

AERIAL YOGA SWING







YOGA SWING PRO
Your Fitness Mantra

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INTRODUCTION

In ancient times of northern India (5000 years ago), yoga was not only practiced widely for physical wellness and spiritual uplifting, but old gods were worshiped through different body postures. Though Yoga Swing is a new concept, but old yogis have been practicing the same concept through ropes and slings. This whole rig is a modern idea for aerial exercises and poses and consist of wide silky seat, loopy ropes (Daisy Chains) 3 Different variation of handles and carabiners, this soft aerial rig makes you do poses in the air which cant be performed on flat ground and it's not risky like acrobat gymnastic. Yoga Swing is designed to address your back-bends traction and relies on anti-gravity or inversion therapy. Health professionals recommend hanging upside down for traction purposed and through this hammock you can enjoy meditation in the air rather than sitting on flat floor. When you practice aerial poses, you feel every little muscle behind your back and the further you stretch, the more flexible you become with the passage of time.

We the humans stay stick to one routine for job, studies or driving activities and stress our spine and back muscles with awkward sitting style. We only realize our back problem when our spine is already in deep pain, for immediate help this suspended hammock system is the best solution. Yoga Swing Pro's aerial hammock does not only resolve the back-pain issues but also provide a new level of entertainment to kids and pets. This swing is a great source of pleasure for adult couples as well, who have mischievous and naughty ideas to try on ;)

The main purpose of this yoga swing serves in 3 different aspects of life:

Spine Traction: This silk hammock is designed to fight for your spine traction by using your own body weight.

Back and Core Muscles: This rig does wonders when you hang yourself upside down and perform aerial poses, you will feel your core muscles are growing stronger.

Flexibility and Balance: : It's all about practice and in the beginning, it seems tough but your body start accepting more intense exorcises with more and more practice.

SECTION 1

SAFETY DISCLAIMER

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Safety is our utmost priority, and we want you to take safety measures seriously.

All the exercises should be considered wisely under your circumstances health conditions and equipment conditions every-time prior to start your yoga sequence or flow. We recommend you consult with your health care consultant according to your health condition before trying on this rig and poses.

Without proper guidance or Improper use can lead to serious injury and all participating individuals in any type of yoga related activities should be aware and understand all risks thoroughly.

You can avoid any serious injury or health related problem by simply discussing it with your health physician, particularly if you have certain types of health-related limitations and conditions.

Yoga Swing Pro highly recommend you discuss with qualified health care fitness instructor, nutritionist, or physician especially if you have any medical condition like; *

- Bones Disorder
- Prosthetic hips
- Blood Pressure
- Cardiovascular Diseases
- Eye Disease
- Pregnancy



Anyone below age 12 can use this swing only under adult supervision. There is a choking hazard for kids under 4 and swing should be removed after usage for safety purposes.

*Yoga Swing Pro[®] is not liable for any claims for injury or damages resulting from or connected with the use of the Yoga Swing.

Yoga practitioners should take safety measures seriously and fully responsible for their actions. Negligence in Installation or prior inspection could lead serious financial or physical permanent damages including death. Inverted yoga could be potentially dangerous for some health conditions and should be discussed with your physician before trying it. We recommend professional's help for mounting purposes. Choking hazard for younger kids, adult supervision required for children under 12.

CHAPTER 2

SAFETY GUIDELINES

For beginners, it is very tempting to move briskly but for safety precautions we recommend moving slow and steady. Nobody becomes perfect in a day or two, so learning with patience is the key to success and safety. When your upside down, you go in a vulnerable position where little mistakes can result serious injury, we recommend you to be mindful and as a heads up always focus on your feet before taking any action because the more focused you are on your feet, the better it is for your balance and equilibrium.

Being cautious is better than any injury, we highly encourage you to keep an eye on your feet and particularly at toes when your feet are safely locked in swing's silky fabric and once you are stable then you can look around freely in a balanced position. Our instructions are to give you a better idea about the safety of yourself, people, and atmosphere around you but are not limited to these instructions only, you can always stay one step ahead through your own research and study.

