

# SARGA BODYWORK'S 10 PRINCIPLES

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## 1. PRESENCE

Be present when administering your treatments. Always be mindful of the state of your nervous system and the recipients' nervous system. If you are unsure of non-verbal signals from recipients, *ask for feedback!* When we are grounded and present we can do no harm.

## 2. BODY AWARENESS

Maintain a keen awareness of your body and the recipient's body during a treatment. Always be cognizant of your body alignments and the positioning of the recipient's body, especially when using deeper pressure techniques.

## 3. BREATH AWARENESS

Stay connected to your breath and to the recipient's breathing patterns.

## 4. INTUITION

When working, remain open to your intuition. This is a feeling tone. If you feel something that does not make immediate logical sense, listen more deeply before dismissing it.

## 5. BEING VS. DOING

Emphasize the quality of your presence, rather than trying to accomplish a certain routine or technique.

## 6. EASE VS. EFFORT

Work on finding the most easeful way to work; if something feels too strenuous, figure out a way to do it differently. The recipient will notice, and you will avoid injury and fatigue.

## 7. CLEAR INTENTION

Maintain clear intention in your work. Don't do things "just because". When applying massage techniques, do so with clarity, purpose, presence, and the intention to help.

## 8. MOVE FROM YOUR CENTER (Core/Hara/Dantien/Piko)

Feel your center of power and gravity (a few inches below the navel), stay connected to this point and initiate your movements from there.

## 9. USE BODY WEIGHT & GRAVITY

Let bodyweight and gravity work for you. Allow these forces to transfer through your body to your feet.

## 10. USE TENSEGRITY

Feel the direct relationship between the pulling motion of your upper body on the Sarga Strap and the pushing motion of your feet on the recipient's body. Feel and use these forces of tensegrity (integrity of tension) being directly translated into your techniques.

# SARGA BODYWORK TERMINOLOGY

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## 1. TENSEGRITY

A concept coined by the architect Buckminster Fuller, referring to the pattern that results when "push" and "pull" have a synergistic relationship. This basic dialogue of polarity is at the foundation of Sarga Bodywork ideology and methodology.

## 2. FASCIA

Fascia is the connective tissue that forms a whole-body, continuous, 3-D matrix of structural support and wraps around every single cell, connecting cells to organs, organs to organ systems, and interpenetrates every structure in the entire body.

## 3. MYOFASCIAL TECHNIQUE

The prefix "*myo*" refers to muscle tissue. We define *myofascial technique* here as manual therapy characterized by sustained, oblique, and high-friction contact with the aim of stimulating a stretch response in the fascia associated with muscle (*myo*) tissue (think shear-force). *Myofascial massage* can help to treat muscle pain, inflammation and restriction, by relaxing contracted muscles, stimulating length and hydration in the tissue, and improving blood and lymphatic circulation.

## 4. BODYWORK VS. MASSAGE

Referencing Mosby's Dictionary of Complementary and Alternative Medicine: Massage is the application of diverse manual techniques of touch and stroking to muscles and soft tissue to achieve relaxation and improve recipients' well-being. Bodywork applies therapeutic touch paradigms with the aim of restoring health and balance to the entire person by working through the body. In other words, the body is viewed as a doorway to access the holism of sustainable and integrative health.

## 5. THE SARGA STRAP, or simply "The Sarga"

A piece of fabric fastened to a massage table that Sarga practitioners hold for balance and support. Selected for its lightweight strength and perfect amount of stretch, [The Sarga Strap](#) is cut to dimension with enough length to accommodate practitioner's varying heights and tensional preferences. For use with the Sarga Attachment or the Sarga Floor-Loops.

## 6. THE SARGA ATTACHMENT

A stainless-steel hardware accessory that enables most portable massage tables to be quickly adapted for Sarga Bodywork. [The Sarga Attachment](#) provides secure tie-offs for the Sarga Strap

and safely secures portable massage tables so that they will not fold at the central hinge when tensional force is applied upwards through the Sarga Strap.

## 7. SARGA FLOOR-LOOPS

[Sarga Floor-Loops](#) are hardware accessories that enable most massage tables to be quickly adapted for floor-based Sarga Bodywork, or to integrate Sarga equipment with Thai or Polynesian-inspired bodywork and assisted stretching therapies. Made from anodized steel buckles. Tools and installation required.

