

BOWSPRING YOGA



YOGA FOR OPTIMAL POSTURAL ALIGNMENT

Yoga classes that incorporate the new and exceptional alignment method called the Bowspring.

The Bowspring is a postural template that can be applied to any yoga pose, athletic movement or functional posture for optimal performance. It is a unique way of consciously working with the natural curves of the body to improve balance, enhance strength, flexibility and a sense of lightness.

This practice is designed to counter postural tendencies which exacerbate muscular imbalance: locking the knees, tucking the pelvis, rounding the spine and collapsing the chest. The Bowspring alignment specifically addresses these tendencies by strengthening the back body and boldly embracing and facilitating the natural curvature.

Accessible for people of all ages – Beginners welcome

Classes:

Regular morning classes held on Tuesdays and Thursdays in Caritas at Temenos. Please check time as it varies according to the season.

Classes last for one hour and fifteen minutes and the drop-in rate is R80

Private classes: By arrangement

For more info: Charmaine Horsburgh, 082 872 4402

About me: Meeting my teacher, Swami Venkatesananda of Rishikesh, India in the early 1970's began a lifelong journey of yoga study, practice and investigation. The culture of learning which Swamiji encouraged has led me to constantly be looking for ways to deepen and inform my own practice and teaching skills. I now incorporate the cutting edge postural alignment techniques of the Bowspring into the yoga classes that I offer. It has been my great good fortune to learn from, and keep on learning from, the co-founders of this beneficial system, Desi Springer and John Friend.

[Africa's first Bowspring teacher](#)

www.globalbowspring.com