- You might watch on TV or YouTube that other people are so flexible and confident in doing certain tough poses but keep in mind, once we all were there and it takes a lot of effort and practice to be there wherever they are right now.
- Yoga Swing Pro[®] uses premium quality fabric silk but still you need to be careful about sharp objects including carabiners corners and your toe and fingernails, they could damage your rig.
- Try to consume less food and liquids before going upside down in case you cannot completely avoid meals before your exercise. Little snacks or small bars are fine for diabetes related yoga participants



- Always stay hydrated and keep your water bottle in reach.
- Yoga pants should not be too long or loose as they are safety hazard.

Yoga Swing Pro[®] recommends you practicing bare footed without any shoes.

If you are too sensitive or have any medical condition like blood pressure, diabetes, asthma, or any heart condition, please consult with your doctor and if you feel dizzy or suffocation STOP immediately and don't force yourself.

Wearing an appropriate top or shirt is good which makes you feel comfortable.

If you were inactive for a certain amount of time then let your muscles and body organs get used to it in a day or two, do not be impatient and go with the flow.

We can only take precautionary measures to avoid any serious injury but still these instruction cannot eliminate the element of pain or body fatigue. As we all know there is no gain without pain, so in the beginning you might feel body ache or sore muscles due to the intensity of inversion and anti-gravity aerial exercises. In case these pains persist after couple of days or get worse then immediately stop further exercises and consult with your physician.

CHAPTER 3

TRAITS OF YOGA SWING

Yoga Swing often creates the impression of naughty rig but it's equally effective for Aerial Yoga practices and playful activities. Some couples have used it as an adult swing though its main purpose was to practice aerial yoga.

- Pre-knotted lose swing which needs to be tightened firmly according to height
- Loopy ropes aka daisy chains for adjusting heights quickly (2 hooks per side)
- Broad saddle seat with multi-length paddled and re-moveable handles (3 on both sides)

Sometimes different sitting postures, work routine or sensitive muscles contribute towards spinal decompression or our vertebrae becomes tangled or squished. In such painful times no home remedy works, regardless of you spend hours in deep tissue massages or try hot water sauna therapy. The only thing which could fix your spine is traction and that is the time to give a shot to our Yoga Swing. Traction is the solution which can pull your tangled vertebrae apart and this procedure has shown better results under health care professionals' supervision.

Our back muscles work in an amazing sequence of vertebrae, disc tissues and spine's full-fledged range of motion. Our rough life puts a great amount of pressure on our spine through bad sitting or lying postures, long driving hours or stiff exercise routine or even less balanced high heels. We need a healing therapy to bring our discs alignment back to normal and provide our spine required traction through the best inversion tool "yoga swing" regardless of it is your lumbar spine, dislocated L4-L5 discs or squished vertebrae, they all cause lower back pain and sometimes trigger pain in feet, legs, bums and even cervical spine or stiff neck muscles. Yoga swing has been doing wonders for people who have been suffering herniated discs and spinal compression. These complicated names seem scary, but solution is simple and long-lasting health benefits through inversion therapy which could be performed this aerial yoga hammock in your garage, outside on a monkey-bar or yoga studio of your choice.

CHAPTER 4

HANGING INSTRUCTIONS

Common Ideal Spots:

- Ceiling Mounts
- Exposed Ceiling Beams
- Tie it to a tree Branch
- Swing Set or Stand Frame
- Door Frame Bars
- Hang from gym equipment

Conditions to meet Ideal Spot

- It should support twice your body weight.
- There should be minimum 2-3 ft space in each direction to exercise freely.
- Extension straps or ceiling hooks should have around 2.3 ft to 2.6 ft space between them. Or do following;
 - Stand with your arms straight out to your sides and bending towards sky forming a 90-degree angle with your fingertips.
 - The width from fingertip to fingertip is the recommended length that should give you the most comfort during use.

Safety Checks

- Always check the stitching, attachment ropes and straps for signs of wear to avoid injuries.
- Tug from the highest handles & from the seat to make sure your swing is properly installed.
- When hanging upside down, allow no more than 6" from the floor to avoid any possible injuries.



