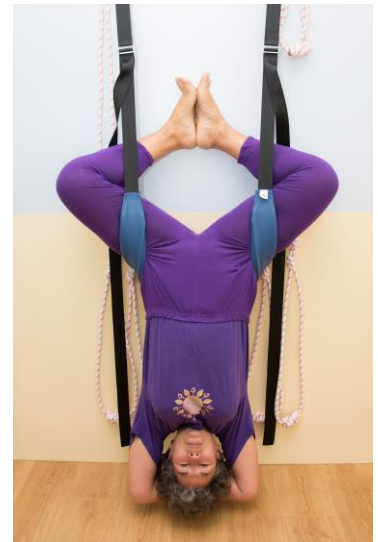


East meets West



West Wickham based Iyengar yoga teacher Angela Hulm has a rope studio built in her home by Beckenham based craftsman Eduardo Padiel. Using specifications from studios in the USA and India AH yoga now provides 4 yoga swing stations with a bespoke platform.



Sheela Udvarlaky photography based in Bromley has captured the benefits of using ropes and swings to practice yoga accurately and safely whatever your level of fitness.

The use of ropes and other props in Iyengar yoga has been common in India for many years. In Pune window bars are commonplace in homes and have been used as fixings to improve posture. As yoga has been practised across the world so new materials have been produced so it's now quick and easy to adapt supports to suit your build and ability. The yoga swings adjust using ratcheted buckles, so knotting ropes together is not needed.



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Daytime and evening

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