## 8. MYO.RUB

Specially formulated for Sarga Bodywork, [Myo.Rub](#) is a massage cream made from coconut oil and Hawaiian beeswax. This simple, unscented, high-friction cream is ideal for myofascial and deep tissue massage techniques. The thick viscosity and high coverage of this product allows it to last much longer than most massage lubricants. Intended for sparing use in pea-sized applications.

## 9. DIRECTIONAL TERMINOLOGY

- Medial: Closer to the midline.
- Lateral: Away from the midline.
- Anterior: Front of the body.
- Posterior: Back of the body.
- Prone: Face down.
- Supine: Face up.
- Distal: Further from the trunk.
- Proximal: Closer to the trunk.
- Oblique: Neither parallel nor at a right angle to a specified line.

## 10. CHEVRONING

“Chevronting” refers to manual techniques that take tissue in a chevron pattern from lateral to medial (towards the spine), and cranial to caudal (towards the sacrum), especially in reference to the techniques used on the posterior thorax.



## 11. PRIMARY CURVES

The thoracic and sacral curvatures of the spine.

## 12. SECONDARY CURVES

The cervical and lumbar curves of the spine. These are called secondary curves because they develop after the primary curves, during childhood development and in association with lifting the head (cervical curve) and assuming an upright position in sitting and walking (lumbar curve).

## 13. FOOT TERMINOLOGY

Like hands, the feet have many different aspects that can be used as working surfaces for manual therapy techniques, each with its own distinct function and qualities. Here are the main ones we refer to in class:

- Medial Arch of the Foot: Inside arch of the foot, from the base of the 1st metatarsal to the base of the heel.
- Lateral Arch of the Foot: Outside arch of the foot, from the base of the 5th metatarsal to the base of the heel. This is a
- Ball/Pad of the Foot: The padded portion of the sole between the toes and the arch of the foot underneath the heads of the metatarsal bones.
- Leading Edge of the Heel: The aspect of the heel that is closest to the toes.
- Back Edge of the Heel: The aspect of the heel that is furthest from the toes.
- Base of the 1st metatarsal.
- Big Toe.

## 14. SARGA STRAP WRAPPING TERMS

Sarga wrapping techniques are used to achieve different degrees and vectors of tensegrity. Sarga wrapping techniques are determined by a practitioner's position on the massage table and the manual therapy techniques being employed. Here are the main Sarga wrapping terms we refer to in class:

- Double Shoulder Wrap
- Single Shoulder Wrap
- Harness
- Handle Grip
- Double Arm Twine
- Cocoon (for seated techniques)

## 15. SARGA STATIONS

We use the term “stations” to refer to specific locations on the massage table (for work on raised tables) or their corresponding location on the floor next to the massage table (for floor-based work) where the practitioner stands. There are 6 stations. We refer to these in abbreviated form as S1 through S6.

- Station 1: Above the shoulder.
- Station 2: Above iliac crest.
- Station 3: Gluteal fold.
- Station 4: Above the knee.
- Station 5: Foot of the table.
- Station 6: Head of the table.