For Hanging Swing

- Find an area to hang your swing and the hanging method you want to use to determine the steps to follow;
 - a. If hanging using a beam, swing set, door frame bar or to tying to chin-up bar, find the ends at each of the daisy chain strap. Place the daisy chain strap on the support structure and let it hang evenly. With one loop-end in hand, thread one loop through the other loop-end to form a noose knot and pull tight. Do this for both daisy chains.
 - b. If you are using ceiling mount hooks or brackets, attach one end of each daisy chain to each ceiling mount hook. Depending on the type of ceiling mount you are using, another pair of carabiners may be needed to attach the daisy chain to the mount.
- You're now ready to hang the main yoga swing seat. Simply clip a single carabineer to the daisy chain loop. Each swing seat end should be clipped to only one daisy chain loop.
- Lastly, take the yoga swing arms and attach the carabiners of the arms to the same daisy chain loop you attached the yoga swing seat ends to.

CHAPTER 5

MOUNTING INSTRUCTIONS

Safety Comes First

Yoga Swing Pro recommends a proper installation from a professional to avoid any physical or financial damages

Getting Started

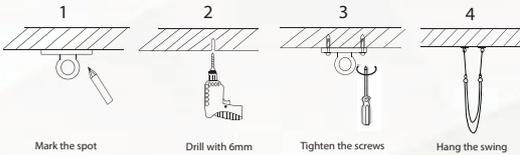
- Yoga Swing Pro Ceiling Mounts
- Pen & measuring tape
- Ladder
- Stud finder & Drill

Wooden Ceilings

- Ceiling mount hook with bolt screws
- Power drill with 6mm drill bits

Wooden Mounting:

- Put two marks 72cm apart, distance should be taken from the center of the ceiling mounts
- Now make the holes according to ceiling mounts
- Put the mounts in place & tighten your wooden screws
- Mark the spot, Drill with 6mm
- Tighten the screws
- Hang the swing



Mark the spot

Drill with 6mm

Tighten the screws

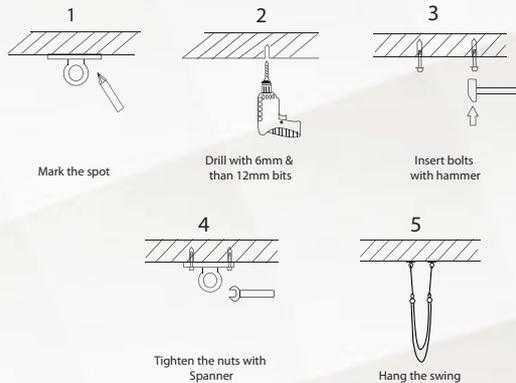
Hang the swing

Concrete Ceilings

- Ceiling mount hook with expansion bolts
- Power drill with Drill bits (6mm & 12mm)

Concrete Ceiling Mounting:

- Put two marks 72 cm apart, distance should be taken from the center of the ceiling mounts
- Now make holes according to the ceiling mounts
- Remove the nuts from the bolts and slide the bolts into the holes.
- Place mounting hook on the drilled place and tighten the bolt nuts completely for safety measures. Now check again the strength & stability one last time to make it completely secure and safe.



Mark the spot

Drill with 6mm & than 12mm bits

Insert bolts with hammer

Tighten the nuts with Spanner

Hang the swing

SECTION 6

PRACTICE POSES

Aerial Yoga

Aerial yoga is quite popular in modern world as it allows you to train your core muscles, strengthening your torso and abdominal organs including your lower back. Yoga swing is getting more and more fame due to its fun factor and ease of use from a beginner level to a pro level yoga student. Aerial yoga provides a vast range of fun based exercises from kids to grandparents. Kids use it as a swing and cocoon themselves for best book reading experience. Best part is you can adjust the height.

Adjust the height of the saddle seat according to your navel line

In the beginning you can take help from a stool for lifting your body weight

If you are advanced yoga student, then you can use the top handles and sit in the seat through a controlled weight shifting process.

If you want to get off the yoga swing, hold the top handles and lift your body in a slow and controlled manner without jerking your muscle or swing and land safely with both feet on the ground.

Make yourself more comfortable with small adjustments
When you are sitting in the swing it is not an ideal position to deal with height adjustments. Avoid temptation to ride yoga swing like a hammock because it needs more controlled body weight shifting and its possible through handles only:

Seat should be covering your bums, not legs or back

After riding the seat keep holding handles & adjust yourself
In case you are not comfortable, get off and using plastic fixtures make your seat smaller or wider by moving them up or down and same goes with the handles, move plastic clips to reposition handle grips and hold fabric instead

DIFFERENT POSES

FLYING WHEEL

This pose is a deep stretch for your abdominal muscles, your backbends, and your thighs to toes. Basically, you will be tilting forward and bending your head downwards. You will feel the intensity of this pose on your abs area. You can practice this pose according to the flexibility of your body.

