

Postural optimization with T-BOW®

Holistic perspective of postural optimization:

STRUCTURES THAT CONSTITUTE THE INDIVIDUAL

Proposal of the master Francisco Seirul-lo Vargas (1987-1998)

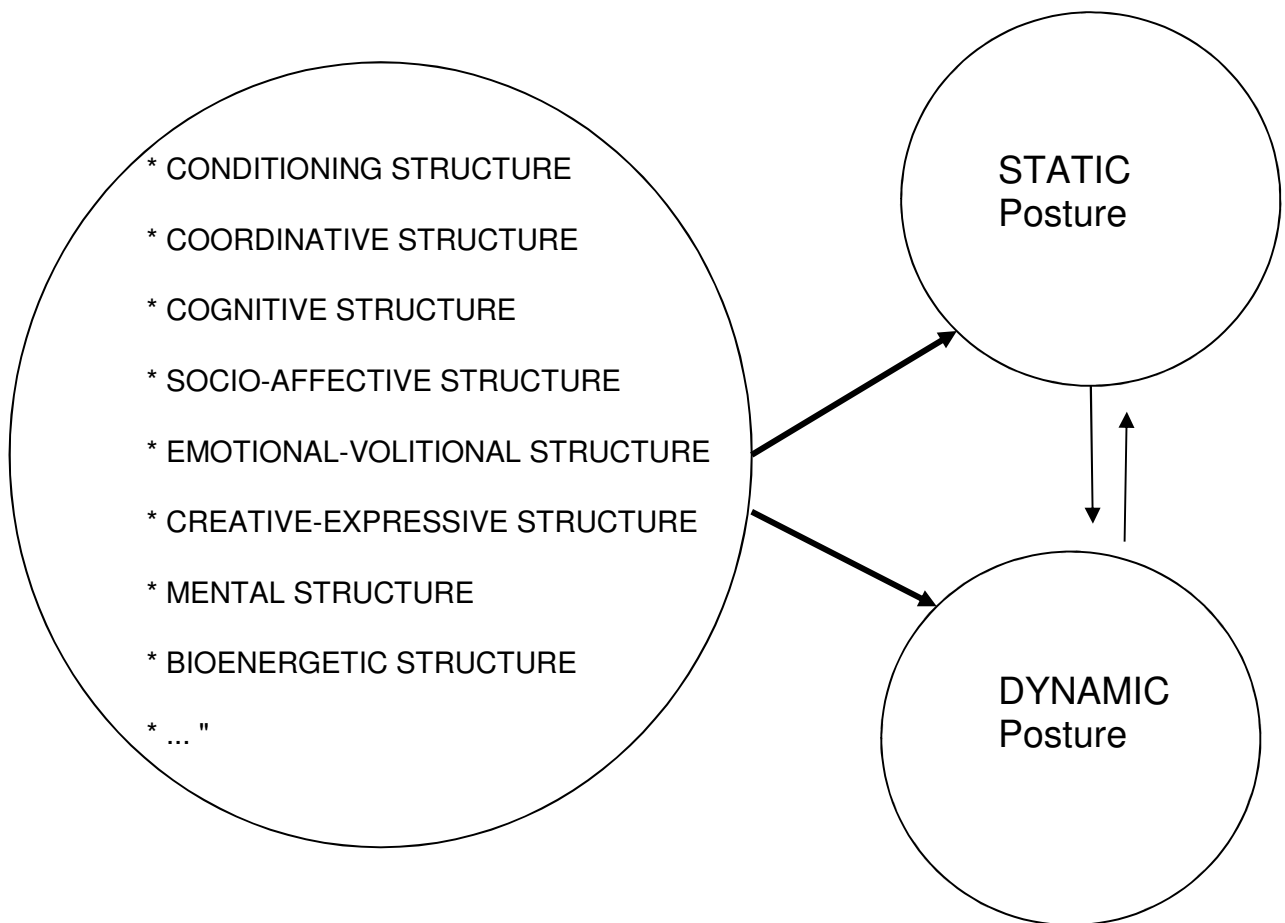


"We are able to interpret the athlete as a hyper-complex structure that ... is made up of interactions and retroactive actions among the following structures:

- CONDITIONING STRUCTURE
- COORDINATIVE STRUCTURE
- COGNITIVE STRUCTURE
- SOCIO-AFFECTIVE STRUCTURE
- EMOTIONAL-VOLITIONAL STRUCTURE
- CREATIVE-EXPRESSIVE STRUCTURE
- MENTAL STRUCTURE
- BIOENERGETIC STRUCTURE
- ... "

"Each structure must be considered as the expression of underlying processes. This means that the processes - a complete network of dynamic connections among all the systems - become apparent through what we call networks. Also, what we traditionally call capacities are just forms of isolated evaluation of part of the processes that occur in some systems which makes up a determined structure."

