringing hammock to the base of the neck covering your shoulders.

Reverse Sit-Up

Button Up
Safety check.

Heel Trap
Front Edge

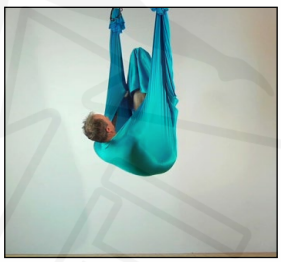
Bring both legs into hammock. Heels inside.

Bend knees, grab **Front Edge.**

Create a blanket. Hammocks needs to come at least to the shins.

Coffin
Reset **Button Up** and **Open-Hammock Reverse Grip** (aka Sleeves).

Tug with hands. Engage core.



Plow
Send toes through the center arc feet over head to tension.

Mosquito
Open-Hammock Shoulder Wrap. Push tops of feet down into hammock towards floor.

Winged Wrap
Winged Mosquito
Release hands, send arms wide inside hammock, backs of hands face out, maintain tension.

Winged Gargoyle
Bend at knees and hips, extend head up to see floor.

Vampire
Maintain arms at tension, drop hips, extend spine, lift chest, squeeze glutes, engage core.

Flips and Tricks Section
Open-Hammock Shoulder Wrap / Vampire Sequence (OUT)

Vampire
Maintain arms at tension, drop hips, extend spine, lift chest, squeeze glutes, engage core

To come out, reverse the progression: **Gargoyle**, **Chin to Chest**, push toes into hammock, bend knees.

Mosquito
Chin to Chest, hips over shoulders, straighten legs.

Coffin, maintain **Chin to Chest** forward roll.

Notes
Option to flow into **Cocoon**

Angel
Release lower legs, tug **Back Edge** to sit up, wide arms.

Floating Child's Pose
Hands release behind hammock, arms relaxed. Fold forward, head relaxed, hammock captures front of shoulders.

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Resting Section
Cocoon Sequence

Grip / Wrap / Trap Cocoon, Basic-Grip High.

Principles Presence, Economy of Motion.

Philosophy Open Up, Be Free; Pursuit of Awareness; Dream of Flight.

Modifications
- Arm or leg variations for comfort.
- Consider providing a cushion for anyone with neck challenges.

Variations Consider adding Fetus and Silkworm.

Scanning / Spotting
- Entire body inside the hammock, including the head.
- Shoulders and hips even.
- Always ask students if they need to stop swinging and/or if they would like a swing.

Alignment / Anatomical Cues
- Soften the muscles, give in to gravity.
- Let go of the weight of your entire body.
- Release any tension in your body or mind.

Benefits
- Levitating meditations.
- Suspended in the hammock creates sensory deprivation reducing external stimulation.
- Can aid in achieving a state of deep relaxation and heightened awareness. With fewer distractions from the external environment, practitioners can focus more easily on their internal experience and less on uncomfortable physical sensations during meditation.

Notes
- Cocoon is a signature pose that allows the body to move freely in all directions.
- The Cocoon experience is like floating on a cloud. Sometimes we refer to it as a floating savasana or a levitating meditation.
- Encourage students to truly rest and enjoy being present.
- Bring attention to the the breath lead a guided meditation, play a song, or just come to silence.
- Offer to still the sway or to swing your students. Allow them to savor this resting pose.
- Inform students that it is equally as important to learn how to relax muscles as it is to strengthen or stretch.

Resting Section
Cocoon Sequence

Cocoon

Reach up and grab the sides of the hammock as you elongate the spine. Give a tug to pull evenly onto your back, find your resting pose.

Angel
Holding **Back Edge** arms extend inside hammock to tension.

Grab the hammock and lay down.

Option to extend legs long, arms across chest.

Option to **Open-Hammock Double-Elbow Trap**. Soften the knees to let them fall open inside hammock.

To come out, extend legs out. Hammock to knees.

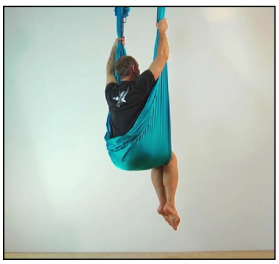
Grab the hammock and pull yourself up.

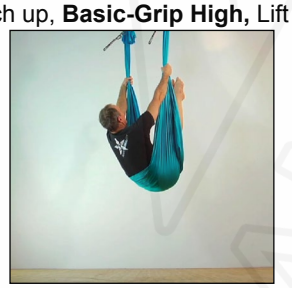
Angel
Holding **Back Edge** arms extended inside hammock to tension. Sit up tall.

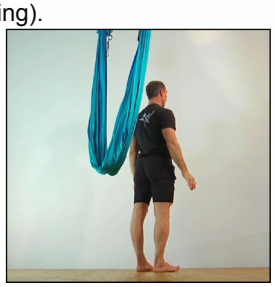
Floating Child's Pose
Hands release behind hammock, arms relaxed. Fold forward, head relaxed, hammock captures front of shoulders.

Rocking-Cradle Dismount

Reach up, **Basic-Grip High,** Lift toes to nose, tug feet to floor (soften knees on the landing).







Grounding Awareness
Step forward and establish **Presence**, recalibrate the body.

8. EDGE ADJUSTS INVERSION TABLE

The Edge Adjust Table aids in Front-Edge vs. Back-Edge adjusts, GWTs and Lever clarifications for each inversion sequence in the three Fundamentals class designs. Use as a quick reference.

WRAP	EDGE ADJUST	LEVER OR ADDITIONAL WRAP	INVERSION
Booty Wrap	Front Edge (first) Back Edge (second)	Hollow-Body Lever	First Inversion
Open-Hammock Shoulder Wrap (Bat, Flying Shoulder-Stand and Back Angel-Flip)	Back Edge only	Shoulder Wrap Cradle Open-Hammock Reverse Grip	Third and Fourth Inversions, Flips and Tricks
Skirt Wrap	Back Edge (first) Front Edge (second)	Skirted Lever	First, Second, Third or Fourth Inversion
Open-Hammock Shoulder Wrap (Vampire)	Back Edge (first) Front Edge (second)	Coffin Open-Hammock Reverse Grip	Third or Fourth Inversion

9. SPOTTING SEQUENCE GUIDE

- Safety is our number one priority.
- The AntiGravity Hammock is the ultimate spotter.
- Spotting Motto: Knowing when to spot and where to spot is knowing how to spot.
- When the student is going to lose visual contact with you, get out of your hammock and go to the back of the room to attend.
- Only spot when you can be successful. Otherwise, give the student a drill to support the desired action.