# SARGA STATIONS

1. Above Shoulder

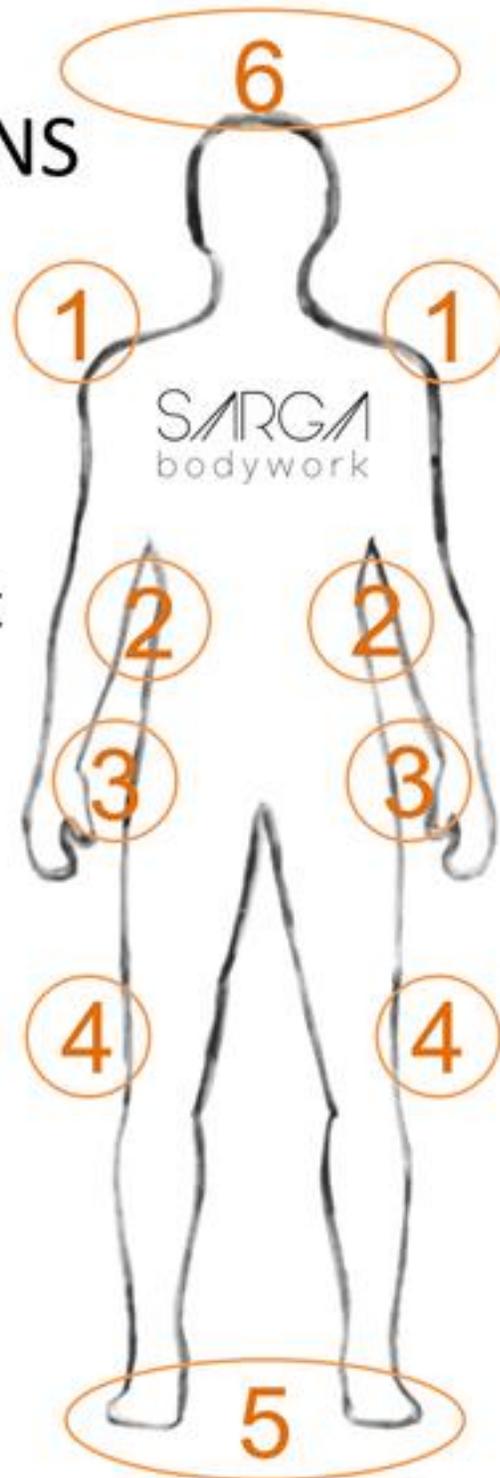
2. Above Iliac Crest

3. Gluteal Fold

4. Above Knee

5. Foot of Table

6. Head of Table



# SARGA BODYWORK PRACTICAL GUIDELINES

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1. Sarga Bodywork is a slow, deep, and controlled manual therapy. The most important thing to remember is to work **SLOWLY**, deliberately and with presence.
2. Sarga Bodywork methodology encourages myofascial technique over deep tissue or effleurage technique. In other words, techniques should focus on slow, sustained, oblique, and high friction contact.
3. In Sarga Bodywork we employ the approach of: *Contact – Engagement – Pressure – Movement*. This refers to the qualities that we use in our techniques: 1) Make contact with the tissue. 2) Engage the tissue (*"pick up the slack"*). 3) Apply pressure. 4) Move while maintaining consistent pressure and engagement of the tissue.
4. As much as possible, stay behind the "wave" of tissue you are affecting. If you find yourself in front of this "wave", you are no longer employing myofascial technique.
5. Sarga Bodywork uses a small variety of strokes, yet each stroke is very specific and nuanced.
6. Do not apply direct pressure on the secondary curves of the spine (the cervical and lumbar curves). Make sure that secondary curves are not compressed by your techniques.
7. Never apply deep pressure directly on joints (gently glide over joints with little to no pressure).
8. When working with deep pressure, ease into the tissue slowly and gradually. Working too deep too fast can cause the recipient bruising and/or discomfort during and after a treatment.
9. As a general rule, deep and/or myofascial strokes on the posterior neck and thorax should work medially and caudally (towards the spine/sacrum). Work on the anterior thorax should work medially and cranially (towards the spine/head). See [Structural Bodywork Considerations](#).
10. As a general rule, deep and/or myofascial strokes should take tissue from lateral to medial; or in other words, techniques should work tissue towards the midline. See [Structural Bodywork Considerations](#).

11. Use [Myo.Rub](#) sparingly (pea-sized applications). Minimal quantities of lubrication are best for myofascial techniques, i.e. one pea-sized application per quadrant of the body on average. Only use more lubrication when working on bodies with lots of body hair or on frail/elderly people who require a lighter treatment.

12. Be light on your feet when walking and moving around the table, Ninja steps! On raised tables, always walk on the outer frame/edges of the table.

13. Don't be too concerned with having the [Sarga Strap](#) touch or rest on the recipient's body; however, don't let it "trail" on the body when moving from one position to the next.

14. Always retain tension in your Sarga Strap while working and moving around the table. If you need to slacken the Sarga Strap (while adjusting the sheet, re-applying lotion, etc.) stand in a straddle stance, with one foot on either side of the recipient's body, or a half kneeling straddle. Avoid standing with both feet on one side of the table when you are not using the tensional support of the Sarga Strap.

15. Generally, the tensional support of the Sarga Strap should come from the opposite side from which you are standing, i.e. if you are standing on the left side of the table, the main support from the tensioned Sarga Strap will come from the right side of the table.

