



Yoga Hammock

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Using your Yoga Hammock

Your hammock is ready for use. Please make sure of your knots and the carrying capacity of the ceiling you are installing it to.

1. Material: 100 % Nylon.
2. Product information: Length of the fabric 6m. Width 280cm
3. Washing: 30 degrees celsius. No tumble dryer or fabric softener. Do not use any sharp products near or in the fabric.

You can find different instructions for knots in Youtube, for example:

O-rings:

<https://www.youtube.com/watch?v=OSTSyhXDle0>

Rescue-8:

<https://www.youtube.com/watch?v=82PupO7DZ7k>

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