Pouch-Mount and Scoop-Mount Spots

Pouch-Mount Spots are required for the following reasons:

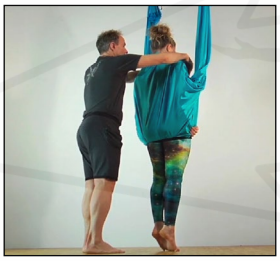
- Fear.
- Lack of kinesthetic awareness or coordination.
- Student has been measured in higher because of body type.

Option 1

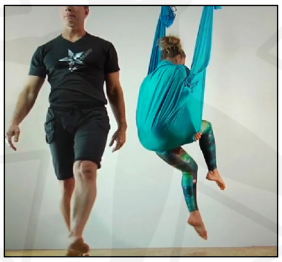
Hold **Back Edge** of hammock out. Cue student to press down and rise to relevé.

Cue student to lift one knee, send hip back and swiftly pull hammock under knees to sit into hammock.

Option 2



Take **Back Edge** of hammock and drape over shoulders. Cue student to press down and rise to relevé.



Student lifts one knee, sends hip back and swiftly pulls hammock under knees to sit into hammock.

Scoop-Mount Spot

Stand at side of student, place hammock over shoulders, and place hand between shoulders for support.

Place other hand above student's hand, which is holding the gathered edge.

Cue student to press down, rise to relevé, and lift knee closest to your hand.

Cue student to lay back and bring knees to chest on the count of 3. As student lays back, scoop hammock under knees while maintaining shoulder connection.

Maintain shoulder connection to sit student up.

Full-Body-Lever Spot

Full-Body-Lever Spots are used for students with insufficient lower abdominal strength.

Full-Body-Lever Spot for Booty Wrap

Front-Edge Adjust
From behind hammock, cue student to **Basic-Grip High** and tug, bring feet to floor, as you slide hammock to top of leg line.

Back-Edge Adust
Set student's **Back Belt Line**, press hammock to tension with your hands.

Cue student to slide hands on top of your hands and press with tension.

Place your shoulder on their back to cue **Reverse Sit Up**, or your chin on their shoulder to pull back.

Reverse Sit-Up
Cue student to lean back, placing head on your shoulder. Bring them horizontal and lower down to knee.

Hollow-Body Lever
Cue student to slide hands up and stretch legs, maintaining tension on **Front** and **Back Edge.**

Keep student looking forward by maintaining **Chin-to-Chest Spot** with your hand at back of head.

Leg-Lock Spots

Leg-Lock Spots are used for the most precarious moments:

- Narrow Knees Through Center
- Narrow Knees Through Center and Wrong-Side Wrap
- Wrong-Side Wrap
- Hope Wrap

Leg-Lock Spot:
Can be done for Spiderman or Monkey Lock. Whether from in front or behind, always clasp both ankles firmly and pull or press the legs around the outside of the hammock. Press feet together for Spiderman. For Monkey, thread feet through to flex. Let students know that they are "locked in" once they are in Spiderman or Monkey.

Leg-Lock Spot, Spiderman (from behind)

Leg-Lock Spot, Spiderman (from in front)

Narrow Knees Through Center

Narrow Knees
Legs straight.

Chin-to-Chest Block
Knees back through to front of hammock.

Hollow-Body Lever
Ideally, bring student to **Lever.** Follow with **Pressure Assist Spot** (page 192).

Pouch
If student ends up in **Pouch,** reset **Full Body Lever** into **Pressure Assist Spot.**

Narrow Knees
Legs bent.

Chin-to-Chest Block
Knees back through to front of hammock.

Hollow-Body Lever
Ideally bring student to **Lever.** Follow with **Pressure Assist Spot.**

Pouch
If student ends up in **Pouch,** reset **Full-Body Lever** into **Pressure Assist Spot.**

Leg-Lock Spots

Narrow Knees Through Center and Wrong-Side Wrap

Narrow Knees and **Wrong-Side Wrap,** with **Disoriented Focus.**

Bring **Chin-to-Chest**, unwrap legs.

Knees back through to front of hammock.

Hollow-Body Lever
Ideally bring student to **Lever.**

Pouch
Sometimes students end up in **Pouch.**

Wrong-Side Wrap

Wrong-Side Wrap
Spiderman

Move student's feet.

Lock student's feet on correct side.

Spiderman
Cue student to release back of hands to ground.

Wrong-Side Wrap
Monkey

Move student's feet.

Lock student's feet on correct side.

Monkey
Cue student to release back of hands to ground.

Hope Wrap

Hope Wrap
shown in **Skirt Wrap.**

Leg-Lock Spot

Notes
Hope Wrap Spot may be needed in either **Skirt Wrap** or **Booty Wrap**.

Pressure Assist Spot

If student has mistakenly done **Narrow Knees Through Center** or **Narrow Knees Through Center and Wrong-Side Wrap**, follow up with the **Pressure Assist Spot.**

Pressure Assist Spot from Hollow-Body Lever (Triangle of Ease)
Remember to push straight legs down, wide, and back behind the Plumbline, forcefully. Cue “bend knees, make a big diamond.” Press feet together (Spiderman Holding) or wrap toes around hammock Front Edge (Monkey Holding).

Pressure Assist
From in front, with hand outwardly rotated, press down above ankles.

Pressure Assist
closeup

Press legs down, wide, and back by ears.

Bend knees, soles of feet together.

Notes
Pressure Assist Spot can also be done from **Pouch**. Reset edges using **Full-Body-Lever Spot** (page 189). Then perform **Pressure Assist Spot**.

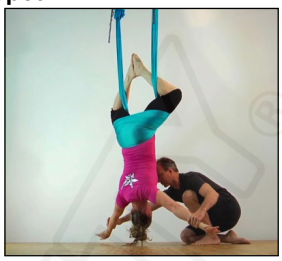
Wrist Spot

Challenge: Pushing into floor.

Relax the neck.

Wrist Spot

Pull wrists wide to remove palms from floor.



Place hands gently down, reminding the student that the hammock will hold them.

Notes

Often, giving the verbal spot, “Place your hands on your abdomen” works and a physical spot is not necessary. If needed, also put hand on back of head, **Chin-to-Chest Spot**. Speak softly and reassuringly at their level.

