



Introducing AntiGravity® Yoga at Four Seasons Hotel Bahrain Bay

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The Spa at Four Seasons Hotel Bahrain Bay announces an exciting new addition to its health and wellbeing offering: AntiGravity Aerial Yoga.

The first urban resort in the Middle East to offer founder Christopher Harrison's groundbreaking yoga technique, Four Seasons Hotel Bahrain Bay has assigned an impressive natural light filled yoga room at its unisex fitness facilities ? in the Hotel's own man-made island ? dedicated to the art of AntiGravity Arts.

Suitable for guests aged 16 and above, AntiGravity Fitness techniques utilize a silk hammock, enabling participants to take yoga into the three-dimensional realm. But it is not just for the athletic and adventurous: all abilities and body types can benefit from the highly therapeutic technique. Slightly suspended above the ground, AntiGravity Fitness provides relief to the physical body and facilitates the practice of zero-compression inverted postures.

One of the reasons AntiGravity Aerial Yoga stands out above all the rest is the additional emotional benefits. It relieves stress, is spiritually uplifting and provides a new and exciting alternative to exercising. Some even speak of the possibility of a rare out-of-body experience.

This highly specialized activity began in the United States in New York City and has since gained rapid popularity both nationally and internationally. Christopher Harrison, the founder and pioneer of this type of elevated yoga, was experimenting with the most extreme ways to defy gravity first on the stage. He began utilizing trampolines and springs to achieve a fast-paced, pop culture-themed acrobatic act in the theatre and on TV. He eventually invented a new device that perfectly suited his needs - a silk hammock designed to withstand up to 300 kilograms. He named it the Harrison AntiGravity® Hammock.

"I am elated to be able to give the people in the Middle East who either live in or travel to Bahrain the ability to feel the freedom of flight. One's true wealth is their health and AntiGravity techniques live up to the promise of anti-aging through recalibration of both body and mind," comments Christopher Harrison, who personally travelled to the urban resort to certify his instructors in the Kingdom of Bahrain.

Renowned as the second largest Four Seasons Spa in the world, the Hotel's Spa remains at the forefront of exploring the dynamics of wellbeing in all its forms.

"AntiGravity Yoga is a great addition to our Spa and Fitness offerings allowing our guests to experience a whole new level of yoga, strength and flexibility training at their own pace. It is a unique yet effective fitness activity that entails mind, body and inner connection focusing on breathing, core strength and balance," explains Director of Spa Chandarella Luzon.

"Our Spa will continue to introduce different aspects of traditional, holistic and innovative forms of wellness treatments and fitness activities that will surely help guests achieve balance, relaxation and complete well-being," adds Luzon.

Four Seasons Hotel Bahrain Bay brings this opportunity to its guests as a hip alternative to maintaining mental health and physical fitness. All guests and Spa members are able to enjoy this one-of-a-kind activity complete with complementary introductory classes.

To be one of the first to try the new AntiGravity Yoga at the Spa at Four Seasons Hotel Bahrain Bay, contact The Spa at tel: (973) 17115000 or email: spareception.bah@fourseasons.com.

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For more information about AntiGravity Fitness, contact the company here: [AntiGravity Fitness](#) Christopher

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