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# BEYOND and T-BOW® FITNESS

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CLASSES · SMALL-GROUPS · BEYOND GARAGE  
WITH  
IVAN FARRÉ-SÁNCHEZ

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## TOTAL FIT T-BOW®

Training that integrally structures coordination, endurance and strength alternating situations of balance and swing, joint mobility and relaxation, applying asymmetric and symmetrical loads with free weights, T-bands and your own body on the T-BOW®, conducts you holistically to increase your fitness level, train the deep stabilizing muscles and optimize the health of your back at the highest level..

[www.t-bowfitness.com](http://www.t-bowfitness.com)

**BEYOND**  
FORGET YOUR LIMITS





### YOGA T-BOW®

Intensive training based on millenary experiences of Yoga and holistic postural training concepts that achieve a global effectiveness of your posture. The T-BOW® allows very reactive exercises in static and dynamic balance for fine adjustments of the movement, an optimal stabilization of the lumbar spine in a position of natural lordosis and a training of strength and selective mobility of the trunk musculature to achieve an extraordinary postural optimization.

The essence of Yoga, asanas or postures, pranayamas or breathing exercises, relaxation and self-awareness of movement are taken care of.

[www.t-bowyoga.com](http://www.t-bowyoga.com)

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