

**Group number: 7**

**Project title: Antigravity Yoga**

**URL: http://www.antigravityyoga.ie/**

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**Introduction:**

Antigravity Yoga is a new practice that is inspired by traditional yoga, it combines the traditional yoga poses with aerial art, Pilates and dance with the use of hammock. The Antigravity Hammock acts like a swing which is a structural fabric that is connected from two overhead points. It is said that through of Antigravity yoga, it can improve their flexibility and alignment also can develop strength and deep breathing. Deep breathing can help people feel calm which can increases their mental flexibility as well.

The story of Antigravity is one of championship spirit and entrepreneurialism, of art meeting commerce, of sports in entertainment, but most of all it’s a story about pursuing one's passion while pioneering the contemporary acrobatic and aerial arts evolution.

This yoga has recently gained popularity as a form of fitness which can achieve a total-body workout in many countries.

**Goal:**

The project goal of the website is to educate people about Antigravity yoga and the health and wellness benefits of the practice and encourage people to sign up for classes and programs. The website describes the process of the practice and includes videos of the practice in action. It includes class prices and timetables, so the users can enquire or sign up online via the contact page.

**Strategy:**

Project offers view of 6 types of classes, information about antigravity yoga and price/time options and encourages users to get involved through social media channels.

Project contain contact panel, map view to find localization on the Google Map option.

**Terms of functionality:**

* functional links
* images showing a antigravity yoga sessions, sessions, possibilities with the use of hammock
* clear information
* connect with social media
* contact fields for direct questions
* marked localisation on Google Map

**Project deliverables:**

HTML: major construction of 6 pages

CSS: colour of fonts, size of fonts, div wraps, headers style, footer style, content style

JavaScript: popup windows, map zoom, query fields, social media connections, video

JQuery: slides