- Fit yourself in the seat and adjust through wiggling your butts and make it smaller because seat should not be covering more than your bums.
- Now start spreading your legs and to make a good balance start bending your knees.
- Hold the longest handles and start tilting your body weight forward and keep doing that according to your comfort zone and stretch level but do not hurt yourself.

You might feel uncomfortable in the beginning but with a practice you can reach a level where you can crisscross your arms around your head without holding the handles and same time you can maintain your balance as well.

This pose could be challenging but with practice you can start reaching a level where you can bend your knees and grasp your ankles comfortably but, in the beginning, it could be scary and risky, do not leave handles if you're not comfortable. Whenever you feel tired or done for this pose, you can reverse this process to come out of this pose safely by grabbing handles and lifting your body upwards in a slow but balanced way.

Virabhadrasana Sequence

This is a basic Virabhadrasana sequence that focuses on using the swing to enhance standing yoga postures. In this position, with the swing, you can stretch out your arms and sit deeper in the hips. Steps:

- Loop your arms through the sling as you stand in front of the swing
- Step your left foot back in a deep lunge while using your arms to find your balance
- Bend your front knee as deep as 90 degrees, if you can, and engage the back leg strong
- Look straight ahead and take 15 slow breaths
- For Warrior II Backbend, you will use the swing to gently open up the front of your body as you remain in the same fundamental setup position as before.
- From Virabhadrasana II, lift your arms up above your head and hold on to the fabric above with straight arms
- Gently and carefully lean back slowly to find your pose
- Look up with your eyes while staying strong with your legs



VIBRAHARRASANA POSE

This is very powerful and mighty pose and with more and more practice this pose remains hard and tough. This pose is further divided into subcategories and referred as warrior poses. These variation of warrior pose gives your core muscles stability and strength.

Practice Instructions

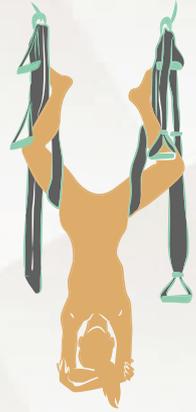
- Take a big lunge facing your aerial swing. Now slowly put pressure on your right-angled knee and start lifting your torso upwards and swing your torso a bit right while you exhale. Now take a deep breath and start bending slowly and start balancing your lifted leg through your weight.
- Now start stretching your arms and Your core muscles will work with your leg to find balance with your arms and legs straight and hovering over your leg
- For better results your torso, arms and lifted leg should be aligned properly and try it on both sides.



UTKATA KONASANA

This pose is named as Fierce Angle Pose and focuses on empowerment and hips and chest. This pose boosts your inner energy and helps you to lift your spirit in yoga flow sequences.

- Start this pose while you inhale, and arms should be vertical but hands facing forward.
- Now hold the top handles firmly and start shifting your weight towards the opposite side and switch sides accordingly.
- The Goddess pose helps to widen the uterus and particularly helps the women in giving birth to their babies.



ACTION TRACTION

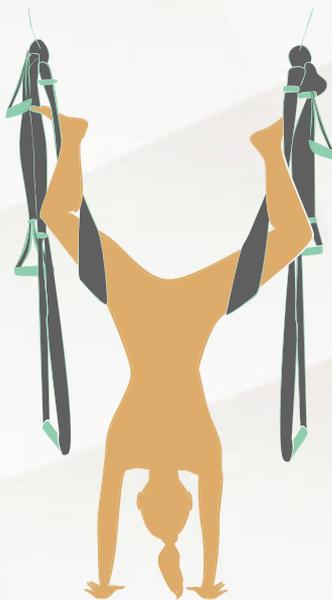
This posture is popular with the swing since it allows you to gain traction on your spine in a unique way that is impossible to reciprocate with another pose.