# BODY MECHANICS

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Proper body mechanics for Sarga Bodywork practitioners is essential for career longevity and avoiding injury. Every modality has its weak points because of repetitive strain and/or inappropriate alignment during moments of increased tension and administered pressure. While practicing Sarga, you will experience ideal alignment as a "sweet spot" (tensegrity), whereas the relationship between the pull on the Sarga Strap, the push of your working foot on the recipient, and these forces being transferred through your body are balanced. This is a strong yet easeful feeling. Sarga Bodywork is a dynamic practice and you will need to constantly adjust your body mechanics to find the tensegrity in your techniques. Here are some pointers:

1. When applying tension through the Sarga Strap, keep your **shoulders** down (engaged through the rhomboids and lower trapezius to protect neck and shoulder girdle).
2. Adjust your **grip** and the position of your **hands** on the fabric to that perfect place where you don't need to "shrug" or elevate your shoulders. Until you can do this seamlessly, disengage with the recipient while adjusting the Sarga Strap, as your micro-movements can be disconcerting underfoot.
3. Do not engage with tension and pressure while the Sarga Strap is resting inappropriately on your cervical spine (C7). Open up the fabric and let it drape over your shoulders or cross body. Lengthen through your spine and open through your heart center and chest.
4. Adjust the bend at your **elbows** or **knees**, or the rotation of your **pelvis**/curve of your **low back** to achieve the right amount of tensional support. If you still need more support, play with the wrap of the Sarga Strap around your arms rather than shrugging your shoulders up. Placement of the Sarga proximal to your elbow rather than distally increases tensegrity. If this still doesn't feel right, you will need to adjust the length of your Sarga Strap.
5. If a specific technique within the Sarga Bodywork protocol is causing you discomfort, reassess your posture and alignment and feel free to contact us (via [Sarga Graduate FB Group](#) for tips and pointers).

# SAFETY CONSIDERATIONS FOR SARGA BODYWORK ON RAISED MASSAGE TABLES

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Sarga Bodywork is a rigorous practice that requires a high level of physical conditioning. Strength, flexibility and a fine-tuned kinesthetic awareness are a must for practicing Sarga Bodywork safely and without risking injury to both practitioner and recipient. Yet keep in mind that these are also qualities which you will develop with practicing Sarga Bodywork, so don't feel discouraged if you find this practice difficult at first!

All Sarga Bodywork techniques are done with just one foot at a time on the recipient's body, and the therapist's full body weight is never fully on the recipient, so having a heavier build is not problematic if abiding by the limits of your massage table's design and weight capacity.

## RAISED MASSAGE TABLES USED FOR SARGA BODYWORK MUST MEET THE FOLLOWING REQUIREMENTS:

- Must be of excellent quality and condition.
- Must have an adequate "[working weight](#)" capacity. There is a working weight limit on every massage table, which usually accounts for the weight of the recipient plus the pressure of the exerted force via the massage therapist. For foot-based massage modalities on a raised table however, the massage table's working weight must be able to support the recipient's bodyweight, plus the therapist's bodyweight, plus the moving pressure exerted by the massage therapist. Most massage tables have at least a 500-pound working weight capacity, but massage tables made by established massage table manufacturers can usually support much more (*for example, Earthlite or Oakworks massage tables are very well made and are designed to easily hold over 2,500 pounds (static weight), with a working weight capacity of 750 pounds or more*). Check the label posted beneath your massage table or research your massage table's make and model to make sure that it meets your working weight requirements.
- Must have a medium/firm foam (massage tables with soft/thick foam cushioning don't give enough standing stability for therapists).
- The width of your massage table must be no smaller than 30" (tables that are between 32" and 36" wide are ideal).
- Sarga Bodywork methodology works best at a low table height range; between 18 and 24 inches (around therapist's knee level). This lower height facilitates proper body mechanics per our methods and increases working stability for foot-based techniques.

- The rubber bumpers or any other obstructions on either rail of your massage table must be removed as the Sarga Strap can get caught on these.
- Must have non-slip rubber pads on the legs.
- Stationary and electric massage tables can also be used for Sarga Bodywork and are good because they are very stable and have higher weight capacities than portable massage tables. However, width and foam density still need to be considered. Stationary tables cannot accommodate the Sarga Bodywork Attachment, therefore two hardware loops need to be permanently installed beneath the table to serve as tie-offs for the Sarga Strap. [Sarga Loops for Stationary/Electric Massage Tables](#) are available for purchase at our [online store](#).

