

AntiGravity® Cocooning

by Christopher Harrison

Background Information

Hammocks are traditionally for napping and resting. The hammock is believed to have originated with the indigenous peoples of the Americas, particularly in Central and South America. Early hammocks were crafted from the bark of the hamack tree, giving the hammock its name.

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

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

The sensory deprivation factor while cocooned inside the hammock allows one to discover the mindfulness state quicker and stay there longer. The levitating effect makes one feel as if they are floating on a cloud, releasing all their cares and worries with a guided meditation. The cradling effect of being safely held and gently rocked takes one back to infancy and the comfort of a parent's arms. When you re-emerge, you feel renewed and rejuvenated, as if you have wings on your back.

Benefits:

- Recalibrates the Body & Mind
- Calms the Nervous System
- Refreshes Circulatory System
- Releases Muscular Tension post-workout
- Increases Range of Motion & Mobility
- Strengthens Mind/Body Awareness
- Helps Restore Homeostasis

Class Description:

Supercharge the power nap with cradled, rocking levitation. Mobilize joints safely with suspended traction. Recalibrate body and mind as you restore homeostasis. Re-emerge with less stress and more mindfulness. This self-care class is part of the AntiGravity Recovery regimen.

According to the National Sleep Foundation, research shows that:

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



Class Duration: 30-60 minutes

- Intro: 2-3 min
- Warm Up: 10-25 min
- Inversion: 5 min
- Cocooning: 15-25 min
- Closing: 2-3 min

Playlist Suggestions:

- Nature SFX
- Meditative Instruments / Sound Healing
- Guided Meditation (Metamorphosis theme or Body Scan)
- Remember, Silence is Golden

Lighting: Create an ambiance. Dim lights or eye-masks.

Temperature: Must be a warm room. If necessary, use blankets.

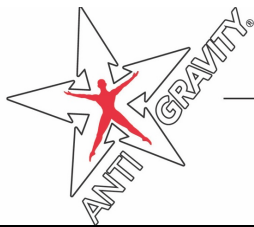
Nuances:

- Sweating: For anyone coming directly from cardio, place a towel over shoulders coming into Pouch Mount, to minimize sweat on apparatus.
- Pillow: Neck pillow bolster (or rolled up towel) under neck while in Cocoon, as needed

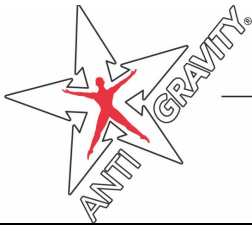


AntiGravity® Cocooning Class Design

SEQUENCES	CUES
Traction Chair Sequence (2-3 min) *Tailbone on Plumblines	Back Wrap: Walk forward and bend knees, tailbone under Plumblines . Chair: Sit heavy, hammock lifts up, as gravity pulls down. Tension Release: Hands on forehead, forearms backside of hammock, cue 3-5 deep breaths. Hip Tilts: Shimmy hips, lift & drop one at a time, alternate R/L. Fish Tails: Legs extend, lift knee for “tipping” effect, body twists, slide foot back to floor ankles crossed, alternate R/L. Rocking Chair: From Chair , swing gently forward and back maintain tension in ball of foot then heels (5-8x). Pull to stand.
Cat / Cow Sequence (Modified) (1-2 min) *Feet on Plumblines	Push Grip: Standing on Plumblines . Right Angle: flat back, no break in wrists. Cat: Articulate through the spine, synchronize breath. Cow: Bend knees to arch, chest lifts. Repeat sequence <u>varying tempo</u> .
Mountain Peak Sequence (2-3 min) *Feet on Plumblines	Back Wrap: Standing on Plumblines Mountain Peak: Body in one line, from toes to hands, squeeze hips. Third Eye Prayer: Bend knees & elbows, chest to ceiling. Mountain Peak. Chair. Repeat sequence, synchronizing breath. Add Forward Leaning T: Press through Chair , core engaged, lead with the chest, hips forward, rise onto toes. Body in one line, arms in T position at front tension. Swing back through Chair to Mountain Peak . Repeat entire sequence.
Gyro (2 min) *Feet on Plumblines	Back Wrap, Basic Grip: Standing on the Plumblines , Wide Stance, Back Lean, Reverse Grip: Repeat half circles for several reps (maintain tension). Gyro: Full circle, evenly distribute weight between floor and hammock. Repeat for on both sides. Articulate feet.



Caped Flying Shoulder Stand Inversion (3-5 min) Modification Note: This inversion sequence can be challenging, therefore, consider your students. The modification is either a simplistic Booty Wrap Spiderman Inversion with passive and active traction or Open Hammock Shoulder Wrapped Flying Shoulder Stand sequence.	Pouch Mount: Gather 6 handfuls. (for ease later to transition into Cocoon). Pouch. Angel Pose: Find back edges, press hands out to tension, lower hammock to neckline creating thin edge at neck while covering shoulders. Shoulder Wrapped Cradle/Push Grip: Lay back, Reverse Sit Up giving weight to hammock <u>assuring shoulders are covered</u>. From inside hammock, reach arms forward grabbing front edge of hammock, Push Grip on front edge, on outside of hips and wide. Piston Presses: Maintaining arm tension, lift knees to chest and find tension on back edge of hammock with flexed feet. Maintaining tension, slide feet upward on edges of hammock and extend through spine for Piston Presses. Do this incrementally and slowly as an upper abdominal workout. Caped Flying Shoulder Stand Inversion: Maintaining arm and leg tension, piston press and extend legs as high as possible (full body bandha), open ribcage and extend neck as you stack the joints of the body. Breathe.
Cocoon Silkworm (10-15 min)	From Caped Flying Shoulder Stand: Bend knees, and lower hips down. Cover head and assure feet are inside for full body encapsulation. Silkworm Wrap: Use back edge to pull the body to one side, Silkworm: Undulate body reaching as long as possible, then curl into a ball, Fetus. Repeat then switch to other side. Finalize in Cocoon.
	DURING COCOON OPTIONAL HANDS-ON MANIPULATION ----SEE BELOW
Outro Imagery: Butterfly emerging.	Cocoon: Feet out, hammock to back of knees. Grab back edge tug and sit up. Angel: Spread wings like a butterfly, lift heart to complete transformation. Bow forward for Floating Child's Pose.
Rocking Cradle Dismount	From Pouch: Grab up Basic Grip High Rock toes to nose, tug feet to floor Rocking Cradle Dismount.



Mountain Grounding (1 min)	Stand in front of hammock Ground through the feet Notice changes in your body, breathe.
DURING COCOON	Hands-on manipulation is done one student at a time. Since everyone is inside their cocoons, no one knows who gets your touch or how long you spend except for the person receiving.
Hands on manipulation Option 1	OcciTugs: Fingers trace the base of the skull to occiput tuberosities. Creating traction at the axis & atlas swing/rock gently. Tug toward you when student is furthest away, swing back. Repeat.
Hands on manipulation Option 2	Trap Trigger Rocks: Thumbs or heels of hands at top of trapezius on both sides. Press to swing forward and release. On back swing, press again and push away. Repeat.
Hands on manipulation Option 3	Calcaneus Tugs: Standing at student's feet, place middle fingers on inside and thumbs on the outside of heels. Utilizing Momentum and Timing, rock student forward tugging heels on back swing. Use this trigger point to release the ankles and lower legs.