



GRAVOTONICS  
Bali Yoga Swings

## **Yoga Swing Installation Guide**

### **DISCLAIMER:**

This yoga swing installation guide is provided for information purposes only.

Gravotonics is not responsible for the installation of your yoga swing or any potential injury which may arise from faulty installation.

Please seek the help of a professional if you are unsure of any of these steps.

Thank you.

**The yoga swing installation is relatively straightforward...**

## To Install in through the Ceiling:

You will need...



Step 1.

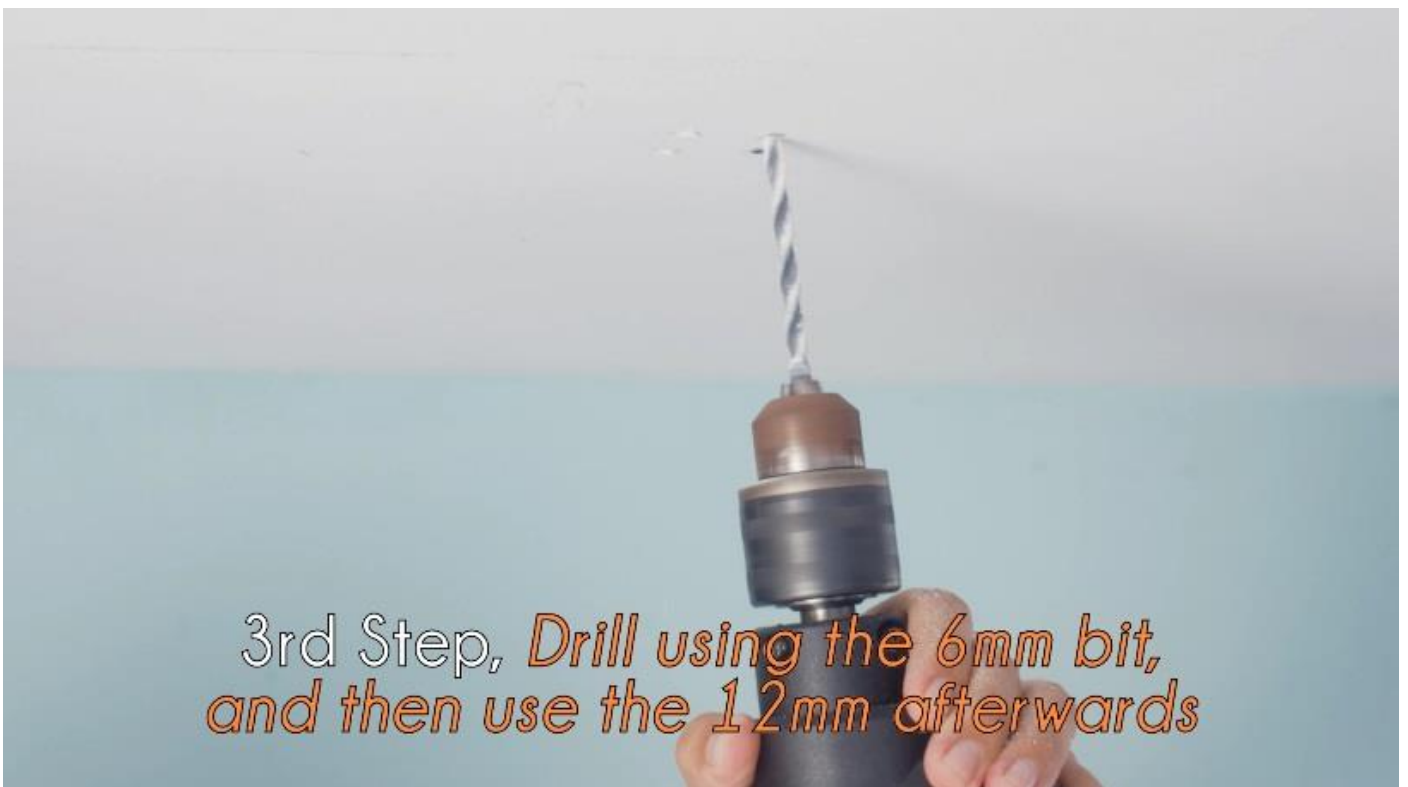


## Step 2.



2nd Step, *Draw a mark inside each of the holes*

## Step 3.



3rd Step, *Drill using the 6mm bit, and then use the 12mm afterwards*



Add *Expander Plugs* if Necessary

#### **Step 4.**



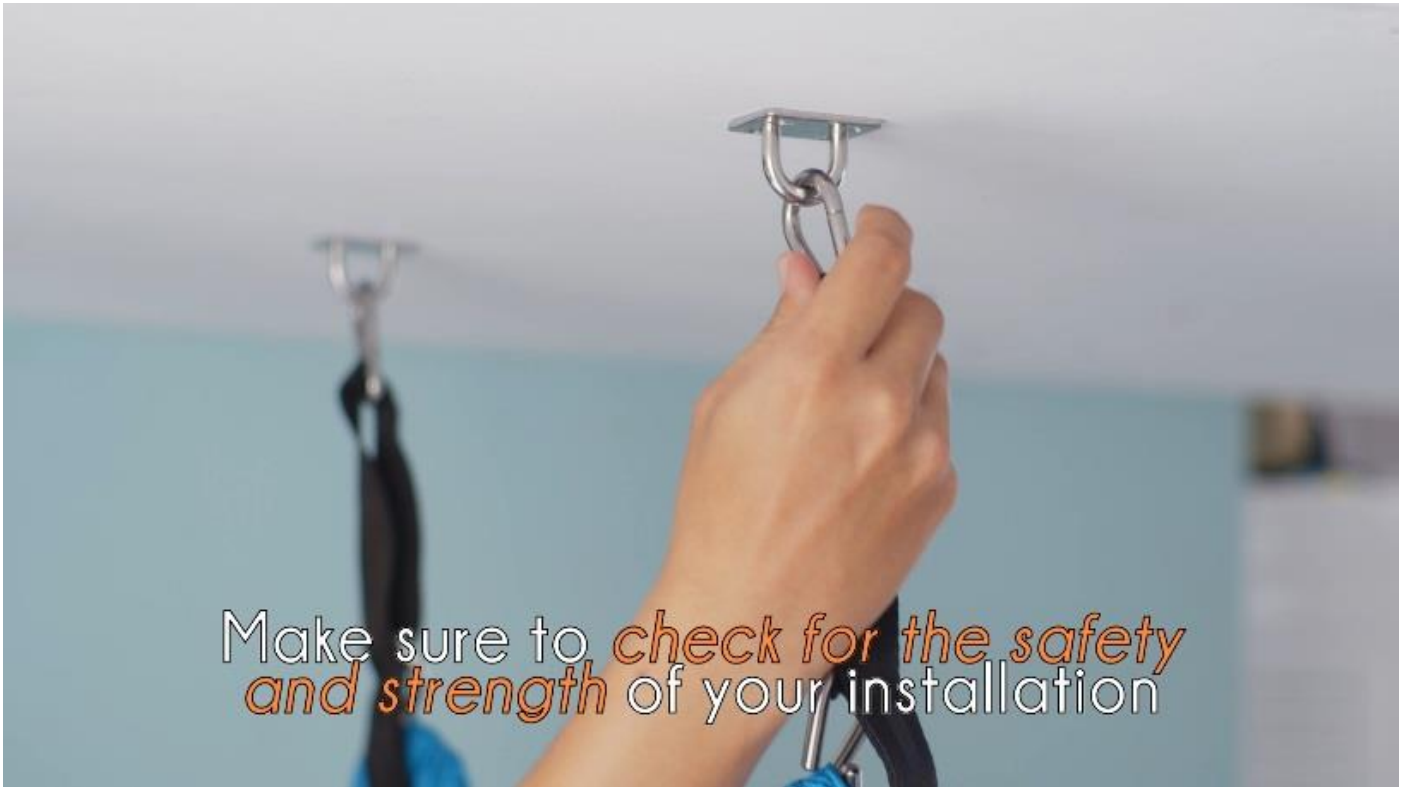
4th Step, *Align ceiling bracket*



**Step 5.**



## Step 6.



Make sure to *check for the safety and strength* of your installation

## Further/Alternative Installation Instructions

### You will need:

- A tape measure
- A ladder or chair
- A Stud Finder is ideal
