## **BALANCE INSTRUCTIONS**

Each Nirvana Swing<sup>TM</sup> is pre-balanced at the factory. Because the exact balance will vary slightly from person to person and from floor to floor, you may need to adjust your Nirvana Swing<sup>TM</sup> for proper balance before use. Follow the steps below to determine if your Nirvana Swing<sup>TM</sup> needs to be balanced.

- 1. Sit in the chair, lean backward with your shoulders, and push forward on the arms to recline. To swing, gently push or pull on either of the small handles located on the inside of each arm.
- 2. The Nirvana Swing<sup>™</sup> provides 10 inches of swinging motion in both the forward and backward directions. When the 10 inches are exceeded, the mechanism will encounter rubber stops in either direction. When normally swinging, if the chair hits either the forward or backward stop with substantial force but does not touch the stop at the other end, then you should adjust the balance of your Nirvana Swing<sup>™</sup>.
- 3. You can adjust the balance of your Nirvana Swing<sup>™</sup> by raising or lowering the adjustable feet (located at each corner of the chair's metal base). The feet can be easily adjusted by turning them clockwise or counter-clockwise, similar to turning a screw.
- 4. To adjust the feet, remove the decorative wooden leg covers and turn the feet by hand until properly balanced. Use caution when lifting or tilting the Nirvana Swing<sup>™</sup> to adjust the feet. Lifting or tilting could result in damage to the chair or, more importantly, in injury to you.
- 5. If the chair hits the front stop forcefully but does not touch the back stop, then you will need to raise the front of the chair by "unscrewing" the front feet.
- 6. If the chair hits the back stop forcefully but does not touch the front stop, then you will need to raise the back of the chair by "unscrewing" the back feet.