Applying the concepts of master Seirul-lo:

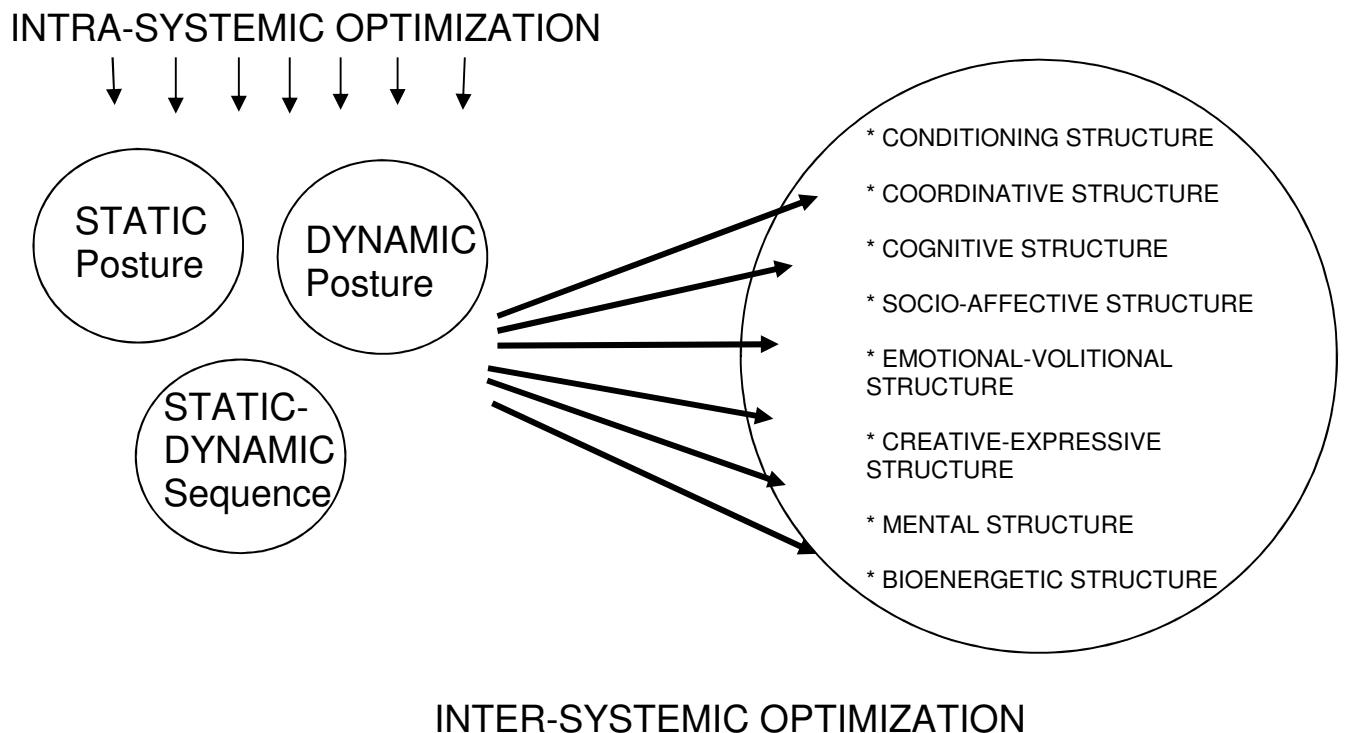


* Concepts related to static and dynamic posture: static balance, dynamic balance and re-balance.

To achieve an holistic postural optimization, preferential interactions must be developed among all the structures that constitute the person, both in static situations and in dynamic situations and the linkages between both.

Intra-systemic and inter-systemic postural optimization

In any option of priorities we can methodologically design infinite situations in which should be emphasized both the intra-systemic and the inter-systemic optimization.



* Detailed information can be found in the skript of Yoga T-BOW® and at www.t-bow.net