

Nature of YOGA T-BOW®

By F.Xavier García-Navarro



The philosophy of development of Yoga with T-BOW® is to provide a selection of differential resources of the T-BOW® to facilitate, enrich and extend postures and postural sequences of Yoga from an holistic perspective of optimization of the person that allows a personalized postural education.





The basis of the exercises comes from the proposals that *Sandra Bonacina* (www.training-therapy.com) has designed with the T-BOW® investigating the needs of physiotherapy at the University of Zurich (Switzerland) since 1994.



Sandra Bonacina · Inventor of T-BOW®

To this repertory of postural exercises with the T-BOW® and its combination with the millenary experiences of postural development of Yoga, the resources of postural education and training proposed by the professor *Francisco Seirul-lo Vargas* (www.entrenamientodeportivo.org) are applied in order to achieve an extraordinary optimization of the posture.



Master of Masters Fco. Seirul-lo Vargas

Special attention is taken so that people with very basic levels of balance, strength and mobility are able to evolve in their postural optimization with confidence and satisfaction.



Methodologies experienced by the gymnastics coaches are applied to provide security to the practitioner, especially in the inverted postures.





The essence of Yoga is maintained (asanas or postures, pranayamas or breathing exercises, relaxation and consciousness-meditation) with an emphasis on self-control, self-evaluation and reflection to optimize one's knowledge and awareness , thus enabling the highest levels of well-being and personal satisfaction.



The first experiences of YOGA with the T-BOW® have been developed in 2009 by the yoga teacher F. Xavier García-Navarro in his *Escola Ganesh* (www.escolaganesh.cat).



Yoga Teacher · F. Xavier García-Navarro



Areas of application:

a) Postural health for daily life, work activity and reeducation of postural problems (hygienic-reeducation perspective).

b) Postural education that optimizes the person for life (educational perspective).

c) Posture of motor performance without injury, posture of expressive motor performance and a posture of personal aesthetics (expressive-creative perspective).



www.t-bowyoga.com