

Complete ropes set (2 pair ropes & eyebolts & glue)



Why are ropes used for yoga practice?
Yoga practice with ropes can develop agility, confidence and alertness; variations of movement can bring freedom to joints; some more intense stretches can be safely experienced; ropes can be used for remedial (therapeutic) and restorative yoga.

In Section VIII of Geeta Iyengar's *Yoga: A Gem For Women* on 'Yoga Kurunta' she explains:

'Kuranti is a puppet, a doll made of wood'. In Yoga Kurunta one learns to manipulate oneself in the various Yoga postures by means of a suspended rope as if one were a puppet. Here

the puppeteer and the puppet are one, performing their own puppet show.'

How can I learn more about Yoga Kurunta?

There is very little written information on yoga with ropes. Try to find an experienced teacher. Yoga Kurunta is often associated with the Iyengar school of yoga. In *Yoga: A Gem For Women* Geeta gives specific instruction on seven ropes techniques. Chris Saudek, a Senior Iyengar teacher in North America has produced an illustrated guide, call *Yoga Kurunta*.

Which kind of ropes system should I use?

There are several kinds of system for ropes yoga practice on the market, including eyebolts fixed into the wall, tracks along which the ropes fixings slide, and even entire wall units developed to hold various fixtures and fittings. The type we offer is static ropes hang from pairs of eyebolts fixed into the wall. Two pairs of ropes, a long pair higher up and a shorter pair lower down, are attached to large 'eyebolts' embedded in the wall. This is the classic approach used in many studios and yoga Institutes.



How are the ropes attached to the walls?

The ropes are threaded through eyebolts. Installing eyebolts requires a 20mm drill bit - larger than is to be found in most domestic toolboxes. (See below.)

Can I make my own yoga ropes?

Yes - if you are confident about tying knots! The equipment we sell for fixing eyebolts to the wall is not always easy to find but is available from specialist hardware suppliers.

What kind of wall do I need?

Seek advice from a professional builder or other appropriately qualified person. You need to be certain that the wall you will be fixing to is strong enough to bear the full force of your weight being forcefully pulled away from the wall. Eyebolts can be fixed into a non-deleterious (ie non-crumbly) brick, concrete or stone wall. Plasterboard walls and breeze blocks are not suitable.

Fittings can also be attached to wooden uprights if they are strong enough. You may be able to find eyebolts attached to large screws ('coach bolts') to use in wood (we do not supply these). There is some useful information about fixing to timber walls at www.iyogaprops.com.au

Can I put up the rope fixings myself?

We advise you to use a professional builder or other appropriately qualified person to put up your ropes. Having said that - many experienced/competent 'diy-ers' have put up ropes safely. We do not offer a ropes fixing service. Whoever is putting up the ropes should read the tips below.

FIXING DIMENSIONS

How wide apart should the ropes be?

There is no definitive answer. The best way to decide is to measure the distance apart of some ropes you are already using comfortably and replicate that. About half a metre or a little wider than shoulder width apart is often suggested. In Yoga: A Gem For Women Geeta suggests two to two-and-a-half feet apart.

How high should the ropes be?

Again, there is no definitive answer. The best way to decide is to measure the height(s) of some ropes you are already using comfortably and replicate that. Variable factors include the length of the ropes and your height. Don't get too hung about this (excuse the pun): In Yoga: A Gem For Women Geeta suggests hanging the ropes from the window bars - so this is not a precise science. One suggestion is this: Reach up on tiptoes; fix the top pair of ropes where you can touch with fingertips. They should hang down to about hip height. The lower pair of ropes should be fixed to the wall at about hip height. If the top ropes are too long (ie hanging too low for you) a simple knot can be tied in the rope to make them shorter.

Use a spirit level to make sure that the positions you have marked on the wall are level. Decide if you want your eyebolts to be in a horizontal or vertical position when fully tightened (why it's best to decide this now is explained below).



FIXING INSTRUCTIONS FOR STATIC ROPES

Each pair of ropes is threaded through 'eyebolts'. Eyebolts screw into 'drop in anchors' (aka sleeves). The anchors are secured in holes in the wall using a strong glue (aka resin). If in doubt at any stage seek professional advice.

Tips for drilling holes for anchors.

* You need a 20mm drill bit to fix the anchors we supply. This is outside the size range of day-to-day odd jobs and may be too

large for your drill - so check this in advance.

* Punch a small hole into the wall to ensure the drilling starts in the right place

* Make sure that you drill to a depth of no more than 71mm so that the anchor is flush with the wall when pushed to the back of the hole. Check this setting during the job - sometimes the drill depth gauge moves whilst drilling.

* Drill and clean out all the holes before you proceed to the glue stage. Make sure all debris and dust is removed from the hole. An old toothbrush is a good tool for this task. (A vacuum cleaner may not remove all the dust etc from the hole.) If you are fixing two pairs of eyebolts drill all four holes first. If you are fixing more than this, drill all the holes for the first tube of glue.

* Check the hole is clean with a finger; bits of brick or concrete may prevent the sleeve from going all the way in. Test that the anchor goes into the hole to the correct depth.

Why are the anchors glued into position?

We supply an extremely strong glue (a two-part general-purpose polyester resin, or 'mortar anchor'). The strength is produced by a reaction between the two chemical components. They are mixed together as they travel through the applicator nozzle. Once set, this glue is likely to be stronger than the surrounding wall. It is completely safe and less fallible than the old-fashioned mechanically expanding bolt method (which is now obsolete).

Once glued you will not be able to remove the anchors from the wall (although you can decorate over them rendering them invisible). You can unscrew and remove the eyebolts.

Tips for using the glue

* You need a trigger action gun to apply this glue. Read the manufacturer's instructions carefully.

* Have everything else prepared before you start using the glue. You have limited time to work before the glue starts to set. This may be as little as 20 minutes in hot weather.

* When you cut the end of the applicator nozzle do not make the hole too small as it will be difficult to pump the glue through.

* Make sure the applicator nozzle properly mixes the glue before you use any: Discard the glue if you suspect it may contain more of either component.

* Place the applicator to the back of the hole and withdraw it as you pump the glue into it. Fill about one third of the depth of the hole.

* Insert the anchor; if possible turn the anchor back and forth with fingers to spread the resin around it; use reasonable force to strike the nugget inside the anchor towards the back of the hole (this simply flares the anchor a little, helping to locate it inside the hole. It does not provide any permanent fixing).

* Remove all surplus glue. Very importantly, make sure there is no glue in the thread of the anchor (if glue sets there you will not be able to screw the eyebolt in): You can screw the eyebolt in and out of the anchor a few times to make certain the anchor thread is clear of glue (and then wipe off any glue on the eyebolt thread). One suggestion is to place tissue paper or similar into the anchor to prevent glue entering it, before inserting into the wall.

* Screw the eyebolt in completely. If you need to adjust the position of the eyebolt to become horizontal or vertical - do it now, before the glue sets. You can use a large screwdriver to help turn the eyebolt and anchor, if necessary. Then remove the eyebolt.

* Let the glue set overnight before use (minimum 12 hours).

* We supply 150ml packs of glue, which is more than enough for two pairs of static bolts, and is probably enough for up to three pairs of bolts.

* If the glue does start to 'go off' in a hole before you have properly inserted the sleeve, wait a couple of hours or so for it to set hard and then re-drill the hole.

* If the glue goes hard in the first 50 - 70mm of the applicator before you have finished using it try cutting back the tube to where it is soft and continue work.

All information, photos and equipment supplied by www.YOGAMATTERS.com