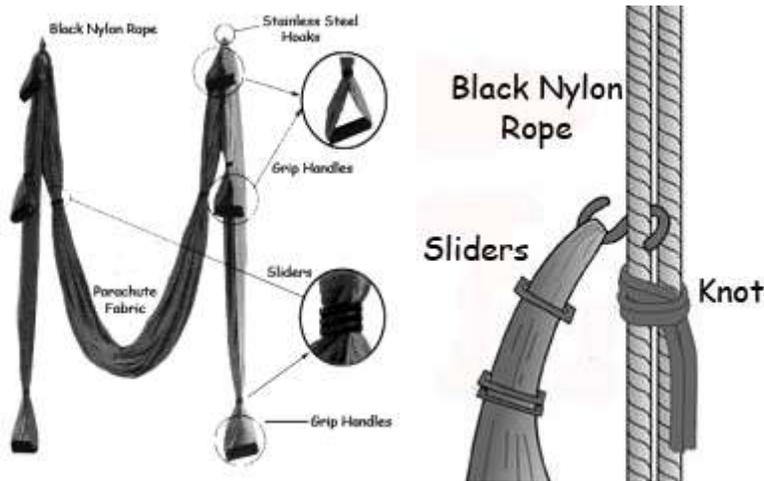


Yoga Swing Safety and Installation

Set up your Yoga Styling Yoga Swing in just a couple of minutes. Set it up in your home or outside. You can use ceiling hooks to attach to support beams, hang it from existing structures, trees, porches, wherever there is space and you feel comfortable, but remember to select or create a forgiving surface beneath.



If you are employing ceiling hooks or bolts please install with caution. These fittings will need to take more than your full weight while you are in motion, so we advise professional installation of any such weight bearing fittings.

If you are simply wrapping around an existing beam or branch or bar then also be sure that it is sturdy enough.

W When you select a horizontal support make sure that it is at least 12 inches (30 cm) higher than the top of your head.

The ropes included with your swing are for the adjustment system. You may also require additional rope to fit to beams or supports.

There are four (4) adjustable positions that you can hook the Yoga Swing side handles to. The side handles are most often placed on the top knot so that the lowest handle becomes a foot stirrup for sky walking and skiing exercises.

The ideal height for the centre section is most often hooked into the knots below the side handle hooks. The lowest position is good for floor work, for example stretching the lumbar area or doing inverted shoulder stands. Hanging free, the centre section should be about hip level. When inverting, make sure your head is free of the floor. Adjust knots either up or down to the height that suits your objective.

The user accepts all risk and all liability while fitting and using the Yoga Styling Yoga Swing so always check the condition of the ropes, especially where they meet another surface or fitting.