# Differential Properties of T-BOW® for YOGA

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The elastic and inertial property of the T-BOW® in fine movements causes very fast and reactive changes in any situation of static-dynamic balance, overstimulating the corporal proprioceptive systems; a very beneficial situation to optimize any posture.


The T-BOW® has a single axis of imbalance that allows a gradation of balances from affordable levels for most people, providing security to the practitioner.
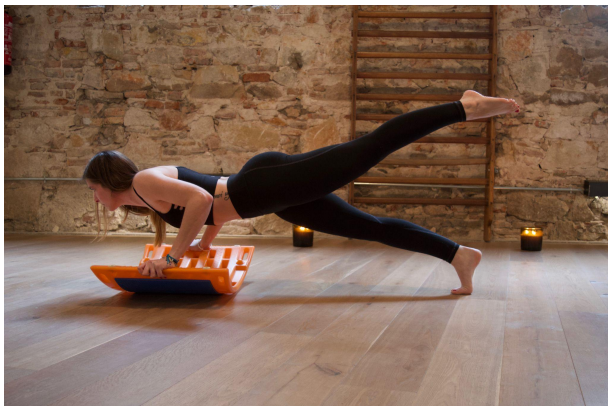
You can perform pirouettes (turns on the vertical axis) and thus have two unbalanced axes in this action. Two T-BOW® can be connected on their convex side in order to have two unbalanced axes constantly.

Its narrow edges force us to rebalance the support with both sides of the foot by overstimulating segmental independence and thus the global posture.
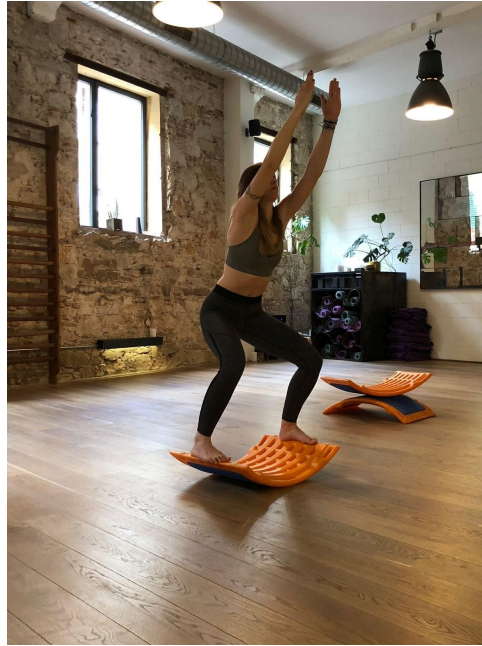
 In its unstable position the T-BOW® allows rocking (lateral, frontal and mixed) in simple and mixed supports of feet, knees, hips, trunk, hands, forearms, head and in triple-quadruple support, on its concave surface and its lateral edges.

In its stable position the T-BOW® allows support of feet, knees, hips, hands, forearms, trunk, head and triple-quadruple support, on the mat of its convex surface.

The unstable double T-BOW® (two T-BOW® joined by its concave face) allows the same supports as in its stable position but in especially reactive balance conditions.
These very reactive and balanced motor situations on the T-BOW® are a differential source of experiences of the corporal supports that contribute an extraordinary richness to the resources of postural optimization.

Weight bearing movements with the hands on the T-BOW® can be gentler on the wrists than on a flat floor, as the curved surface of the T-BOW® allows it to support the wrist at an angle which reduces its overload.

The support of the feet on the inclined plane of the T-BOW® enriches any position by allowing a greater range of amplitudes for the ankle joint than on a flat surface.

The functional rotation of the longitudinal axis of the leg is easier to train on the T-BOW® than on a flat surface.
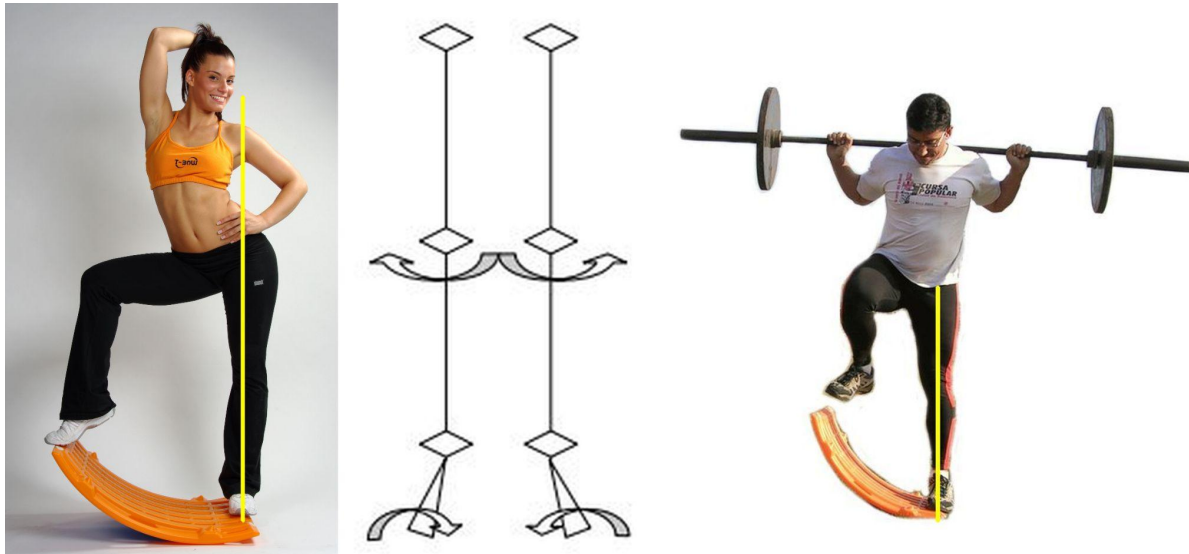
Both with bare feet and with gym shoes you get comfortable and effective support.

The grainy in the concave surface of the T-BOW® makes the supports more secure (less slippery) and the mat in the convex part is reactive, sensitive and comfortable to body contact.

Being able to support the hip in different heights of the convex surface of the T-BOW® allows adapting the sitting posture of the yogi according to her/his limitations of flexibility in the hip joint with the lumbar spine.

The higher hip supports facilitate the postures for stretching and joint mobility.

The arched design of the T-BOW® (a little more curvature than the lumbar lordosis) favors a kinesiological adaptation to the curvatures of the spine and great stability, enhancing (with degrees of amplitude greater than a flat base) its mobility in the extension, flexion, lateral inclination and rotation, as well as the strengthening of the frontal, posterior (with low or high back priority) and lateral trunk muscles selectively according to the position of the hip on the T-BOW® and the mobilization of the trunk, hips and legs.
Partly blocked vertebrae get a soft mobilizing pressure by laying backwards over the T-BOW® and can not sink like in softer surfaces. The balancing on the double T-BOW® enriches these options.
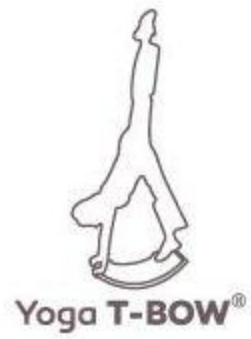

The stable-unstable T-BOW® trains the deep stabilizing muscles, important for the back and all body joints during any posture..

When the T-BOW® is combined with the T-Band, unilateral forces can be provoked to stimulate the musculature that stabilizes the spine in all its planes, thus personalizing the optimization of postural imbalances. Coordinative sequences and postures can also be designed to prioritize static-dynamic relaxation (segmentary and global).