Wrist / Spine Align Spot

Challenge: Pushing into floor.

Pull wrists wide to remove palms from floor. Place hands gently down, reminding students that the hammock will hold them.

Cue “tailbone under.”

Open knees wide.

Finger down the spine.

Relax the neck.

Notes

This spot can also be effective when given verbally.

Verbal Cues. Spine Align Spot:

- Tuck tailbone under.
- Open knees wide.
- Relax the neck.

Chin-to-Chest Spot

Chin to Chest

Let them do the rest

Place hand behind head.

Lightly press **Chin to Chest.**

Cue hands to hammock.

Disorientated Focus in **Hollow-Body Lever**

Disorientated Focus

Cue **Chin to Chest,** look at toes.

Notes

This spot is crucial when someone has lost orientation. Often, when one turns upside down, they do not know which way is front or back.

Chin to Chest = Safety Button

Booty Wrap Spiderman Spot (OUT)

OUT: Press student's **Chin to Chest.**

Cue student to grab hammock between knees.

Assist unlocking feet if necessary.

Pull hammock under student's knees.

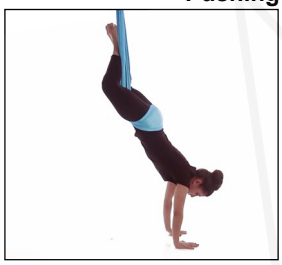
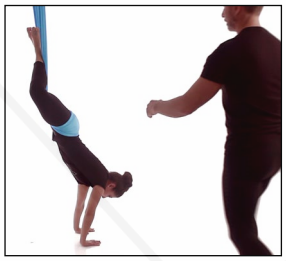
Floating Child's Pose
Assist student to bring head to thighs and shoulders locked in at **Front Edge.**

Panic Spot in Wheelbarrow Grounding (from in front)

This spot is used when someone is walking around on their hands. Often times, newcomers are disoriented or nervous and might feel uncomfortable just hanging from the hammock. What they are really doing is trying to "ground" themselves.

"If they are wrong, make them right."

Pushing into the floor

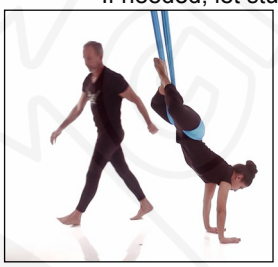
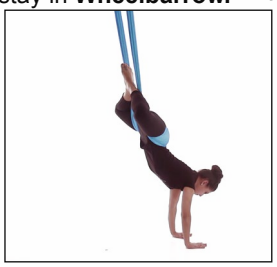
Leg Lock

Ensure legs are locked.

Wheelbarrow Grounding

Pull shoulders over wrist.

If needed, let student stay in **Wheelbarrow.**

Notes

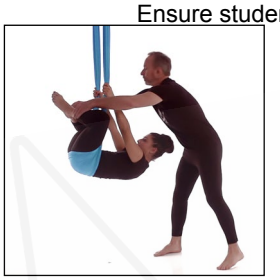
Option to press gently onto their hands with yours so that they can feel the floor. Acknowledge their **Weight Distribution**. Talk reassuringly, remind them to breathe and, once they are in **Wheelbarrow,** you can walk away.

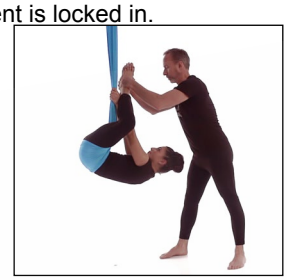
Panic Spot with Partner Neck-Hook Wrap (from behind)

Cue slowly and reassuringly, maintaining equanimity. Continuously encourage deep breathing.

Leg-Lock Spot
Ensure student is locked in.

Wrong-Side Wrap,
not wanting to let go.





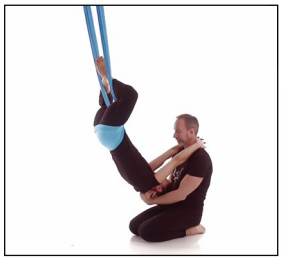
Chin-to-Chest Spot

Kneel down behind the **Plumbline**, pull towards you. **Back Tension.**

Take student's other hand behind your neck.

Release one hand at a time and place behind your neck.

Maintain **Chin to Chest.**



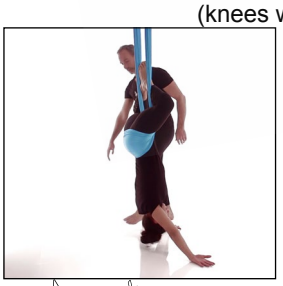
Partner Neck-Hook Wrap
Student interlocks their fingers behind your neck. Cue take a deep breath.

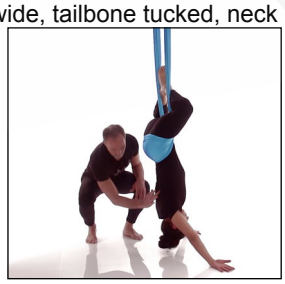
Take student's hands, place them onto their stomach, or cue them to do so themselves.

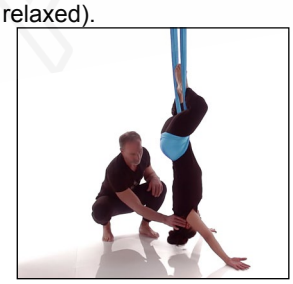
Wrist Spot
Bring backs of hands to floor. Hands wide, palms up.

Press into student's hands with yours to help ground them.

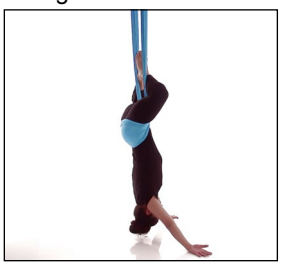
Spine Align Spot
(knees wide, tailbone tucked, neck relaxed).





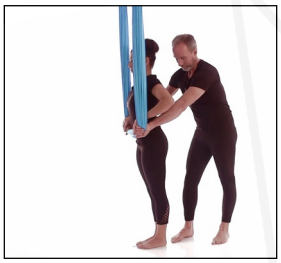


Let student hang!

