

Skills

Level 1: The FISH in us – simply being there is enough. This is the way we strengthen our inborn trust.

Being held and supported without having to do anything is the experience. Relaxation and a sense of peace ensues and leads to inner balance.



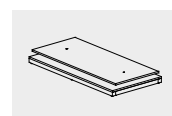
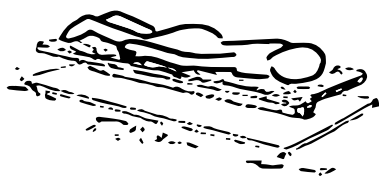
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How to perform the exercise

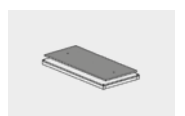
Lie face down on the rocker with your arms resting at the side of your body. Rest your head on your forehead or chin with a straight neck. Now begin to shift your weight on the rocker along the longitudinal axis using slight rocking movements: left-right, left-right. In your imagination, you are drifting through the water on your stomach. Your perception is directed inwards. Everything around you fades into the background. A second person can also gently move the rocker back and forth.

EVOPED® Indoor Rocker
EVOPED® Outdoor Rocker

Design Ludwig Koneberg

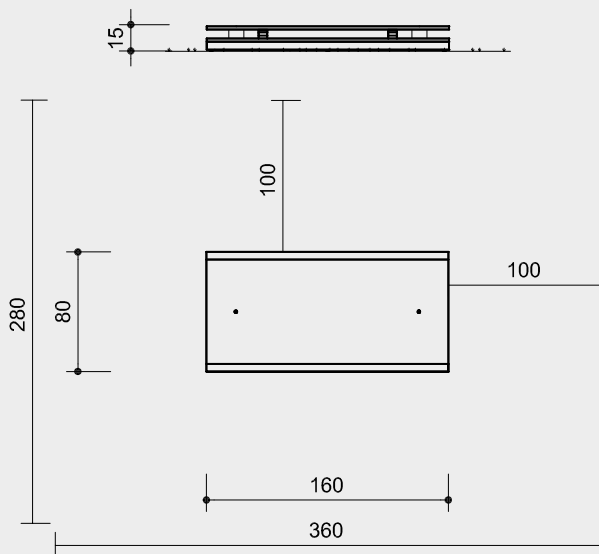


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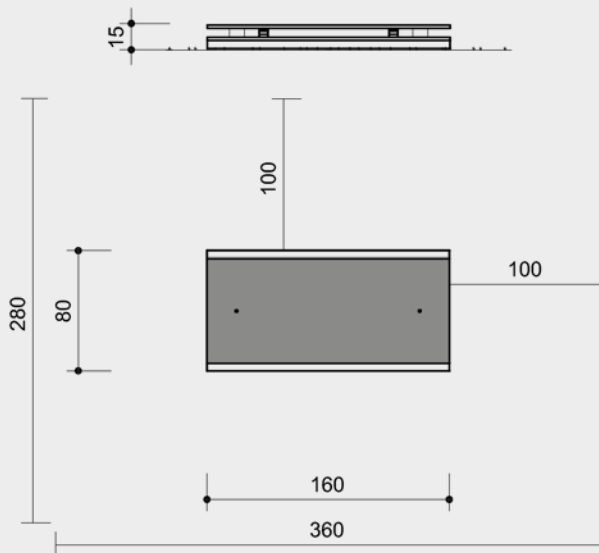


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Order No. 12.00100
EVOPED® Indoor Rocker



Order No. 12.00110
EVOPED® Outdoor Rocker



Scale 1:50

Technical information

Equipment made of non-impregnated mountain larch,

Core-free

Sawn-timbers core-free, thus decreasing occurrences of cracking and undesired changes in shape



For more detailed explanation of the quality characteristics see price list.

Movable boards connected by rubber buffers

Order No. 12.00100
EVOPED® Indoor Rocker
 Birch plywood boards
 21 mm, waterproof

Order No. 12.00110
EVOPED® Outdoor Rocker
 Coated birch plywood board
 18 mm, non-skid coating,
 waterproof glue laminated

Dimensions

(small deviations possible)

Order No. 12.00100
EVOPED® Indoor Rocker
 Height 0.15 m
 Length 0.80 m
 Width 1.60 m
 Weight 45 kg

Order No. 12.00110
EVOPED® Outdoor Rocker
 Height 0.15 m
 Length 0.80 m
 Width 1.60 m
 Weight 45 kg

Safety

This equipment is not playground equipment within the scope of DIN EN 1176 and therefore is also not subject to the requirements of this standard. However, it is complied with where appropriate.

Attention:

Exact measurements may vary; for all installation dimensions refer to current assembly instructions.

Technical changes reserved.

Components

Order No. 12.00100
 1 EVOPED® Indoor Rocker

Order No. 12.00110
 1 EVOPED® Outdoor Rocker
 for fixation with bolts

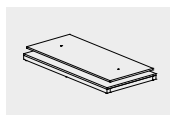
Installation information

Order No. 12.00100
EVOPED® Indoor Rocker
 Recommended space including operational space 280 x 360 cm
 no foundations required
 surfacing firm and level

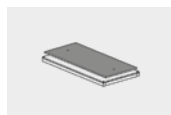
Order No. 12.00110
EVOPED® Outdoor Rocker
 Recommended space including operational space 280 x 360 cm
 surfacing suitable for holding bolts

Note:

The **EVOPED® Indoor Rocker** play equipment is only suitable for use in indoor areas.
 The **EVOPED® Outdoor Rocker** play equipment is only suitable for use in outdoor areas.



12.00100



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