- Suitable drill + drill bits
- Brackets and fittings

It's best to use O Ring Bolts/Eye-Bolts to insert in to the wooden ceiling beams through the plaster board. (An 8mm thick or ¼ thick steel O Ring Bolt of 8cm or 3 long with a wood screw tip ). These are available at local building supply stores.

Use a stud finder to locate a beam in your ceiling. If you do not have one, you may need either attic access or even expose the beam.

The same applies, installing the hooks or brackets 60cm to 80cm (24 to 32 inches) apart.



### To Install into a Concrete Ceiling:

For a concrete ceiling or beams you will need to insert the O rings bolts (as per Fig 2 below) using a masonry drill. These are also available at your local building supply store.

Here are two videos that can help explain drilling and securing O ring bolts into concrete. [\[Video 1\]](#) – [\[Video 2\]](#)



## The Ceiling Height

If you have a standard height ceiling, you can just attach directly to the ceiling mounts, however it is advised no matter what height your ceiling, to always use the daisy chain adjustment straps, as it affords the greatest level of height adjustability.

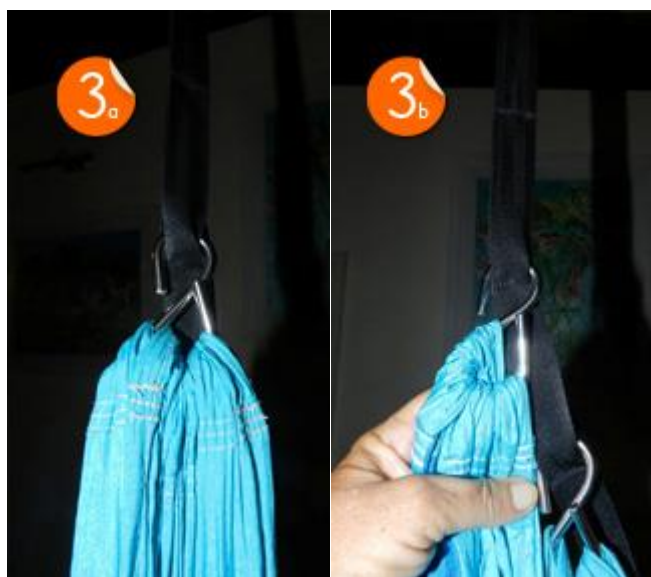
With the daisy chains you would pass the chain through the ceiling plate and then back through the largest loop of the chain and pull it tight.

Your swing arrives hooked and ready to go. Attach your trapeze and daisy chains (or rope) to your yoga swing installation points and start swinging!

For a good starting height on a basic swing attach the hooks to your daisy chains or rope around 7 ft off the ground. As you use your swing you will learn what a good height is for you.

## Fully Adjustable

There are numerous adjustable positions/heights where you may clip the Swing handles.



The saddle and handle hooks DO NOT have to be in the same section of the straps. They can be adjusted to different heights according to the exercise/pose you are practicing.

**You may enjoy experimenting yourself.**

Also, the hooks do not have to be in the same section on each strap on either side. One can be higher or lower than the other as long as they are at the right height for what you are undertaking.

