

original post: http://yogaladder.instantmagazine.com/yogi_yogablad/summer_bliss#!/bowspring

Bowspring is a new revolutionary movement method originated by US yoga teacher Desi Springer. Her whole life, she was told she had to push her tailbone down and straighten her lower back. This felt unnatural for her and one day after several events she decided: I am not doing it anymore! I will not tuck my tailbone any longer!

Desi had developed a Bowspring sequence called the Roots. She asked renowned yoga teacher John Friend to take a look at her new movement method and the underlying philosophy.

John Friend had previously developed the Anusara Yoga method did not agree with Desi right away. Desi let John experience the bowspring poses. John started to investigate whether Desi's findings were right. They studied athletes, ancient indigenous tribes and even how animals moved. After 8 months, he admitted that she was right to bring back the natural curves and that what John had seen before as a truth, did not make sense to him anymore.

In 2013 they presented the roots series for the first time in the Netherlands. The series turned out to be too complex and because the Bowspring is so different from what we have been used to in the yoga community, people experienced a hard time.

Since then, Desi and John have refined and simplified their method.

The elemental series are accessible to all.

In the elemental classes you will learn the "A-B-Cs of the Bowspring method."

What's so revolutionary about the Bowspring method?

Personally, the Bowspring teaches me how to feel light, dynamic and vital.

Returning the original curves into the body creates more possibilities for dynamic movement.

The first primary curve of humans is the C curve, we see this curve in the embryo stage.

As we develop, more curves and complexity arise.

Eventually we develop 5 curves in the body:

1. The sphere at the back of the head
2. The back of the neck forms an inward curve, like a spool
3. The upper back forms another round sphere.
4. The lower back has an inward curve, another spool shape
5. The gluteus muscles that move up form the last outward sphere.

From the side you could draw these curves as a double S.

So we develop from a primary C curve (embryo) to a more complex double S curve.

Bowspring is like a medicine for this time in which so many people have back, neck and shoulder problems.

How do we get these complaints?

Perhaps because we are in a curved C shape for a great deal of our time!
Working at the computer, looking at our phones, sitting in the car, on the couch, at our desk.
We live most parts of our lives in a physical shape that resembles the simplest primary curve of our existence (embryo)! This is a shape for when we want to rest and calm down. But it's not suitable for an active and awake lifestyle.

For the last year, I've been teaching Bowspring classes in de YogaStudio den Bosch. People have less complaints and they apply the Bowspring posture into their daily lives!

In the autumn I will be teaching an elemental Bowspring workshop. In this workshop you can experience how you can move and live from the fullness of your heart and the lightness of your being. More information on this will be published on our website: www.yogastudiodenbosch.nl

Do you want to organise a Bowspring workshop in your own Yoga studio?
Contact us.

More information about Bowspring can also be found on the Facebook group Bowspring Netherlands.

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