



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. This is the way we activate our inborn trust. Relaxation and a sense of peace ensues and leads to inner balance.

How to perform the exercise

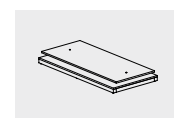
Lie face down on the rocker with your arms resting at the side of your body. Rest your head on your forehead or chin with a straight neck. Now begin to shift your weight on the rocker along the longitudinal axis using slight rocking movements: left-right, left-right. In your imagination, you are drifting 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.



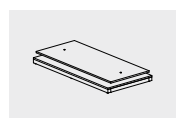
EVOPÄD® Discovery Rocker
EVOPÄD® Landscape Rocker

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Design: Ludwig Koneberg

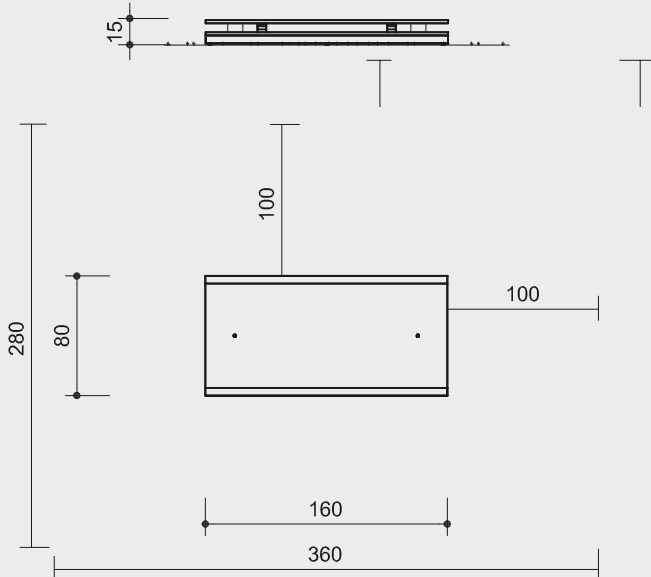


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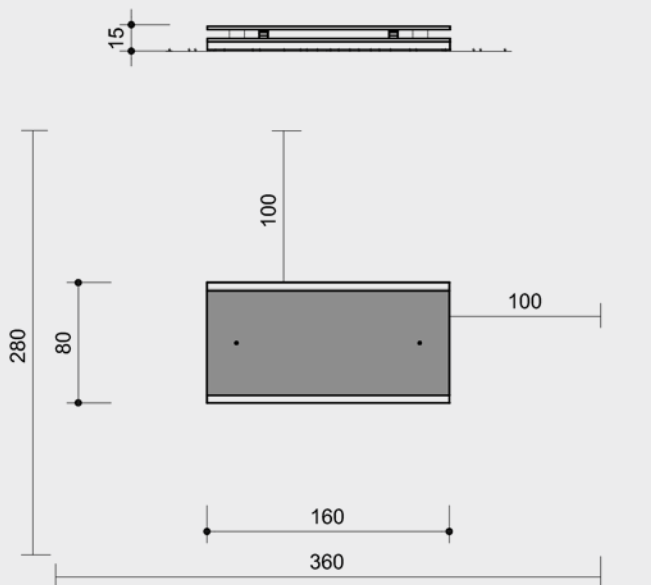


12.00110

Order No. 12.00100



Order No 12.00110



scale 1:50

Technical information

sawn timbers of non-impregnated mountain larch, core-free, thus decreasing occurrences of cracking

movable boards connected by rubber buffers

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birch plywood boards
21 mm, waterproof

12.00110

coated birch plywood board
18 mm, non-skid coating,
waterproof glue laminated

Dimensions

(small deviations possible)

Order No.		12.00100
height	0.15 m	
length	0.80 m	
width	1.60 m	
weight	45 kg	

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Safety

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

Components

Order No. 12.00100

1 EVOPÄD® Discovery Rocker

Order No.12.00110

1 EVOPÄD® Landscape Rocker for fixation with bolts, including fastening material

Installation information

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recommended space including operational space 280 x 360 cm
no foundations required
surfacing firm and level

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recommended space including operational space 280 x 360 cm
surfacing suitable for holding bolts

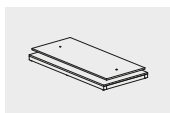
Note: The EVOPÄD® Discovery Rocker play equipment is only suitable for use in indoor areas.

The EVOPÄD® Landscape Rocker play equipment is only suitable for use in outdoor areas.

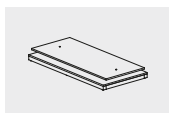
Attention:

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

Technical changes reserved.



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