

## YOGA T-BOW® Course · 1st level · 6h



**SEPTEMBER 6, 2020**  
**10.00 - 17.00**

**Price: 260 CHF / 240 EUR**

**More Info:**

<http://t-bowyoga.com>

**University Irchel**  
**Zurich · SWITZERLAND**



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T-BOW® International  
[www.t-bowyoga.com](http://www.t-bowyoga.com)

# YOGA T-BOW® COURSE · 1st Level · 6h

September 6, 2020 · 10.00 - 17.00 · University Irchel · Zurich · Switzerland



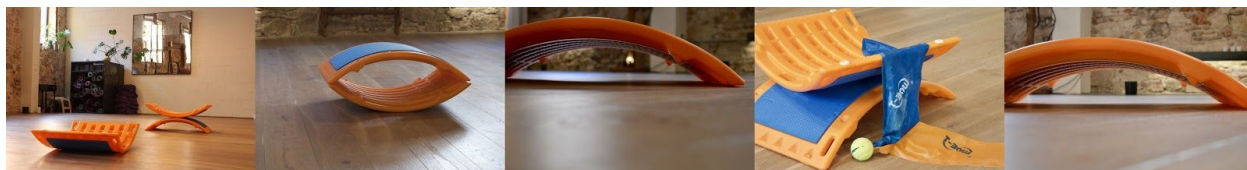
The philosophy of development of Yoga with T-BOW® is to provide a selection of differential resources of the T-BOW® to facilitate, enrich and extend postures and postural sequences of Yoga from a holistic perspective of optimization of the person that allows a personalized postural education.

The basis of the exercises comes from the proposals that Sandra Bonacina has designed with the T-BOW® investigating the needs of physiotherapy at the University of Zurich (Switzerland) since 1994-95. To this repertory of postural exercises with the T-BOW® and its combination with the millenary experiences of postural development of Yoga selected by the yogui F. Xavier García-Navarro in his Ganesh School of Yoga, Body-Mind and Martial Arts, the resources of postural education and training proposed by professor Seirul·lo Vargas are applied in order to achieve an extraordinary optimization of the posture. 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.

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



**Contents:**

- T-BOW® and T-Bands for Yoga T-BOW®.
- Holistic Postural Optimization.
- Uses and Multifunctionality of T-BOW®.
- Practical Lesson YOGA T-BOW®.
- Postural Optimization Yoga T-BOW® (interacting education-training resources of static and dynamic balance and its combinations).
- Yoga T-BOW® postures: Vertebral and Respiratory Preparations, Strength and Balance Postures, Extensions, Flexions and Rotations, Inverted Postures, Static-Dynamic Relaxation, T-BOW® combined with T-Bands Postures, In Pairs Postures, Postural Combinations-Sequences.
- Lesson Structures for Yoga T-BOW® and Planning Criteria.

**Objective and applicability:**

Learn resources of postural optimization with the T-BOW® to facilitate, enrich and expand postures and postural sequences of Yoga, with applicability to all areas of yoga practice, health and sports training.

**Appropriate for:**

Yoga teachers and experts in fitness, in movement training and in physiotherapy.





**Teachers:**

F. Xavier García-Navarro, Sandra Bonacina, Hugo Pérez-Vivas, Ivan Farré-Sánchez and David Ribera-Nebot (T-BOW® International Switzerland, Escola Ganesh and T-BOW® Fitness)

**Duration and date:**

6 hours (1 day) · 10.00 - 17.00  
Sunday, September 6th, 2020

**Price:**

260 CHF / 240 EUR

**Material included:**

- Manual of YOGA T-BOW® (© Sandra Bonacina, Xavier García-Navarro, Hugo Pérez-Vivas, Ivan Farré-Sánchez and David Ribera-Nebot).
- DVD / T-BOW® Fitness 1 - © Sandra Bonacina - 6 Training Programs with T-BOW® aimed at comprehensive health.
- Three color tables of exercises with T-BOW®.



**Certification:**

International certificate of participation at the YOGA T-BOW® Course (1st level); accredited by Sandra Bonacina (T-BOW® International Master Professor) and teachers of the T-BOW® Fitness team (Fco. Xavier García-Navarro, Ivan Farré-Sánchez, Hugo Pérez-Vivas, David Ribera-Nebot).

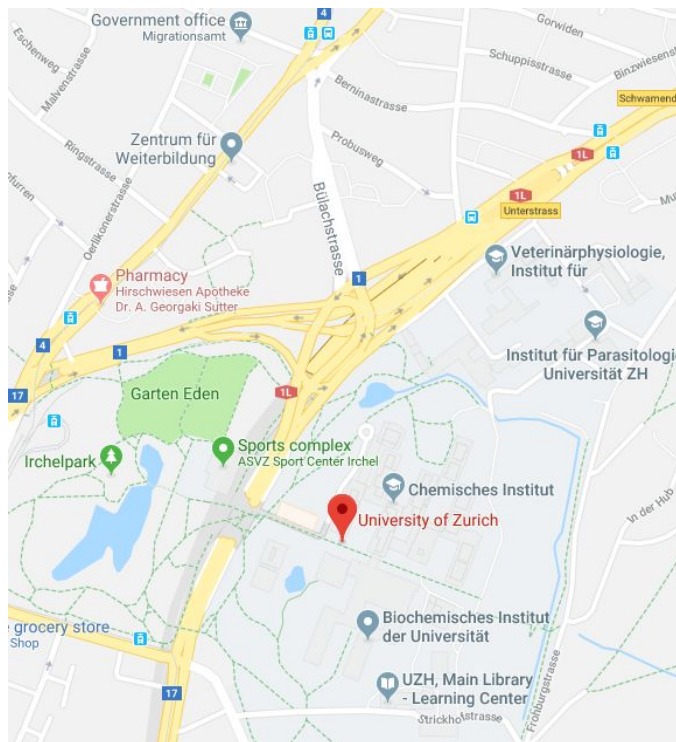
**Registration:**

Contact directly with Sandra Bonacina:

[sabofit@t-bow.ch](mailto:sabofit@t-bow.ch)

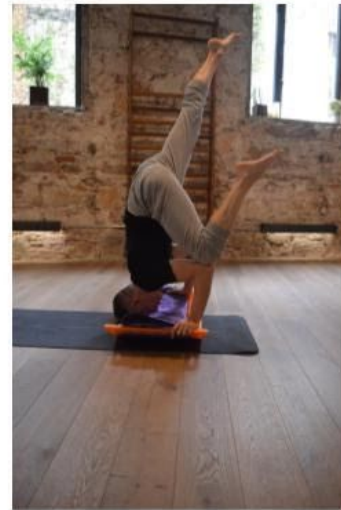
**Place of realization:**

Sports complex ASVZ Sport Center Irchel  
University of Zurich - Campus Irchel



Google Maps:

<https://www.google.es/maps/place/University+of+Zurich/@47.3974174,8.5483728,15z/data=!4m5!3m4!1s0x0:0xf48062e7447ad0c2!8m2!3d47.3974174!4d8.5483728>





**More information Yoga T-BOW®:**

<http://t-bowyoga.com>

[cursos@t-bow.net](mailto:cursos@t-bow.net)

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