- Start by sitting comfortably in the swing. Grab the longest fabric handles on both sides, spread your legs wide, then slowly lean back till your arms are straight.
- Spread your legs wide like a letter “V” and lean all the way back while looking at your toes.
- Hook your feet around the swing fabric to lock them in place while still looking at your toes. Release your upper body, grab elbows above your head, relax and hang retain the posture for up to 7 minutes

BANANASANA POSE

This pose is mixture of lateral bend which helps stretches and balances & increases the mobility of shoulders. This pose helps to recover from lower back pain

- This pose stretches your legs in V shape, and it makes them strong. It helps reduces the body fatigue and boost your motivation
- Keep your hips at center and make your buttocks flat on the ground while your torso and legs should be aligned in a row.
- This pose will open your chest and your abdominal organs will feel the intensity of this pose. You can take YouTube help for better experience



Core's Care & Cure

In today's fast paced life every other person is facing challenges when it comes to flat tummy or burning fat around your abdominal areas. Abs look cool but due to certain health challenges everyone cannot go for push-ups and pull-ups. But through the help of yoga swing you can easily train your abs without putting too much pressure on your spine. Floating handles help you to make your torso and back muscles stronger and this way you can strengthen your core muscles easily.

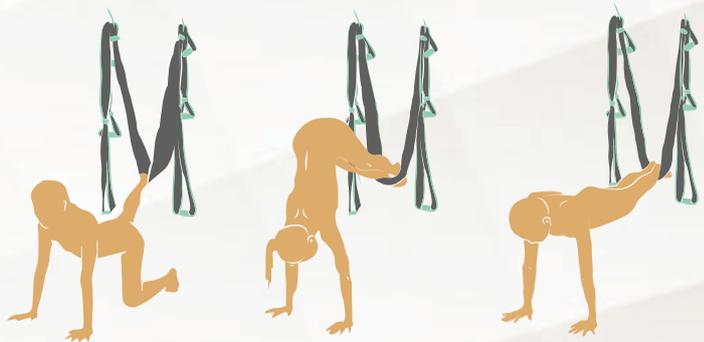
Plank Posture

Plank postures not only focus on the strength of your arms, shoulders and core but equally address your core, back, thighs and shins. This plank posture not only aligns your core, abdominal and legs straight but also brings a stability and sense of balance inn your body. Yoga Swing is the best solution for quick fat burning process through plank posture.

Practice Instructions

- Place your hands on the floor directly above your shoulders and your knees directly above your bums and swing should be in your legs reach.
- Start pushing the floor and keep stretching your palm downwards and now try to pick one leg, you will feel intensity on your abdominal muscles.
- After putting one leg in the swing, apply body weight and do the same with other leg

Now you can make your legs starlight and shift your body weight through a suspended plank. Try to increase time & sets with the passage of time.

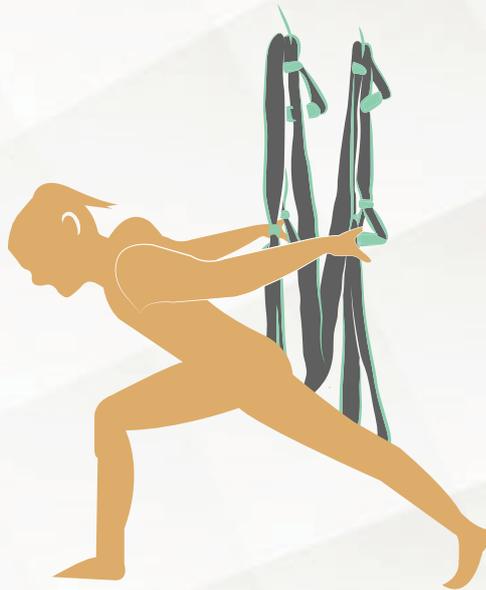


Arch Lunge

Arch lunge is mixture of its old traditional abdominal lunge and some yoga masters call it Crescent Pose as well. The key difference is this pose not only targets your calves, thighs and abdominal area but with the help of yoga swing your upper body also benefit from core to arms and shoulders.

Practice Instructions

- Rin this pose you do not need to hold the handles, simply you can grab the silky swing fabric from a decent height while following the image.
- Now pick one foot and take a reverse step and try to make an arch through your legs. This will provide your shoulders a stretch and will open your chest while you breath.