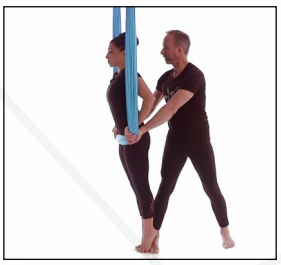


Front-Belt Wrap Spot

This is used when someone has a hard time finding the proper placement of Front Belt Wrap.



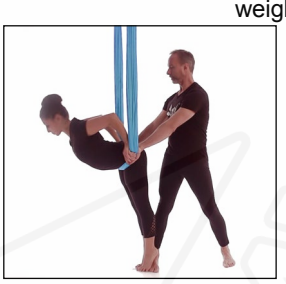
Front Belt Wrap. Student heels on **Plumbline**. Stand behind student, hips sideways. Establish hammock placement. Cue student to place hands on top of yours, to feel hammock placement.

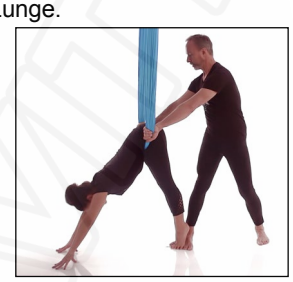


Maintain tension. Press hands down and in, wrapping thumbs around the outside **Back Edge** of student's hips to secure the placement of the hammock. Cue student to rise to balls of feet, relevé. Place foot to block.

Leverage Lean

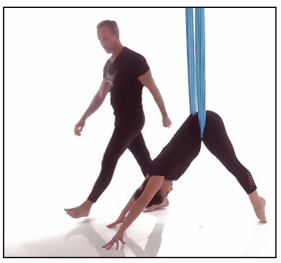
Cue student to reach hands to floor while you pull back to counter balance. Bend back knee to counter students weight. Lunge.





Teepee

Once student's hands are on the floor, come to the side and sweep student's feet back.



Encourage student to breathe and enjoy this deep tissue massage!

Notes

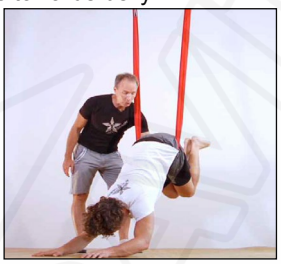
- For student's comfort and stability when coming to the side, place your hand on the student's sacrum. Hold onto the hammock before cueing the sweep with foot to bring student to Teepee.
- If student was not measured in properly, finding Front Belt Wrap will be difficult.
- If student has a long torso and short legs, this wrap can be challenging.
- If student has uneven body proportions, this pose can be chanllenging.

Flying Dog Knees-to-Chest Spot

Sometimes students will have their knees high, making it unsafe and challenging to find their fulcrum point and trust. A good verbal cue is **To lock in, bring your thighs towards your belly and press long through the arms in counterbalance.**

Student in unsafe position for **Flying Dog.**

Guide or block knees towards belly.



Cue student to straighten arms in counterbalance and extend through shoulders, as pelvis tilts up.

Cue student to relax neck.

Notes

- The above spot is also used for Lightning Bolt.
- This spot is very useful for uneven proportioned bodies.

Outward-Wrap Feet Lock Spot

Often the transition from Flying Dog to Wheelbarrow can be confusing to students, as they do not know what “feet wrapped on the outside of the hammock” means when they are inverted.

Physically spot by drawing the legs out and securing both feet around the outside of the hammock.

Outward-Wrap Feet Lock

Shoulders Over Wrists Spot

Kneeling in front of student, guide their shoulders over their wrists to come into Wheelbarrow. Encourage student to keep hands glued to floor.

Shoulders Over Wrists

Bum-Wrap Spot

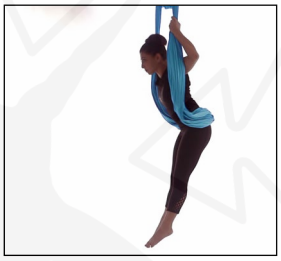
Used when someone has a hard time catching their bum in the hammock.

Reasons this can be challenging:

- Hammock height (if measured wrong or long torso, short legs)
- Grip or upper body strength
- Momentum and Timing
- Plumbline Relationship
- Larger body mass

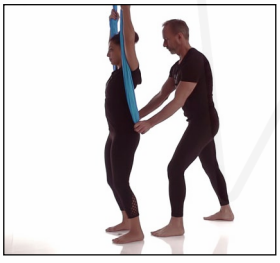
Notes
Drilling tugs and tucks before coming into Bum Wrap will allow you to scan for any student that might need a Bum Wrap Spot, so you can spot quickly and maintain the flow of class.

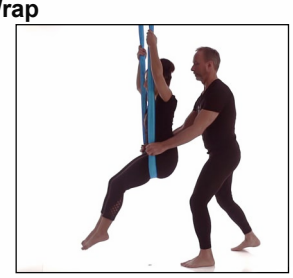
Trouble executing **Bum Wrap.**



Cue student that on the count of 3 they will pull and jump straight up and on the way down, bend the knees. Scoop the hammock underneath the glutes to catch, them.

Bum Wrap





Stand behind student, make sure they are at **Plumbline**, grab the hammock.

Bat / Hips Over Shoulders Spot

Bat Spot is required for the following reasons:

- Fear
- Lack of kinesthetic awareness or coordination
- Lack of abdominal strength

Bat / Hips-Over-Shoulders Spot

- Stand at the side of the student.
- Consider Trajectory of Motion.
- Hand at the fulcrum point (sacrum) to provide a Momentum Assist.
- Other hand takes calf, Leverage Assist.
- Cue student that on the count of 3 they will press calf into your hand, tug with arms, and engage core. (This will give leverage and momentum to lift and bring student's hips over their shoulders.
- Once there, stabilize student by blocking sacrum and shins (allowing them to feel that they are now in Bat). Stop any additional momentum and keep them aligned.

Hips Over Shoulders with a Momentum Assist

Hand placement
Option 1: Take student's leg **from outside**.

Hand placement
Option 2 : Take student's leg **from in between**.

Bring hips over shoulders.

Bat
Stabilize student. One hand at sacrum, the other at shins.