## MASSAGE SHEETS

- The type of sheets that you use for treatments with Sarga Bodywork equipment are a safety consideration as silk or synthetic blends are slippery for standing practitioners! We highly recommend that you use cotton flannel sheets. Please make sure these are cotton flannel massage sheets (not bed sheets!). We recommend the "Standard Flannel" TOP sheets from both [Inner Peace Sheets](#) and [Sew & Sew](#) (*Note that these sheets are narrower in width than your average massage sheets. We prefer this width as there is less fabric to negotiate during treatments. You will also be able to fit many more sheets in a load of laundry, saving time and resources!*). For FITTED cotton flannel sheets see: [NRG Deluxe Flannel Sheets](#) or [Arcadia Organic Cotton Flannel Sheets](#).

# THE SARGA ATTACHMENT FOR PORTABLE RAISED MASSAGE TABLES: SAFETY & SETUP INSTRUCTIONS

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The Sarga Attachment for Portable Raised Massage Tables is a hardware accessory that enables most portable massage tables to be quickly adapted for Sarga Bodywork. Our patent-pending, stainless steel [Sarga Attachment](#) provides secure tie-offs for the [Sarga Strap](#) and safely secures portable massage tables so that they will not fold at the central hinge when tensional force is applied through the Sarga Strap. The Sarga Attachment is easy to set up and remove and does not require any alterations to your massage table.

1. Make sure that your massage table meets all the requirements listed under [Safety Considerations for Sarga Bodywork on Raised Massage Tables](#).
2. Make sure that all of the tension cables and undercarriage components are sturdy and dependable.
3. Set up your portable massage table: Make sure that the table is completely open, on a level surface, and the tension cables are aligned and fully taut. Check to make sure that the table legs are secure and retighten any adjustable fasteners.
4. Take a look underneath the massage table and locate the middle of the table frame where it folds at the central hinge. Take your Sarga Attachment and unscrew the eyebolts as much as needed to fit over this central hinge.
5. Align the Sarga Attachment in the center of the central hinge and push it upwards and flush against the frame (align any tensional cables in the center cutout of the attachment).
6. Begin to tighten the eye-bolts one at a time, **making sure to retighten all four eye-bolts several times**, moving back and forth from one to the next, as the first one you tighten will loosen when tightening the next one, and so forth. Use a butter knife, screwdriver, or any kind of strong metal piece for extra leverage by inserting your tool through the eye of the eyebolt and using it as a handle to tighten each one securely.
7. Checking your equipment in the manner of a diver or mountain climber ensures the safety of both practitioner and recipient. Make sure to check your Sarga Attachment regularly; i.e. at the start of a shift, between clients, to every few days to ensure that nothing has moved or loosened. Because this type of barefoot bodywork applies both static and dynamic pressure

around the table, shifting of the Sarga Attachment may loosen incrementally and must be re-tightened. It is normal to hear creaks and snaps in the wood components of the table that do not affect its' integrity if working within your table's weight bearing parameters.

# INSTALLING THE SARGA FLOOR-LOOPS: SAFETY & SETUP INSTRUCTIONS

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These instructions outline the installation of the Sarga Floor-Loops. These hardware accessories are available at Sarga Bodywork's "[Graduate Store](#)". The Sarga Floor Loops are intended for use with portable massage table that can be collapsed into a flat position on the floor. This application is most easily installed on wooden tables but is also possible on metal-framed tables.

## DISCLAIMER

Altering your massage table in any of the ways detailed below may void any equipment warranty or liability coverage associated with your massage table. Sarga Bodywork assumes no responsibility for improper installation of the *Sarga Floor-Loops* or structural weakness caused to your massage table as a result of the proper or improper installation of this hardware. While Sarga Bodywork has had years of experience using and installing the *Sarga Floor-Loops* and believes it to be a safe and secure application, by continuing to follow the information provided here, you, the consumer, agree to assume all risk in the installation and usage of these hardware items, for both home and/or professional use. Sarga Bodywork only sells its proprietary equipment to graduates of its live courses, who have undergone proper training in the safety and use of this equipment. As a graduate of Sarga Bodywork's "Sarga Table 1" Course you have agreed to assume all risk and liability in the use of this equipment, however if you disagree in any way with the information provided here, or do not want to assume full responsibility for the proper installation and usage of Sarga Bodywork's equipment, you must not proceed with these instructional directives.

