



What to Wear in the Swings

The Silk Swing Studio teaches a full body contact program using Aerial Silk fabric. You'll learn about the similarities between the fabric and connective tissue and how to use the silks as an extension of your nerves, fascia, ligaments, tendons, muscles and bones to immediately calm your nervous system, ease soft tissue tension and reconfigure your psyche. This method works best with a **slippery** (nylon, polyester, lycra) unitard or snug fitting top and bottom. These materials effortlessly slide across the swing fabric allowing it to feel more fluid and flowing, causing the body to respond accordingly. You can wear other fibers, and get some benefit, but it is not the same. Loose clothing will bunch and ride during twists and inversions, and is not recommended. A close fitting and dedicated swing hat (also slippery) protects your hair from damage and the swings from oils and debris.

In company provided swings, you will need to wear a mask, swing hat and clothing that covers the armpits, stomach, and groin. Be sure to "Come to Swing" smelling clean. Odors can linger in the silks and make the activity unpleasant for others. The same goes for perfumes and lotions. Makeup wipes, body wipes, and hand sanitizer are provided. You will need to wipe off any makeup and clean your hands, feet and any smelly parts before access.

You'll want to remove all jewelry, including all piercings. In addition to the ears, nose, and tongue, you will also want to remove piercings in nipples, belly button and genitals. Even with these last three body areas covered, the moves you will be performing in the silk swing could still hurt you if you are wearing jewelry.

Head on over to my "Services" page to schedule a one on one or group consultation to discuss your specific needs and get advice on What to Buy for Equipment, Clothing and Accessories from my Products page.

Suit Up & Get in the Swing with Me!