

## Finale curves: Bowspring Yoga

breathe into the side and the back of your ribs so that your ribcage is widening in all four sides.  
Bend your knees, pull your groins back and feel the activity in the back of your legs and in your glute.  
Let your belly be enormously long.

Not really the classical yoga alignment instructions you are used to hear....

„Postclassical Yoga“ would be a more suitable description for Bowspring Yoga, a new and innovative yoga form which breaks with the classic alignment principals: no straight lines and long vectors anymore, no static positions. Final forms and asana nearly dissolve. Instead of that the movements in the bowspring remind us of animals and indigenous people. You are jumping and bouncing and you work in a three dimensional way with sophisticated push and pull mechanisms in order to loosen up the clotted structure of the fascia.

I'm practicing Yoga for quite a long time now, but Bowspring Yoga has advanced my practice enormously. Because of the fascia work, the muscular tone became long, strong and slim and my flexibility increased a lot. You can use the bowstring as an universal alignment principal not just in yoga but also in daily situations to avoid physical malpositions and injuries.

The method was invented by Desi Springer and further developed together with John Friend (Founder of Anusara Yoga). Meanwhile a global community built up which is growing constantly.

bullet points

three dimensional breathing (radiant heart)

focus on the natural curves of the spine

activating the muscular chain in the back of the body, opening the front

lengthen the myofascial tissue via special designed push and pull mechanisms and 3D Rotation

creating and sustaining facial tension (tensegrity)

bouncing and jumping

About me:

Sybille Dieckert is practicing Yoga for over 10 years now. She absolved the Spirit Yoga Teacher Training 2012 and deepens her knowledge during the Yoga Therapie Teacher Training with Lilla Wuttich in Berlin. The encounter and the collaboration with Bastian Schlickeisen ([Link](#)) and the intense workshops with Desi Springer and John Friend ([Link](#)) brought her to bowspring yoga.