Bat / Tension Leverage Assist

Tension Leverage Assist is required for the following reasons:

- Fear
- Lack of kinesthetic awareness or coordination
- Lack of abdominal strength

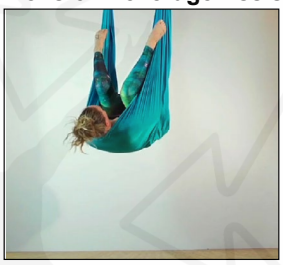
Tension Leverage Assist

- Verbally cue the student to bring feet to the **Back Edge** of the hammock at tension.
- Keeping knees together, **Tension Press** on sides of hammock with their feet. Cue them to continue pressing as they use this leverage to guide their hips over their shoulders themselves.

Tension Leverage Assist

Lift a leg.

Find **Back Edge** with feet.



Both feet against **Back Edge** at tension.

Tension Press feet, Lift hips up.

Hips Over Shoulders Bat

Back Angel-Flip Spot

If students can get hips over shoulders use, option 1: Leverage Assist

- When the student's feet are pointing toward the back wall, press the ankles/calves to get feet to the floor.
- You may also choose to have your arm under their hips, **Seatbelt**. This will assist in their landing to prevent a fall to the knees.

Press ankles / calves down.

Toes to **Plumbline.**

If students cannot get hips over shoulders use, option 2: Hips-Over-Shoulders Spot with a Momentum and Leverage Assist

- Standing at the side of the student.
- Consider Trajectory of Motion.
- Hand at the fulcrum point (sacrum) to provide a **Momentum Assist**.
- Other hand at calves or ankles, **Leverage Assist**.
- Cue student that on the count of 3 they will press calves or ankles into your hand, tug with arms, and engage core. This will give leverage and momentum to lift and bring student's hips over their shoulders.

Hand at sacrum. Other hand presses ankles/ calves down.

Seatbelt if needed.

Toes to floor on **Plumbline.**

Notes
Do not hold onto feet. This will slow down the natural momentum and interfere with the landing.

Full-Body-Lever Spot for Skirt Wrap

Back-Edge Adjust
Set **Back Belt Line.**

Cue student to slide hands down. You and student press down to maintain tension.

Turn your body to the side and press your shoulder to student's back.

Reverse Sit-Up
Cue student to maintain tension and engage abdominals while lowering to one knee.

Cue student to slide hands up, holding **Back Edge** of hammock only.

Heep Trap
Cue student to extend hammock for **Front-Edge Adjust.**

Front-Edge Adjust, Skirt Wrap, send skirt long. Release heels out, to complete. Don't step on skirt.

Skirted Monkey Spot

Leg-Lock Spot from behind

Clasp student's ankles firmly and pull the legs around the outside of the hammock.

Thread through center and flex student's feet around the hammock. Let them know that they are "locked in."

Tap and cue: Knees wide, tuck tailbone.

Slide hand down spine, squeeze neck and cue: Relax the neck.

Pressure Assist Leg-Lock Spot from in front

Standing in front of the student, use giving hands (external rotation) between ankles.

Press legs down and back to straddle.

Thread around the outside.

Flex student's feet around the hammock. Lock feet into **Monkey**. Let them know that they are "locked in."

Swan and Bell Spot

Swan Spot

- Always cue staying in **Swan Holding** before releasing hands.
- Scan for knees bending and lack of tension in hammock with legs.
- Pay extra attention to students with heavy upper bodies, as they will have more challenge with weight distribution.
- Stand near students with heavy upper bodies, especially when preparing to release arms. They may not understand the necessary weight distribution to remain safely in hammock.
- Block any student who is beginning to lose tension in the hammock.

Swan Spot

Block at ankles, press down.

Swan Holding

Swan

Bell Spot

- Always cue staying in **Bell Holding** before releasing hands.
- Scan for lack of tension in hammock with thighs.
- Pay extra attention to students with heavy upper bodies, as they will have more challenge with weight distribution.
- Stand near students with heavy upper bodies especially when preparing to release arms. They may not understand the necessary weight distribution to remain safely in hammock.
- Block any student who is beginning to lose tension in the hammock.
- Assist students to help them find their ankles if needed.

Bell Spot

Block, press down at thighs, and cue student to come back to **Bell Holding.**

Student not maintaining tension in hammock with thighs.

Press thighs downward.

If student has spine flexibility but challenged in thigh flexibility, block, press thighs down while student reaches for ankles.

Vampire Spot (IN)

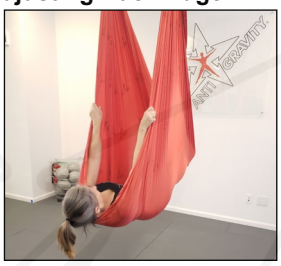
Vampire Spot (IN)

- Scan to assure shoulders are securely inside (Shoulder-Wrap Cradle).
- Scan for blanket in Coffin (hammock covering feet and shins).
- Spot Hips Over Shoulders.
- Spot Winged Wrap.
- Orientation assist throughout progression into Vampire.
- Continually scan that shoulders are securely locked inside hammock throughout the progression

Adjusting Back Edge

Student incorrectly wrapped.

Adjust hammock to create thin line at nape of neck covering shoulders (teach **Button Up**).



Student in incorrect grip.

Give verbal or visceral cue to change hand position.

Open-Hammock Reverse Grip
Open-Hammock Shoulder Wrap
(aka Sleeves)

Adjusting Front Edge

Cover at minimum shins, a blanket .

Coffin

Hips-Over-Shoulders Spot

Cue student to
Tug down with arms, plow legs through center.

Mosquito
Press toes in hammock.

Winged Wrap Spot

Stand at side of student and face the same direction as the student's back.

Hand furthest away reaches across to pull hammock closer to student while hand closest to student reaches in to press student's hand out.

Vampire Spot (OUT)

Vampire Spot (OUT)

- Orientation, Chin-to-Chest Spot.
- Momentum Assist at back of head or between shoulder blades as you push lower body over.

If student is lifting hips

Orientation: **Chin-to-Chest Spot**

Momentum Assist Spot

Push legs up and over, bringing student back to **Coffin.**

Coffin

If student is not lifting hips

Momentum Assist Spot

Lift hips.