**The lowest position is nice for floor work – stretching the lumbar area or doing inverted shoulder stands.**



## To Hang from Existing Exposed Beams:

### You will need:

- A tape measure
- Daisy Chains
- An additional set of strong adjustment straps if required
- A ladder or chair
- O Ring Bolts or brackets (optional)
- Suitable drill + drill bits

Firstly, select a safe spot where there is at least 1 meter of space in all directions.

This is the minimal amount but more space is ideal.



### Hang your Yoga Swing Indoors

In the living room or bedroom is a great place or even in a doorway using a locking doorway pull-up bar.

### Hang your Yoga Swing Outdoors

Outside or under the porch or roof is an ideal location for the Swing. A tree branch also makes a great beam.

The beam must be sturdy and strong enough to support your weight (not weakened by termites or knots etc).

Test the strength of the beam if necessary. You will need at least a 4×4 or 2×6 (2×4 is not strong enough).

If needed have a professional reinforce the entire length of the beam.. Safety first!

Now that you have found a strong beam you will need two points of suspension, shoulder width apart.

***HOOKS and/or STRAPS SHOULD BE INSERTED and/or HUNG 60cm to 80cm (24 to 32 inches) APART.***

If wrapping the straps over a beam thread one end of the straps through the loop on the other end. Pull tight.. (see **Fig 1 and Fig 2** above)

(Be sure to place a cloth over the beam where the daisy chain drapes over, because the strapping may become worn, causing failure without this cloth.)

Optionally you can install two ceiling plates or eye bolts (O-Ring Hooks) and attach the straps by threading through or using carabiners – (See **figure 1** below...)

If you are using a ceiling plate make sure it is placed in the center of the beam so all four screws go cleanly into the beam.

## Testing

For inversions, its best to trial to get the right height that suits.

The Swing saddle hanging free should be just above the crease of butt level or 15cm or 4 below the crest of your hip.

When doing a full inversion your head should be free of the floor. Adjust hooks either up or down in the straps to the correct height.

Try one test inversion to ensure there is at least 10cm space between your head and floor.



We hope you have understood and enjoyed this yoga swing installation guide, as we have tried our best to give you the details you need to get your [yoga swing or aerial hammock](#) set up quickly and easily!

For aerial yoga safety tips please [visit here](#)...

**Please Note: Every home and set-up is different. So please be safe and consult a professional. Check your adjustment straps regularly as they can become worn over time, and with continued use, could cause them to break.**

# Yoga Swing Installation FAQ

## **Q. How do you hang a yoga swing from the ceiling?**

A. Yoga swings usually come ready to hang if you have ceiling hooks already installed. Simply attach the sling and handles onto your daisy chains and get swinging! For a walk-through on mounting the brackets, see our full yoga swing installation guide on our website.

## **Q. How do you secure a swing to the ceiling?**

A. It really depends on the ceiling. If it is through plaster board into timber beams, then a simple O-Ring type screw hook or multi-point bracket will usually do. However for concrete ceilings, you need to use proper hammer drill with a masonry drill bit as well as expansion screws. Please see our installation guide for more information and always consult a professional.

## **Q. How do you hang yoga trapeze in a doorway?**

A. The easiest way is to tie a sturdy knot in one end of both daisy chains, then hang them over the door shoulder width apart and close the door so that the knotted ends can not pull through. Then hook the swing on to the daisy chain loops at the height you want. However, the best way is to buy a doorway mount/ pull up bar and install into the door frame. Then attach your swing in the usual fashion.

## **Q. How far apart should hooks be for yoga trapeze?**

A. General rule of thumb is to have the O rings inserted in to your ceiling beam 60cm to 80cm apart (shoulder width).

## **Q. How high should a yoga trapeze be?**

A. For most purposes the sling of your Yoga Trapeze should be at the height of your belt line. However you can adjust the height using daisy chains to suit different yoga poses.

## **Q. How do you hang a yoga trapeze from a tree?**

A. The two daisy chain straps, which are included with the swing are simply hung over the tree branch at about shoulder width apart and at the length you need. Then hook the swing fittings through the appropriate loops on each daisy chain.