



AntiGravity® Fitness Offers Free Classes To Honor National Yoga Month

September 01, 2015

September 01, 2015 - PRESSADVANTAGE -

AntiGravity® Fitness announces free AntiGravity® Aerial Yoga classes for first-time fliers in celebration of National Yoga Month this September. Newcomers can take a first time flight with AntiGravity Aerial Yoga, offering AntiGravity Fundamentals: Open Level classes, at no cost throughout the month of September.

The evolutionary mind/body practice created by movement pioneer and inventor Christopher Harrison, first elevated yoga up into the air, giving birth to a wholly new category in the ancient discipline. AntiGravity® Aerial Yoga combines traditional yoga poses with moves from the aerial arts, Pilates and dance conditioning with the use of an original invention, the Harrison AntiGravity® Hammock.

The practice's signature zero-compression inversions relieve spinal pressure and force realignment while reconnecting body and mind. The unique technique helps reduce back and neck pain, fosters joint mobility, stretches your body to its maximum height, and safely pushes fitness limits, all while having fun. During the course of the practice, participants conquer basic fears and discover a new level of self-confidence while

benefitting from a solid workout.

"I first discovered yoga at an Ayurvedic center in India in the 90s," says Christopher Harrison. "During my quest to find relief for my own joint pain, I discovered that my silk hammock invention, used for aerial dance, also allowed me to adapt traditional yoga poses and movements, up into the air. AntiGravity Yoga was born from both the desire to create beautiful poses and my need to relieve back pain."

AntiGravity Aerial Yoga is universal and offers something for every skill level. It will push seasoned yogis to their limit, elevating their practice, while also appealing to beginners who are looking for a fun, new experience. Everyone leaves class feeling lighter and uplifted.

Join AntiGravity Fitness for a complimentary AntiGravity Aerial Yoga class during the month of September. Select studios around the country will offer free classes in celebration of National Yoga Month.

Visit <http://antigravityfitness.com/locations>, and look for the green "Featured studio" badge to find a participating studio near you. Mention this offer when you call to book your free class. Spaces are limited and will be assigned on a first come, first served basis.

Contact: please contact the individual studios with specific questions as times and dates for the complimentary classes vary according to local schedules.

About AntiGravity® Fitness:

Christopher Harrison founded AntiGravity® Entertainment originally as a dance company that utilized acrobatic arts as a movement vocabulary in 1991. All AntiGravity Fitness techniques are derived from the performance team's warm-ups and aerial conditioning exercises. Harrison is best known for bringing contemporary aerial arts to Broadway, rock tours and TV award shows. AntiGravity® is now widely considered America's premier aerial acrobatic entertainment, being the President's choice for his Inauguration. AntiGravity® Fitness, founded in 2008, first launched AntiGravity Aerial Yoga, forging an entirely new path and creating a new genre. Mr. Harrison is the author of seven Yoga & Fitness Techniques that take place on his AntiGravity® Hammock invention.

To schedule an interview or to learn more, please contact:

KELZ PR ? 646.450.5359

Sheila ? Sheila@kelzpr.com

Melissa ? melissa@kelzpr.com

###

For more information about AntiGravity Fitness, contact the company here: AntiGravity Fitness Christopher Harrison +1 212 2790790 265 West 37th Street, Suite 1100 New York, NY 10018

AntiGravity Fitness

Website: <http://antigravityfitness.com/>

Phone: +1 212 2790790



Powered by PressAdvantage.com