Push legs up and over, bringing student back to **Coffin.**

Coffin

ANTI GRAVITY®

10. APPENDICES

Appendix A: Setting Your Students Up for Success

- Room Preparation
- Instructor Preparation
- Managing Health Considerations
- The Benefits (expanded)
- Inspirational Quotes

Appendix B: Create your own Class Design

Appendix C: Caring for the Hammock Caring for the Hammock

- Maintenance and Storage
- Assembling the Antigravity Hammock

Appendix D: Social Networking Considerations

APPENDIX A

SETTING YOUR STUDENTS UP FOR SUCCESS

Room preparation

Before class

- Place a plumbline marker on the floor directly on the plumbline and/or above between the two points overhead.
- Check the movement pathway of the hammocks to make certain there is nothing that impedes movement. Front and back measurement should be 5 feet in front and 5 feet in back from the center point. If there is a wall, add another foot. Side-to-side measurement should be 2.5 feet from either side of the center point (5 feet total width).
- Check for any fans, lights, or heaters overhead that could obstruct movement. Do not use a hammock if there are obstructions in the way.

Hammock check

- Make certain each hammock kit set up is complete.
- Make sure choke loops are choked appropriately.
- Make sure hammock is free from wear and tear, especially snags.
- Check for hammock cleanliness.
- Check that gates of carabiners are facing the front of the room direction.
- Check hammock edges to assure they are even.
- Assure the carabiners attach on the adjustment straps are close to an even length, no more than one loop higher or lower on either side.

Hammock adjustment

- When you are putting the hammocks up, use a sturdy a-frame ladder.
- Always hold onto one side of the rigging or ladder. Do not rush.
- The ladder should be no less than three feet from the overhead attachment. Once the hammock is hung, eyeball each carabiner to make sure that the gates are closed and that the small part of the carabiner faces down (like an upside-down pear) for ease of adjustment and safety.
- Check to make certain that the apparatus is not abnormally high or low, for ease of adjustment.

After class

- Follow studio protocol for cleanliness.
- Spritz with odor-eliminating spray.
- Check for snags.
- Replace any hammock as needed.

Instructor Preparation

Participant Customization

Adjust hammock heights for your students accordingly. The exact height is crucial for success. It is best to do this before class begins.

Place an experienced student in an opportune place for others to follow, and let people know they should watch that student for proper technique and timing, when they cannot see you.

Know where your first-time students are and make certain they are in a spot where you can always see them, preferably not the back row.

Keep an eye out for uneven edges on hammocks. Sometimes, hammocks get stretched from use so that one side is much higher than the other while open. This makes some positions very difficult and uncomfortable (especially Booty Wrap). When this happens, the hammock must be re-tied.

Suggestions to help a student avoid dizziness

- Have mint or ginger beforehand.
- Have something nonacidic in stomach (not too much or too little).
- Be aware of contraindications on current medications.
- Be hydrated, especially if drinking the night before.
- Maintain steady breath.
- Monitoring Resistance: not upside down too long.
- Monitor Resistance: no swing or sway if uncomfortable.

Music

As a Certified AntiGravity Instructor, you are also a DJ. Music provides inspiration and sets mood. Your music choices should support the arc of your class.

- During cardio use upbeat music.
- During Cocoon (Floating Savasana) use meditative music without lyrics or silence.
- Monitor volume so that it does not disrupt communication.
- Choose the ideal BPM (beats per minute) for every section of your class.
- Choose playlists that go along with class designs that motivate both you and your students.
- Consider lyrics carefully to inspire rather than steal focus.
- Theme your classes with artists or styles in order to keep your students engaged.
- Remember, silence is golden, use it strategically.
- Change your playlist up and consider customizing for special occasions.

Lighting

- We recommend natural lighting whenever possible.
- Be mindful of overhead lights during Cocoon.
- Consider mood lighting for nighttime classes.

Managing Health Considerations

If someone should mention a contraindication of any kind that they are dealing with, be compassionate. Tell them: “This is a contraindication because we do inversions in this class, we recommend that you talk to your health professional regarding any inversion practice.”

Dizziness

Dizziness can occur after inversions or swinging while the blood flow is being refreshed and the body is recalibrating. This is a natural occurrence, especially while training the vestibular system. Instruct student to go to a grounded resting posture (such as Chillax or Back Lean), breathe and look at something that is not moving. Perhaps invite them to get a sip of water. Also, ginger or mint can help. Most often it will soon subside. The more you practice, the less this will occur. Set up your class so that your students are empowered to ask you to stop their swing or sway if need be. Dizziness can happen less if a stomach is neither too full or empty, and one is properly hydrated.

Vertigo

Vertigo is a very real sensation. Approximately 1 percent of the population experience vertigo to the extent that they cannot practice this technique. Additionally, many people suffer from a mild form of dyslexia that makes them uncomfortable when their hips are over their head, triggering fear of heights even though they are not high up. Remind students to go at their own pace. When we tip our body upside down, we refresh our endocrine system. Sometimes the flush of toxins can affect how we feel. Remind students to hydrate after class and let them know that it will get easier.

Injuries

The time during which you are adjusting the hammock before class is a good time to inquire about injuries. Remember, you are not a doctor. Do not try to diagnose or advise except to suggest that students exercise caution and monitor their resistance as they listen to their bodies. Remind them that there is no judgment if they chose not to participate in an exercise, and that you respect their decision.

Heart rate

It is important to be mindful of the heart rate before inversions. The head should not be below the heart while the heart rate is significantly elevated. Provide rests at appropriate times. Instruct students to listen to their own bodies. Incorporate breathing techniques to bring the heart rate down.

Broken capillaries near the eyes

Though not a source of physical discomfort, this rare and temporary condition called petechiae can happen during inversion, especially when one is holding their breath. Broken capillaries, which look like small red specks on the skin, are not dangerous and will go away in a few days. They are a result of increased blood pressure and can also be caused by sneezing or vomiting. Once the body is more accustomed to inversions, this condition will abate. Light-skinned persons are more likely to experience petechiae.

The Benefits (expanded)

Benefits overlap and are derived from multiple aspects of the holistic AntiGravity Fitness experience. This is not an exhaustive list of benefits, but some of the main ones are grouped into key areas. You can choose benefits from each group for your marketing materials. By making benefits part of your cueing, you will inspire participants.

Cueing the Benefits

Benefits, Philosophy, and History comprise the third layer of cueing (see *Cueing for Success*, page 33), which deepens the AntiGravity Fitness experience. By making benefits part of your cueing, you will motivate participants to hold poses longer, staying in flow—and out of resistance. Students will endure discomfort to achieve more positive results and keep coming back to class when they feel good about what they are doing.

Healthier Spine and Joints
Decompression, through inversion, especially Zero-Compression Inversion, creates space between the vertebrae and joints, and alleviates pressure on nerves.

