



Yoga T-Bow®

Krounchasana on T-Bow®

By Xavi García-Navarro, the creator of Yoga T-Bow® · GANESH SCHOOL



The T-Bow® Enhances:

1. **Millimetric Adjustment of Hip Height:** Achieve precise adjustments for the optimal hip position.
2. **Lumbar Kinesiological Posture:** Adapt the hip height to support the kinesiological posture of the lumbar spine, promoting overall spinal alignment.
3. **Hip Stability:** Positioning the hip relatively high on the T-Bow® provides stability at the hip level and reduces pressure on the supporting knee.
4. **Reactivity Advantage:** Leveraging the T-Bow® mat's reactivity, combined with its overall responsiveness, offers precise and swift tactile and kinesthetic feedback for a finely tuned local and global posture during Krounchasana.