Back-Bends Tuning

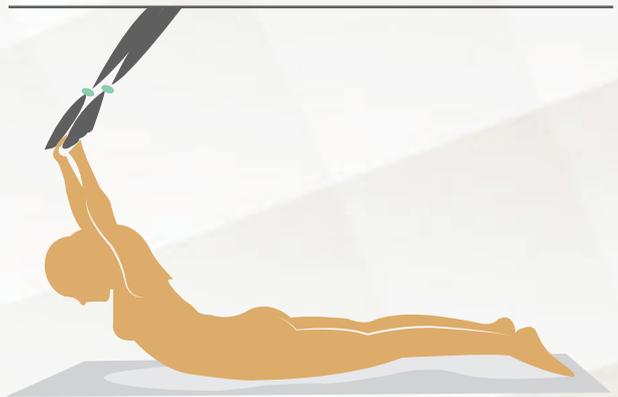
Our bad postures disturb our backbends and to pull them apart we need a yoga swing. It's a classic form of traction which helps your backbends to stretch and they can come back to their normal position through required practice

Humble Hangman

Humble hangman is a pose for beginners who don't feel comfortable going upside down in the beginning. This pose is to target people with stiff neck muscles through all day computer related job or driving related sitting postures. Hangman pose helps your backbends, shoulders and back muscles stretch without putting too much body weight.

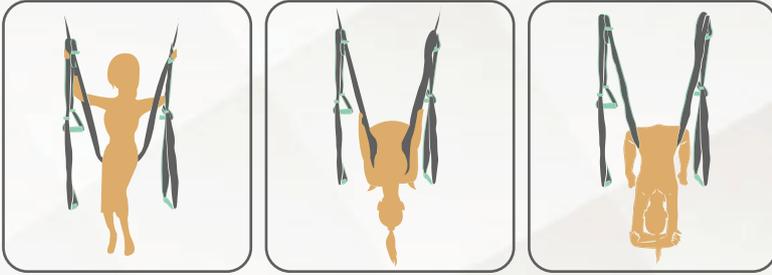
Practice Instructions

- Start bending in front of a yoga swing and try to grab the handles.
- Now try to lay down on your stomach and stretch your arms according to your flexibility.
- Do not force yourself too deep, wiggle your tummy to adjust accordingly for ease. Tilt your head downwards and stretch your shoulders and feel the inhaling. Keep yourself together and when you want to exit this pose, spread your arms and keep holding the handle with your strong arm and release your weak hand first and then place that hand on the floor for support and then release the other hand.



Flying Wheel

This pose is a deep stretch for your abdominal muscles, your backbends and your thighs to toes. Basically, you will be tilting forward and bending your head downwards. You will feel the intensity of this pose on your abs area. You can practice this pose according to the flexibility of your body.



Fit yourself in the seat and adjust through wiggling your butts and make it smaller because seat should not be covering more than your bums.

- Now start spreading your legs and to make a good balance start bending your knees. Hold the longest handles and start tilting your body weight forward and keep doing that according to your comfort zone and stretch level but don't hurt yourself.
- You might feel uncomfortable in the beginning but with a practice you can reach a level where you can crisscross your arms around your head without holding the handles and same time you can maintain your balance as well.

This pose could be challenging but with practice you can start reaching a level where you can bend your knees and grasp your ankles comfortably but, in the beginning, it could be scary and risky, don't leave handles if you're not comfortable. Whenever you feel tired or done for this pose, you can reverse this process to come out of this pose safely by grabbing handles and lifting your body upwards in a slow but balanced way.

Hipp Hopp

The yoga swing is an amazing tool which can help you to open the biggest joint in your body. With below pose you can help yourself by opening your hips, chest, and shoulders.

Vajrasans aka Diamond

Vajrasana is a kneeling pose, and its name is referred from the Sanskrit word Vajra, which means diamond. The pose is particularly helpful for hips opening especially if your posture is not correct due to long sitting hours on computer desk or driving seat, your hips start squishing with each-other and gap between them more and more narrow.

Practice Instructions

Make yourself relaxed while you sit in the Yoga Swing Seat & then follow the pictures in a sequence.



