

### How to create your own ropes set up (or use what you have available)

The basic idea of wall ropes is simple, to have 2 high and 2 lower attachment points with sturdy ropes on each, so a full ropes station has 4 ropes and 4 attachment points. However, there are many ways to create the attachment points, and the ropes, and also some temporary ways to secure ropes to doors. You can add more attachment points for greater versatility as well. Here are some different kinds of rope walls.

#### Permanent Rope Wall Configurations



1. **Attachment:** Recessed D-ring tie down, commonly sold for use on trailers or RVs. It is heavy-duty and swivels. This website shows the building of this ropes wall:  
<http://www.ahayoga.com/aha-yoga/aha-ropes-wall/>



#### Safety First

- However you create your ropes set up, please consult an expert to make sure your door or wall is sturdy enough for such use, and make sure the hardware and rope you have selected is fit for the purpose.
- Make sure the surface you are going to step your feet or press any part of the body on is strong enough to bear the weight and pressure being placed on it. Take weight limits seriously.
- Always check your equipment before each use.
- We strongly suggest you seek the guidance of an experienced teacher before you begin this practice.



2. **Attachment:** Heavy-duty eye hook that screws in.



## Permanent Rope Wall Configurations (cont.)



3. Attachment: Another type of tie down.



4. Attachment: A box built into the wall with a steel bar secured in the middle.

5. There is another kind of yoga wall that uses adjustable straps and interchangeable attachment points. It is worth considering, although the poses shown in this book need to be adapted to suit the different straps. If you share space with Barre or Pilates classes, this wall has ways to attach equipment for them too. [www.yogawall.com](http://www.yogawall.com)

## Portable Rope Wall Configurations

- People will make ropes walls for you that are securely screwed into your wall and can be detached and moved when you do. Here is one resource:

Vida Pura <http://www.ebocayoga.com/props.html>

- Claude Goldstein constructed and installed the wall used in this photo. Contact him: [claudegoldstein1@gmail.com](mailto:claudegoldstein1@gmail.com)



### Temporary Rope Wall Configurations

- If you cannot create a permanent rope wall, you can look into these temporary over-the-door attachment points. They can be used with the kind of sling they are sold with, which replaces making a rope sling, and they can also be used with traditional top ropes. You do need a suitably strong door to use for this, and should have someone test the functionality of your door as a structural support.

<https://www.toolsforyoga.net/category-s/144.htm>

<http://www.yogalifestyle.com/GEMysoreMiniInversionStrap.htm#SetupHanger>

- You can also use a rope on a sturdy door handle to create one low rope attachment point.



### Even More Ropes Resources

- Geeta S. Iyengar was interviewed in Pune, India in 2009 by *Roads to Bliss*, discussing the unique experience and benefits of Yoga Kurunta:  
<http://youtu.be/Nvv8AD-1178>
- Some teachers have shared a wealth of ropes resources on their websites. Here are some with lots of useful links and information:  
<http://annwestyoga.com/yoga-wall-ropes/>  
<http://seattleyengaryoga.com/tag/iyengar-yoga-rope-wall/>
- **Purchasing Ropes/Carabiners:** The ropes themselves can be purchased in sets, or you can tie your own. Carabiners are available through climbing suppliers and many hardware stores. Suppliers of premade ropes sets include:  
<http://www.yogaprops.com/yogaropes.html>  
<https://www.toolsforyoga.net/product-p/s020.htm>
- **Tying the Ropes Video:** Here's a youtube video on tying your own ropes:  
[https://www.youtube.com/watch?v=JOi\\_P3pTWv4](https://www.youtube.com/watch?v=JOi_P3pTWv4)