## SAFETY

As always, you and your clients' safety are primary! Please have your *Sarga Floor-Loops* installed by a professional. Your safety, the integrity of your massage table, and your clients' safety depend on it! Any weak points in the installation of these hardware accessories would likely be a result of how the loops are installed, i.e. using the proper tools and securing the hardware adequately. Our best advice is to communicate what they will be used for to the professional who will be installing your loops and to verify that he/she believes it to be a safe and secure application. After installation, be sure to routinely check your hardware (like climbers check their gear), to make sure that nothing has loosened with use.

## STEP 1.

Disengage one end of both of long horizontal undercarriage cables. Or if you will be using this table exclusively for floor-based bodywork, you can remove your massage table's legs completely!

- Portable massage tables often have “Shiatsu-Release-Cables” (i.e. the ability to release one end of both long horizontal undercarriage cables via a wingnut). However, even if your table does not have “Shiatsu-Release-Cables” or wingnuts at one end of both long horizontal undercarriage cables, you can still use tools to disengage one end of both cables.
- Tools needed: crescent wrench and possibly a screwdriver, depending on your table's hardware.

## STEP 2.

Once your massage table can be laid flat on the floor, you will need to drill one hole on either side of your portable massage table's frame. These holes should be drilled as close to the central hinge as possible, [on the face cradle half of your table](#).

- Begin with your massage table positioned on its side.
- Take one of your Floor-Loops and position it on the outer side of your massage table's frame where you would like to drill your hole. Align the flat part of the metal with the bottom of your table's frame. Make sure that there are no obstructions on the inner side (undercarriage side) of your hole and that there is sufficient room for a washer and nut to be fastened. Take a pen and mark the center of the hole on the vinyl (outer side) of your massage table's frame. Repeat on the opposite side.
- Use a 1/8" drill bit to drill a pilot hole through your table's frame at your pen mark, but first operate the drill *in reverse* until it punctures a hole through the vinyl upholstery. By doing this, you avoid getting the vinyl torn up in your drill bit when drilling forward. Recheck the inner side of your table to make sure that this hole is properly placed. Follow your pilot hole with a 5/16" drill bit in the same fashion, first in reverse, then forward.
- Repeat on the other side.
- Tools needed: marker, razor blade, drill, 1/8" drill bit, 5/16" drill bit.

### STEP 3.

Now that you have your 2 holes drilled, you are ready to install your Floor-Loops.

- Take one of the bolts and insert it through a washer before inserting it through the metal plate of your Floor-Loop. This trio of parts can then be inserted into the outer side of one of the holes you just drilled. Make sure the flat edge of the metal plate is facing the bottom edge of your massage table's frame.
- Then on the inner side of your massage table, place another large washer, then the smaller (lock) washer, and the nut. Use a wrench to tighten the metal nut. Make sure to tighten the nut enough so that the metal plate does not rotate at all.
- Order of the hardware pieces (from outer side to inner side of the massage table frame): bolt, large washer, Floor Loop metal plate, massage table frame, large washer, small lock washer, nut.
- Tools needed: two crescent wrenches.



# INSTALLING THE SARGA LOOPS FOR STATIONARY/ELECTRIC MASSAGE TABLES: SAFETY & SETUP INSTRUCTIONS

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These instructions outline the installation of the Sarga Loops for Stationary/Electric Massage Tables. These hardware accessories are available at Sarga Bodywork's "[Graduate Store](#)" and have a 500lb+ working load limit per loop. Note they will fit most stationary/electric massage tables (both metal and wood), however since the [Earthlite Ellora Lift Massage Table](#) tends to be the most common stationary/electric massage table, these hardware accessories are provided with that model in mind. In addition, the pictures and video provided in this post feature an Earthlite Ellora Lift Massage Table.