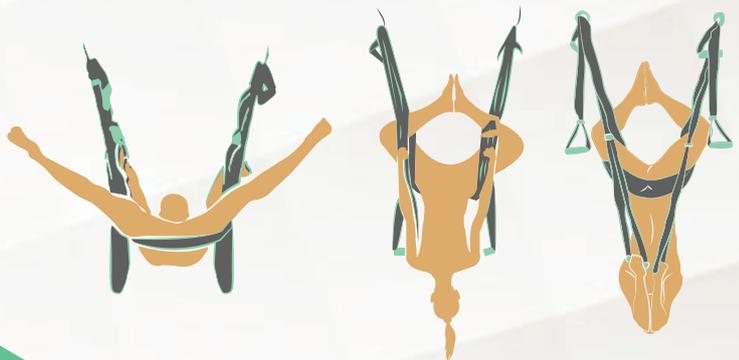
Double Diamond Dip

This pose is referred as double diamond because its usually practiced with 2 persons. This pose targets your hips and shoulders and help them to expand in a comfortable level. This is a bit advanced form of Diamond pose and should be practiced once you start feeling comfortable with previous diamond pose.

Practice Instructions

- Sit in the swing, grab long handles and start tilting your body weight backwards
- Now start stretching your legs in V shape and continue this back leaning sequence in a controlled manner and try to keep an eye on your toes.
- Now try to lock your yoga swing with the help of your legs and try to touch your feet with each-other by wrapping your swing fabric with your calves.
- After this twist your arms downwards and fix the handles accordingly.
- Now start stretching your arms outwards like you have got wings and try to open your chest up-to your comfort level.
- You can start bending your arms and try to touch your elbows behind your head and it could be uncomfortable in the beginning
- You can practice this pose for 1-4 minutes according to your flexibility but try to hold your swing handles with a strong wrenched grip for better results.

Come out of this pose by pulling your torso upwards after twisting the handles

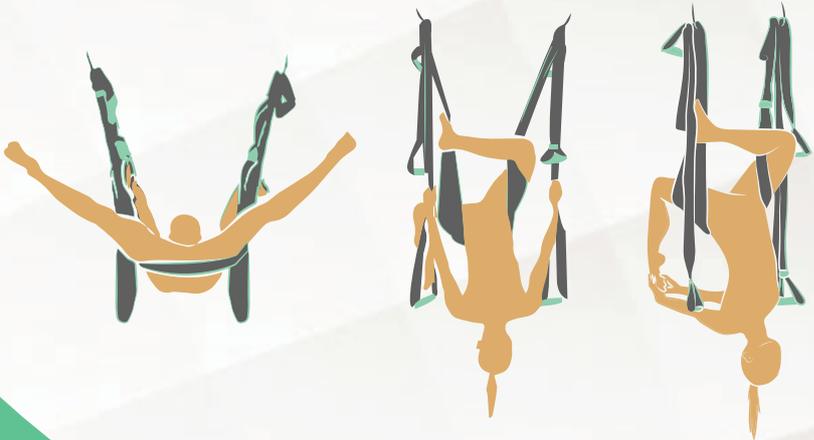


Inner Inversion

Inverted poses are referred as the key poses for inversion therapy and play a vital role in all type of aerial yoga related poses because of their long lasting and proven health benefits. Inverted poses seem tense and tough for beginners and you might feel aching body joints and sore muscles due to their upside-down hanging nature for inversion purpose. It provides a good amount of traction and alignment to your back discs and spine.

Yoga swing is considered the best tool for inner inversion aka inversion therapy tool. This practice provides the end level health benefits and could help to improve your breathing stamina for swimming, could be helpful for delivering baby by strengthening your uterus. It's equally helpful to open your hips and makes your blood flow balanced. Kids who have a passion for gymnastics, this yoga swing could be their stepping stool to learn advanced level of Olympics rings and ice-skating balance.

Best part of this inversion tool is, it is less space consuming and could be easily mounted and removed in matter of seconds. Its portable and could be taken with you on camping or picnic. It could be hanged at home, on a strong tree, monkey-bars and even children swing set



Jackknife Juggler

This pose is a bit advanced level pose and very tempting, but Yoga Swing Pro recommends you, not to jump on this one too soon. Go with your pace and try to benefit your arms, shoulders, core, and calves through deep breathing.

