



## **AntiGravity® Yoga Flies High In the Sky - Harrison Launches Sky Dancing 2,000 Feet In The Air**

*November 16, 2015*

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AntiGravity® Fitness presents "Sky Dancing," debuting a fresh genre in high-flying sports. Taking its aerial arts to new, groundbreaking heights, AntiGravity® partnered with the best paragliders in the country, bringing bold acrobatics to the skies.

Great Risk Great Reward

Seeing is believing, [click here](#) to watch Sky Dancing as AntiGravity® Founder Christopher Harrison takes flight with fellow aerial enthusiast Shelly Bomb.

Suspended from the Harrison AntiGravity® Hammock, at times 2,000 feet off the ground, higher than the Freedom Tower, enveloped in the silk hammock innovation, Harrison gracefully performed a series of AntiGravity® Aerial Yoga poses and inversions. Harrison and Shelly Bomb courageously flew through the air, pushing all fear to the ground below. In the short moments enjoyed nearly a half a mile above Earth, "Sky

Dancing? was born.

While every gymnast knows about challenging the physical limits to get up into the air, Harrison, a former world class gymnastics specialist, has upped the bar even farther into the heavens, creating for the first time an unbelievable experience combining AntiGravity® Aerial Yoga and paragliding.

### The Tribe Converges

Acclaimed aerial filmmaker Niels Dachler, who studied AntiGravity® Yoga with Shelly Bomb to heal his back approached Harrison after class. Together, they conceived of Sky Dancing over the mountains of Utah with top paraglider Ken Hudonjorgensen of ?Two Can Fly? and wingsuit specialist Bill Heaner. This physical expression challenges the limits of both body and mind. In the serene mountains, Harrison and his crew went through every routine carefully. ?We strove to create a truly amazing experience encompassing aerial, acrobatics and physical artistry while ensuring safety up in the sky,? says Harrison.

Dachler, spearheaded the shoot and captured the spectacular footage while on his own paraglider flown by Poitr Jaganowski. Beyond artistic value, the Sky Dancing project had a greater purpose. The Point of the Mountain in Draper, Utah where the video was shot is one of the best places to paraglide in the US. <http://www.paragliders.com/>. The mountain was being threatened, slowly being torn away by Geneva Rock a cement company that owns the land. ?Sky Dancing? was able to bring awareness to the magic of the mountain and help the efforts to ignite the state to take action, thereby saving ?Steep Mountain? from further degradation.

Harrison encourages everyone to experience the weightlessness of flight ? in the safety of a gym or studio. He has adapted moves from his extensive experience as a professional gymnast and Broadway dancer, taking them up off the ground with seven aerial fitness techniques. Each combines exercises from traditional barre, pilates, yoga and dance training into a 360-degree movement vocabulary with the Harrison AntiGravity Hammock.

Today, each day, more than 30,000 people experience the body and mind benefits of letting go of fears and giving in to inversions. Harrison?s innovative techniques are practiced safely in over 50 countries worldwide and the AntiGravity® Academy has certified over 3,000 instructors.

?Whether it is Mariah Carey, a child or a yoga mom, I love proving to people that they are more capable than they know; that their fears are but illusions, meant to conquer, given to us to make us stronger,? concludes Harrison.

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 Fitness Techniques that take place on his AntiGravity® Hammock invention.

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SKY DANCING VIDEO - [www.youtube.com/watch?v=8y1cTnTS5Xk](http://www.youtube.com/watch?v=8y1cTnTS5Xk)

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