## DISCLAIMER

Altering your massage table in any of the ways detailed below may void any equipment warranty or liability coverage associated with your massage table. Sarga Bodywork assumes no responsibility for improper installation of the *Sarga Loops for Stationary/Electric Massage Tables* or structural weakness caused to your massage table as a result of the proper or improper installation of this hardware. While Sarga Bodywork has had years of experience using and installing the *Sarga Loops for Stationary/Electric Massage Tables* and believes it to be a safe and secure application, by continuing to follow the information provided here, you, the consumer, agree to assume all risk in the installation and usage of these hardware items, for both home and/or professional use. Sarga Bodywork only sells its proprietary equipment to graduates of its live courses, who have undergone proper training in the safety and use of this equipment. As a graduate of Sarga Bodywork's "Sarga Table 1" Course you have agreed to assume all risk and liability in the use of this equipment, however if you disagree in any way with the information provided here, or do not want to assume full responsibility for the proper installation and usage of Sarga Bodywork's equipment, you must not proceed with these instructional directives.

## SAFETY

As always, you and your clients' safety are primary! Please have your *Sarga Loops for Stationary/Electric Massage Tables* installed by a professional. Your safety, the integrity of your massage table, and your clients' safety depend on it! Any weak points in the installation of these hardware accessories would likely be a result of how the loops are installed, i.e. using the proper tools and securing the hardware adequately. Our best advice is to communicate what

they will be used for to the professional who will be installing your loops and to verify that he/she believes it to be a safe and secure application. After installation, be sure to routinely check your hardware (like climbers check their gear), to make sure that nothing has loosened with use.



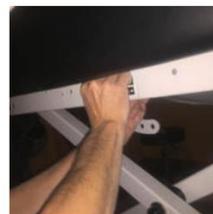
1. Sarga Loops for Stationary/Electric Massage Tables + hardware. Product link [here](#).



6. Drill holes.



2. Hardware parts include 2 rope loops and 8 of each: countersunk phillips bolts, regular washers, lock washers, lock nuts.



7. Screw loop into position.



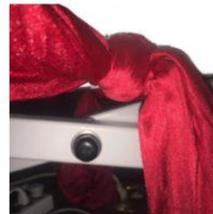
3. Measure to center. Note that some tables will have a center cross-brace; install your loops on the face-cradle side of this cross-brace, as close to the center of the table as possible.



8. Tighten screws. Repeat steps 3-8 on the other side.



4. Hold up loop for placement, keeping it in a horizontal alignment, close to the bottom edge of the metal frame.



9. Done.



5. Mark all four drill holes.



10. Ta-Da!

# SARGA STRAP SAFETY & SETUP INSTRUCTIONS

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1. After securing your [Sarga Attachment](#) or [Sarga Floor-Loops](#), take your Sarga Strap and insert one end of the fabric through one of the rope loops and make two secure overhand knots on the Sarga Strap. Tighten securely.
2. Take the [Sarga Strap](#) and bring the other end up over the top of the massage table and loosely insert the other end into the second rope loop (do not put a knot on this side until you have determined the desired length of your Sarga Strap).
3. For determining the length of your Sarga Strap, stand on the massage table over the central hinge, and make sure that the strap can go over the top of your head, comfortably but snug, when standing fully upright.
4. Maintain this desired length and secure the other end by making another two overhand knots.
5. **Knot check!** Check both knots by firmly pulling up on either side.
6. Stand on the massage table again and apply tensional force through the Sarga Strap at different angles, making sure that your equipment is secure and that your Sarga Strap is fixed at your desired length (your table will be more stable with someone on the table). Tighten or adjust the strap as necessary.

## SARGA STRAP CARE & HYGIENE

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1. We recommend having a few different Sarga Straps in order to alternate and launder them regularly, and also just because more colors are more fun! :)
2. Depending on how many clients you see a day, and the manner in which you use your Sarga Strap, you may choose to change your Sarga Strap between sessions, or at the end of every workday, depending on your workload.
3. We recommend washing Sarga Straps on their own with similar colors (the darker colors tend to bleed in the first few washing cycles), on a gentle cycle, using either cold or warm water (not hot water!) or hand wash in a basin.
4. Use any detergent of your choice. You may wish to add baking soda for removing oil/lotion and minimizing odor. Do not use bleach, stain removers, or fabric softeners.
5. To dry, simply hang away from direct sunlight (exposure to sunlight and heat will cause the fabric to weaken and the color to fade rapidly). DO NOT put your Sarga Strap in the dryer as the heat will damage the fabric and weaken it.