Practice Instructions

- Ride in the swing seat
- Hold the long handles of this yoga hammock
- Stretch your legs in V & keeping your arms straight and start tilting your upper body in a slow but controlled way
- Now you can start bending your knee according to your flexibility level
- At this point you will be holding your bent knee with one hand & you will wrap your other leg with the sling fabric by looking upwards.
- Approach your ankle with your hands and hold it for flexible intervals
- Keep your leg in a proper bent form
- Take a deep breath and try to open your chest by kicking your leg deep
- Try the same practice on other leg by switching the positions
- You can exit the pose through reverse process and its ideal for 1-3 minutes



SECTION 7

“ITS BETTER THAN NEVER”

Undoubtedly, Yoga Swing is number one inversion tool for pulling vertebrae apart and you can train your whole body's muscles with multiple poses without buying any further or expensive exercising equipment. People who have been suffering back pain, lower-back aches, surgery recoveries or sports related injuries, yoga swing beats everything due to its simple but effective nature of usage. It helps your blood flow and improves your breathing stamina.

Best Remedy for Back Related Issues:

Our back is a beautiful but complex mixture of different muscles, spine, vertebrae, joints, discs and bones. If one of these components face any tension or stress, we feel the pain and it effects our overall progress and, in some cases, expensive surgeries and therapies helpless. After consulting with your physician, you can try aerial yoga swing and let the magic do wonders.

Warehouse type jobs where you have to bend your back a lot

Security type job where you have to stand all day long

Obesity and being big is quite common in today's world

Computer related coding jobs where you have to think a lot

Delivery related jobs which include picking, packing, and shipping

Office jobs where you have to bend your neck for computer screen

Long driving jobs like trucking where you have to sit in same posture

A busy lifestyle of students where you have to study long hours

Flexion & Extension

Flexion is a prominent movement advised by physiotherapists. By applying Flexion, you basically create a distance between your vertebrae and this way you will be bending your body forwards and it helps for traction purpose. While on other hand extension is an act which creates distance between two body organs and quite helpful for stretching purposes. Yoga Swing is a great tool to enjoy both medical terms of Flexion and Extension with one rig.

Fat Fighter

Yoga swing is the best tool to fight your body fat and obesity. Sometimes we get lazy and bad eating habits cause fat but on other hand some people face obesity due to their inherited problem and this triggers further deadly diseases like heart disease, diabetes, high blood pressure and certain cancers. If you are suffering any of these problems, you should give a shot to yoga swing after consulting your physician for better results. It decreases cholesterol and keeps BMI in control. You will have the strength to fit all above-mentioned challenges through proper guidance

Hip Ache & Arthritis

Arthritis is a challenging disease which is quite common among elderly people and root cause includes injury, abnormal metabolism, genetic makeup, infections, and immune system problems. Though medication is good to fight it but on other hand early stage of it could be cured through yoga swing exercises which could be substitute of therapies. Stretching tight knees and hips could be beneficial for hip related pains because it opens up squished hip joints. With the help of yoga swing you can mobilize your hips with other body organs and miracles happen with careful and consistent yoga practice.

Stiff Neck

Neck pain is not always a serious problem, and we can easily irritate our neck muscles. Neck problems like whiplash, tangled nerve, herniated disc, and wrong sitting and laying down postures on a pillow could damage our neck muscles. Being human we have to do odd jobs and nature of our jobs make our neck tense and stiff because our vertebra get pinched, to pull them apart and fix our spine cord and nerves, we need a tool like yoga swing.

SPIRITUAL UPLIFTING:

Aerial yoga hammock's Psychological effect triggers your inner optimistic aura, stables your mind & acts as a mood booster

TESTED, TRIED & TRUE:

Aerial yoga hammock is Triple Stitched, safe & secure. Pro quality nylon Daisy Chains can safely lift to 450 lbs. for aerial exercises

STRESS RELIEVING BLEND:

Acro aerial poses improve the body's natural ability to cope with anxiety, stress and as a result you get restful sleep

NOTE:

Premium Quality Yoga Mounting Anchors

The Yoga Swing Pro® Swing DOES NOT come with any type of Mounting Hardware. We sell it separately. You can get DISCOUNT when you buy them with any Yoga Swing. Our Hanging Mounts are top-notch with 4 holes for safety purposes.