- Achieve a healthier, more flexible spine.
- Hydrate (water) and lubricate (synovial fluid) the joints and vertebral discs.
- Re-align the spine through traction and improve your posture.
- Realize full lengthening and extension of the body—you'll be taller!
- Expand the range of motion of your joints and spine.
- Restore youthful joy of movement.

Increased Strength and Flexibility
As you leverage the hammock, you can focus on specific muscle groups to build strength and flexibility at the same time.

- Attain all-over body conditioning.
- Build and tone muscle.
- Increase your flexibility as you lengthen muscles.
- Gain functional strength.
- Look and feel great.

Greater Core Strength
The hammock enables the targeting and activation of intrinsic abdominal muscles and pelvic floor.

- Activate hard-to-reach muscle groups.
- Maximize your deep core strength and improve stability.
- Strengthen the core in multiple planes of motion.
- Alleviate back pain and improve overall performance.

Optimized Mobility
Hammock-supported sequences facilitate muscular conditioning in full range of motion.

- Gain strength to control movement.
- Target weak or immobile muscles.
- Break through old patterns of movement that are holding you back.
- Achieve greater structural balance.
- Overcome workout plateaus and maximize your progress.
- Attain greater muscular definition and dancer "body lines."

Improved Kinesthetic Inteligence (KQ)
Changes in direction and speed in multiple dimensions hones your KQ, it makes you “body smart.”

- Enhance your reactive abilities and sports performance.
- Gain fluidity of movement and grace.
- Sharpen your proprioception and coordination.
- Deepen your mind-body awareness and overall agility.

Enhanced Cardio
Specific techniques create a surge of fresh oxygen and blood flow, stimulating healing. Safe, low-impact exercises condition your cardiovascular system.

- Increase venous return to the heart from extremities.
- Boost the heart rate and burn calories.
- Increase your stamina.
- Energize all systems.

Tension Release
Stress in the mind causes tension in the body. Relieving tension in the body, relieves stress in the mind.

- Deep tissue muscular massage.
- Myofacial release (scar tissue).
- Lymphatic drainage.

Supercharged Brain
Movement in multiple directions and inversions increase neuroplasticity (one’s ability to learn), and create new synaptic connections and neural pathways.

- Enhance your memory and focus.
- Increase your command/response acuity.
- Lift “brain fog” and think more clearly.
- Unlock higher functioning.
- Create an “aha” moment.

Rejuvenated Body, Mind, and Spirit
Inversions reverse the blood flow and refresh the endocrine, lymphatic, digestive, and circulatory systems—and also stimulate detox. “Happy hormones” (serotonin, oxytocin, endorphins, endophalins, endocaniboids, and dopamine) are also released. Mindfulness techniques further alleviate stress.

- Downregulate your over-stimulated nervous system.
- Reconnect and recharge: body, mind, and spirit.
- Improve your mood and sense of well-being.
- Create glowing skin bringing fresh blood to capillaries in the face.
- Leave feeling relaxed, replenished and light.

Transformed Quality of Life

- Discover you higher potentials.
- Conquer fear.
- Reach new, higher levels of performance.
- Gain heart-opening practices.
- Feel more confident.
- Become resilient and command greater strength.
- Move beyond pedatic exercise to holistic body, mind and spirit practice
- Find the child within and have fun.

Inspirational Quotes by 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 breathe with focus and purpose, we recalibrate our mind/body connection."

Complementary Opposites
"Gravity and AntiGravity are complementary opposites like light and dark, or up and down. We aren't trying to conquer. Rather we play within both fields."

Computer Reboot
"Our mind and body need to shut down, recalibrate and restart, no different than a computer. When we reboot our systems, we enhance our coping mechanisms updating our mind with new ideas. This helps us to run more efficiently and creates an opportunity for an epiphany."

Gravity vs. AntiGravity
"Gravity is the force that constantly pulls us down. AntiGravity is the energy that continually lifts us up. When in motion, we are navigating both."

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."

Metamorphosis
"The cocoon is a place of transformation. To feel your wings, simply remember the essence of who you are without societal labels and your metamorphosis begins."

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."

Open Up Space
"When you open up space in the body, you open up space in the mind."

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."

To Fly
"In order to fly, first you must be willing to let go!"

Transforming Energy
"There is only one energy in the universe moving all of life. The trick is to redirect force; transforming the energy from down to up, dark to light."

Your Mind Is a Liar
The words *mind* and *liar* are the same root in Portuguese. Your mind is always lying to you. You are more capable, more beautiful, and much greater than your mind wants you to know."

Youth
"You are only as young as your spine is flexible and your mind is open."

Zero-Compression Inversions
"Zero-Compression Inversions reset your organs, release a happy hormone cocktail, and get the kinks out.

APPENDIX B

CREATE YOUR OWN CLASS DESIGN

Action Steps to Learn Class Designs and Approach Teaching Your Content

Now that you've gone through the AntiGravity FUNdamentals technique and program, it's time to embark on your path as an AntiGravity instructor. This guide will assist you not only in mastering poses and sequences but also in understanding class designs and the overarching approach to teaching. Following this progression will lead to success in both using established class designs and crafting your own. Ultimately, you'll be equipped to create distinctive classes by blending signature sequences from the FUNdamentals program.

STEP 1: Start with Class Design 1: Decompress

- Teach and master it.
- Add and/or substitute one sequence at a time from Open Up.
- Once you have learned and taught all Open Up sequences.

STEP 2: Move to Class Design 2: Open Up

- Teach and master it.
- Substitute sequences from Be Free.
- Once you have learned and taught all Be Free sequences.

STEP 3: Move to Class Design 3: Be Free

Teach and master it.

Now that you have mastered all your templated designs, you are ready to create your own class design!

STEP 4: Create your own Class Design

Mix and Match sequences from all (3) Fundamentals class designs while maintaining the flow of sections from the templates.

APPENDIX C

CARING FOR THE HAMMOCK

Maintenance and Storage

Daily reminder

Encourage participants to not wear sharp jewelry and to cover rings that cannot come off with a Band-Aid. For comfort, sleeves and leggings should be worn. A sweat towel should be used in class for hygiene. Hammocks should be spritzed with odor-eliminating spray after each class and in between washings. The recipe is one part water, one part cheap vodka, and ten drops of tea tree oil.

