

## **Slackline – Something to go MAD about!**

Life is about Balance...and the 'slack line' is a fantastic tool to find and develop yours.

A Slackline is simply a webbing (flat rope) that you can walk along, at knee level, strung up between two fixed points, such as trees or other anchor points. The kit is very quick and easy to set up, providing mobile fun where-ever you go.

However be careful, Slacklining can be completely addictive. It is extremely fun and unique, providing a great opportunity to have fun with friends and family. The Slackline can be used all year, it is a fantastic tool to create a unique BBQ in the Summer or it can be set up in a snowy Winter wonderland in your local Park or forest. Everyone can walk a Slackline, children and adults alike! Just a little bit of general fitness and perseverance is required.

The benefits of balance are there for everyone to enjoy. Slacklining increases your physical coordination and concentration. Whether you play sport, surf, rock-climb, are an adrenaline junkie or meditate, try something new and be a part of the Slackline revolution!

Ready to get your body 'on-line'?

Visit our Online Shop [www.slackline4u.com](http://www.slackline4u.com) to order in less the 5min your brand new slackline kit.

Are you not sure as yet? Visit one of our FREE slackline 'open park sessions' in London– sign up via text 077 8573 6071 or [dennis@slackline4u.com](mailto:dennis@slackline4u.com)

