



ANTIGRAVITY[®] YOGA

AntiGravity Yoga is an AFAA approved program as seen on THE VIEW & THE TODAY SHOW

Created by Christopher Harrison

QUOTES

- "Very impressive!" - The Doctors (July 2009)
- "...it felt good." "Fun factor: 5/5 Fitness level: 5/5" -Timeoutnewyork.com (April 2009)
- "You often forget you are exercising.." - FitSugar (Nov 2008)
- "...promises to be a big star in the future of fun fitness"- Recreation Management (June 2008)
- "...it's as awesome as it sounds" - NY Post (June 2008)
- "Call it yoga of the future." - Miami New Times (June 2008)
- ".....that sense of accomplishment, the feeling of growing strength, it all proved infectious."- The Miami Herald (June 2008)
- "...that Sir Issac surely would have loved." - LA Times (June 2008)
- "...as exciting as a fitness class can get." - New Yoga Hybrids (June 2008)

BENEFITS

- Decompress tight joints, relieving pressure while aligning the vertebrae of the spine without strain
- Perform advanced yoga inversions without neck or back compression
- Hold challenging yoga postures longer and in correct alignment
- Stretch further with less strain
- Add an entirely new dimension to your practice
- Create better body awareness while increasing overall agility

AntiGravity[®] Yoga is an interactive teambuilding and fitness activity that simulates the typical poses and moves of conventional yoga, yet extends the possibilities of shape and mobility all within the soft trapeze-like AntiGravity Hammock suspended from the ceiling. Participants stretch, lengthen and tone muscles while contorting into fun, challenging, and effective poses. Innovative and unlike other group activities, AntiGravity[®] Yoga combines the laws of physics and exercise into lighthearted, empowering sessions that can be completely tailored and customized.

"AntiGravity Yoga is revolutionary. When taught and performed accordingly, the technique, which is broken down to simple progressions, gives a cardiovascular workout with low impact while strengthening the musculo-skeletal system. It was challenging and exciting for my brain and body to move in 3D with endless possibilities of positions and shapes. It lengthens the muscles providing unique and effective flexibility stretches and lubricates the joints with mobility exercises. It allows for safe inversions that decompress the spine allowing a sense of space between the vertebral segments. I would definitely incorporate it into my fitness routine. Best of all, its fun to do!"

-- Marika Molnar, President of Westside Dance Physical Therapy and Director of Physical Therapy services to the NYCityBallet

Perfect for teambuilding activities, spouse events, and private classes for you and your colleagues.

Featured On:



Other AntiGravity Credits:
 Inaugural Neighborhood Ball for President Obama
 BET Awards
 MTV Video Music Awards
 Mariah Carey "Charmbracelet Tour"
 2002 Winter Olympics



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