

Yoga Swing

Installation and Safety



You can suspend your swing from anything inside or out that is strong enough to carry your body weight in motion, like a beam or a tree branch. If suspending outside, fix it so you can easily take the swing down when not in use to prevent the fabric from fading in the sunlight. Your swing needs to be put up high enough so your head will not touch the ground when you bend over backwards while sitting on the Main Body of it. Depending on where you are going to suspend your swing, you may need to purchase two strong eyelet screws to put into a beam or branch, and some extra nylon rope or metal chain if you have a very high fixing point. If you want to be able to take the swing down between uses, two carabinas would be useful also.

Swing parts and optional accessories:

1. Main Body of the swing. When you sit in this as if it is a swing in the park, your feet should be off the ground and when you lean over backwards your head should not touch the ground (obviously!).

2. Black Nylon Ropes with three knots tied in them hang down from your fixing points. The knots enable you to adjust how high the swing will be off the ground and the position of the Handles. The Main Body and Handles hook in above the desired knot as seen in picture 7.

3. Handles (3) There are three Handle grips on each side giving you different options of where you can place your hands and feet.

4. Plastic Adjustment Sliders slide down the fabric of the Handles to tighten them onto your hands or feet if required.

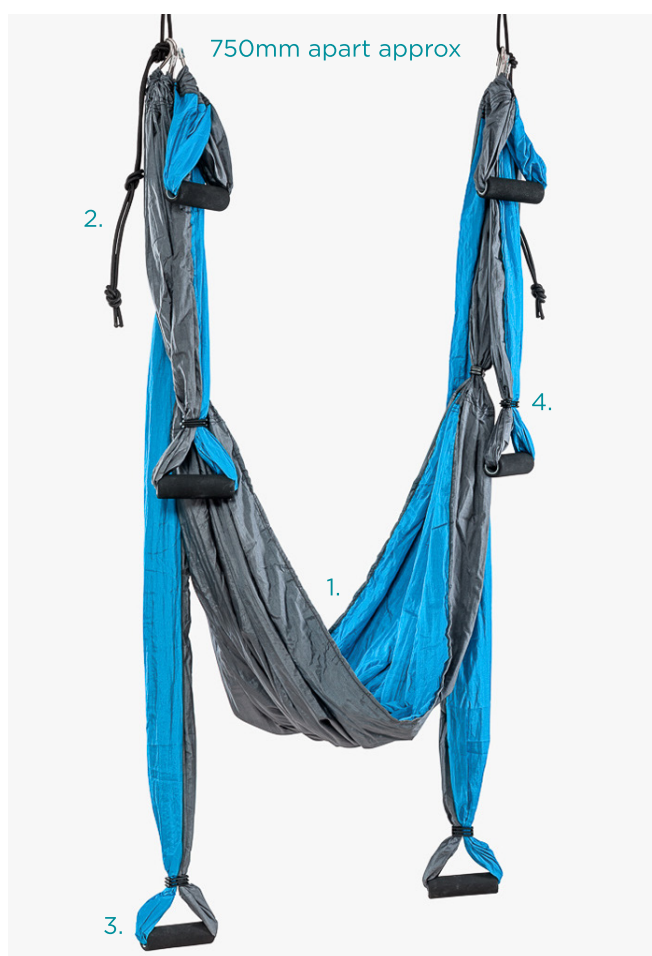
5. Two Eyelet Screws (not included) need to be strong enough to sink deep into the beam or branch. Check with your supplier about how much weight they can safely carry. The ones shown are 120mm long.

6. Two Carabinas (not included) enable you to put the swing up and take it down easily between uses.

Installation:

Step One: Choose your fixing point and check if the Black Nylon Ropes are long enough to position the swing high enough off the ground. Use additional nylon rope or chain if not to bring them down to suit.

Step Two: To create your fixing point you can tie strong rope around your beam or branch, and carabina or hook your swing directly into that. For the most tidy finish, screw eyelets into your beam or branch using a drill. Test that the eyelets can carry your weight before using the swing.



There are plenty of YouTube videos showing how to install these swings. Contact us for more information www.ecoyogastore.com