Flying fabric

The flying fabric should be checked regularly for snags. Darn snags immediately before there is a hole (see www.wikihow.com/Darn-a-Sock). Hammocks may snag without tearing. The AntiGravity Hammock should be replaced if there is a tear. Snags usually happen because of jewelry, buckles, long nails, zippers, and hair clips.

Choke loops

After washing, check to make certain the choked loops are properly looped. Sometimes, they come out in the wash. A choke loop is only effective if properly applied.

Adjustment strap

Also known as a “daisy chain”, the webbing can fray over time. If there is any sign of wear and tear, replace immediately. This most often occurs first where the strap attaches to the points in the ceiling.

Carabiners

Never drop or slam carabiners. Check their gates to make sure that they are functioning smoothly. If carabiner gets a crack, or if the gate gets sticky, replace immediately. If the gate has a “lock” option, it is not necessary to lock the gate. Carabiners that rub against metal wear down over time. Check them every few months. If there is a groove starting, replace immediately. Some studios have squeak. Consider using duct tape or hemp rope as a barrier both for squeak and for wear and tear.

Storage

Hang hammocks in a dry area with adequate ventilation. Choose a secure place where snags are not likely to occur and the fabric is not touching the ground.

Washing

Hammocks should be washed periodically. We recommend washing after eight classes or if there is any odor. In between washings, hammocks should be spritzed with odor-eliminating spray. It is okay to wash your hammock with the choke loops attached. Wash on gentle cycle with a mild detergent. We suggest you hang dry your hammock. If you would rather use a dryer, we suggest you use the low setting.

After washing, make sure to stretch the hammock out as the fibers will have tightened. One can stretch the fabric out by applying dynamic weight, (i.e., sitting, swinging, inverting or bouncing on a closed hammock). Be aware that for the first class after the hammocks are washed, they should be set slightly higher for students, as the fibers of the fabric tighten during washing and drying.

Assembling the AntiGravity Hammock

Pleating

The AG hammock is a two-way stretch fabric that is a 9 by 12 foot rectangle. Gather the stretchy edge of fabric evenly (accordion-style) so that the hammock, once hung, does not have stretch. If this pleating is not done correctly, the edges will be a different length when pulled tight, making the AntiGravity Hammock uncomfortable. If you pleat the wrong edge, it will have too much stretch and not function for AntiGravity technique. Test by pulling the Front Edge and Back Edge down to see if they are even. Check the middle against the edges to assure that it is also even. If they are off by more than one inch, the hammock needs to be re-rigged. Tails should be approximately 8 inches long and never less than 4 inches.

Choking

The hammock is suspended by two self-tightening choke loops, one on either end. The choke loops are each rated for well over 2,000 pounds. The more weight you put on them, the tighter the choke loops grip the hammock. To attached choke loops to hammock, follow directions below:

Equipment needed: AntiGravity Hammock, 2 choke loops.
Tool needed: s-hook (helpful, but not essential)

1. Your choke loop has a seamed portion. Pinch it together to make a narrow oval, curving the seam into the shape of the letter C.
2. Once gathered, place the choke loop under the hammock, approximately 9 inches from the end, with the c-shaped seam on one side.
3. Pull the seam up and over the fabric and through the other end of the choke loop. This process is called “choking.”
4. Keeping the edges flat and close together, continue in the same direction. Choke the hammock a second time. (Do not double back.) You will now have two loops; one is the seamed edge and one is the opposite side of the loop.
5. Choke the hammock a third time. This time you may need to use the s-hook.
6. Sneak the s-hook under the unseamed edge and grab the seamed C with the hooked portion. Use the tool to pull the seamed C edge through and to tighten, creating one loop. Pull until you can place your carabiner through the loop.
7. Clip the carabiner to the choke loop.
8. Clip the carabiner onto the adjustment strap.

Notes. Low ceiling consideration: For ceilings 8 feet high or less, do not use the adjustment strap (daisy chain). Choke only two times and adjust by pulling the tails longer. In some cases, consider cutting off 1 foot of fabric.

Visit the AntiGravity YouTube channel for the instructional video: AntiGravity® Hammock Assembly and ‘Choking’

APPENDIX D

CONNECTING ON SOCIAL MEDIA (SHARING THE LOVE)

We want to hear from you! Send photos and videos to us on Facebook and Instagram for a chance to be featured on our official social media pages. We greatly appreciate you mentioning and tagging with consideration. Please refrain from giving away sequences with cues, scans, spots.

We encourage you to connect to, post, share, tag, and mention AntiGravity Fitness on any of the social media platforms you use. If your students share photos, encourage them to mention appropriately as well.

Step 1 - Follow, Like, Share

You can find us on Instagram, Facebook, and YouTube as antigravityfitness.

Step 2 - Post, Tag, Mention

Mentions

Facebook and Instagram: @Antigravityfitness
AntiGravity Lab in NYC: @Antigravitylab
Christopher (IG) : @antigravity_man

Hashtags

#antigravityfitness
#antigravityyoga
#antigravity
#aerialyoga
#christopherharrison
#AIRbarre
#AGPilates
#AGSuspensionFitness
#AGRestorative
#AGKids
#flyhigh
#AGFundamentals
#AGYoga
#openupbefree
#openup
#befree
#harrisonhammock
#AGHammock
#zerocompressioninversion
#suspensionfitness
#christoflyer

11. INSPIRATION

DREAM OF FLIGHT

High Flight

Oh! I have slipped the surly bonds of Earth
And danced the skies on laughter-silvered wings;
Sunward I've climbed, and joined the tumbling mirth
Of sun-split clouds, – and done a hundred things
You have not dreamed of – wheeled and soared and swung
High in the sunlit silence. Hov'ring there,
I've chased the shouting wind along, and flung
My eager craft through footless halls of air…

Up, up the long, delirious burning blue
I've topped the wind-swept heights with easy grace
Where never lark, or ever eagle flew –
And, while with silent, lifting mind I've trod
The high untrespassed sanctity of space,
Put out my hand, and touched the face of God.

John Gillespie Magee (1941)

THE ANTIGRAVITY QUEST

If we want to heal our
planet, we must heal
humanity.
If we want to heal humanity, we must first
heal our
societies.
If we want to heal our societies, we must
first heal
ourselves.
We start by reconnecting our
body and mind.

- Christopher Harrison

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ESTABLISHED
1991
OFFICIAL SEAL