**Spanish Men’s Health Magazine Interview – May 2017**

1. If could you do an x-ray of Spanish man at all levels? Physical, mental and cultural

On a physical level, Spanish men dress with European style and are well-groomed as having an attractive appearance is important to them. Mentally, many of my Spanish men friends are romantic dreamers. Inside their hearts is softness and a loving dedication to family. Spanish men are often stereotyped as machismo and tough, but I think that they have sensitive, passionate hearts, and are gentle-natured and very personable.

On the shadow side of this general character is an outer shell that protects them from feeling too vulnerable or subordinate. Additionally, there is an inner ambivalence between loyalty to family tradition and the man’s romantic dreams of personal freedom. Somatically, this creates more withdrawal of the inner body and more hardening on the outer body.

2.- How would Bowspring improve that guy?

The Bowspring can help the Spanish man build an inner fullness of vitality and self-empowerment which reflects physically in an expanded ribcage on all sides and broader shoulders. First and foremost, real power and strength comes from a practice of creating an inner expansion of the heart. Any feelings or thoughts of lack or fear manifest in a deflation of the ribcage and inner weakness. Many times a man tries to build outer muscle to make themselves feel better about themselves, but it is only a superficial covering on an unconscious sense of smallness and security.

The Bowspring method teaches men to cultivate a positive attitude about their true potential. This radiance shines through their posture and body language as confidence, inner strength, and generosity. Interestingly, the fuller the ribcage and the stronger the radiance of the inner will, the outer myofascia can be more sensitive and alive with a sense of conscious relationship to others and the environment. In other words, Bowspring practice helps cultivate self-empowerment; a stronger, more beautifully balanced body; and a mind that is present and clear.

3 .- Despite being a yoga with only 4 years of life, is there any case of health improvement or "miracle" recovery?

We have had numerous cases of amazing improvements in students’ health and recoveries from chronic injuries with regular Bowspring practice. We have seen these astonishing health transformations in all ages, men and women, with students cross cultures in Europe, North and Central America, and Asia. Last week I worked with a 67-year old Venezuelan man who has been practicing Bowspring for 2 years. He tried modern postural yoga for several years to help him with terrible pain and stiffness associated with arthritis, but he only continued to become stiffer with age. Now with Bowspring practice he is more open and agile than he has been in decades, and he has a youthful spring back in his step! Bowspring can help anyone turn around long-term postural patterns of standing, walking, and moving which are often at the source of much of their health issues.

4.- Bowspring opens up areas of the body, which costs us more? Do you have any metaphor?

Surprisingly, the ribcage is the key to open up every other part of the body. If the ribcage is small and deflated with a poor attitude of lack or fear, then both the shoulders and hips will be tight and difficult to open in a balanced way. Due to our modern lifestyle of sitting and standing at work or our leisure time for most of our waking hours, the big joints of our shoulders and hips are quite stiff in most men. The fascia on the whole front of the body is tight and short, while the back is weak, thick and hard. The “mirror muscles” on the front of the body are often the main focus of a man’s self-concept of their fitness shape. In turn, physical exercise programs and postural alignment schools in the last 50 years have overemphasized tightening the muscles on the front of the body while straightening the back of the body. Bulging biceps, a big chest, a flat stomach, and strong quads gives the man a belief in his health and fitness as he looks critically at himself in the mirror. So, even when someone tries to balance their sedentary lifestyle by going to the gym with committed regularity, they will tend to only amplify this myofascial misalignment between the front and back of their body. Unfortunately, men are becoming stiffer and stiffer these days, even as they try to increase their weekly workouts.

With greater stiffness and less capacity for youthful, fluid functional movement during the day, chronic joint pain becomes a normal for men over 40 years. The Bowspring alignment is designed to return us to our natural posture for dynamic functional movement even when sitting or standing. We train office workers how to sit in an enlivened posture at their desk, and athletes how to significantly increase their performance through the curvy alignment of the Bowspring. Both the back and the front of the body are evenly toned in the Bowspring practice so no one part is overworking and tightening in an imbalanced way. Instead of becoming stiffer after practicing the Bowspring, one’s agility, range of motion, and total body strength increase together in all joints, particularly in the wings of the shoulders, and the roots of the hips. When our joints hurt, we tend to pull back in the amount of exercise and movements we make through our day. Bowspring method teaches how to bring freedom and fluid power to all your joints by first aligning the ribcage.

5.- Also during the class is reflected, how was this characteristic characterized and what is the most fashionable subject?

Today people are very interested in functional movement and animal-like agility. The springy tensile-strength quality of fascia is a hot topic in posture and fitness training. The new science of biomechanics focuses on the functionality of fascia to create a balance of push and pull forces between our bones and muscles. This tensegrity leads to a lightness and agility in any movement in any position. Uniform tone of the fascia on all sides of the body is created by using isometric engagement from the finger pads and toe pads, and from the back of the head while in the prescribed alignment of the Bowspring. In men’s health and wellness today there is an increasing trend of trainings to develop the ability to move more naturally, and to enjoy a healthy level of functional fitness.

6.- Yoga enters the medical part taking into account the physics and biomechanics of the body, which is what you defend with the stance in S. Will in a few years medicine in yoga?

More and more yoga students are hearing about the new biomechanics of fascia and functional movement, and they are choosing to move away from linear, compressive structure alignment in which they are stacking their bones. In this way, modern science and medicine is now helping to make a positive evolution in yoga today. Reciprocally, yoga will increasing prove to medicine that the health of the body cannot separated treated from habituated patterns of the mind and emotional intelligence.

7.- How can this discipline be included in the gym?

The Bowspring method teaches an alignment formula for any posture or functional movement. It can be applied to every exercise in the gym to optimize performance, create balanced muscular proportion throughout the whole body, and greatly reduce chance of injury. Each of the 10 key areas of the body in the Bowspring: ribcage, shoulders, elbows, hands, hips, knees, feet, waist/lower back, neck and head have an optimal alignment for any given position, movement or exercise at the gym. The ABCs of the Bowspring alignment can be consistently applied across all exercises and with any of the equipment in the gym. Our training teaches how to mindfully hold a bar of weights in an optimal way, or how to stand to lift the weights with the best alignment for the lower back. The Bowspring shape gives the opportunity for the ability to uniformly tone muscles on all sides of the body, which creates beautiful symmetry among its curvy proportions.

Aside with building a great looking body and astounding agility, the Bowspring develops willpower, concentration, mindful awareness, and sensitivity. What man doesn’t want to cultivate these attributes of mind-body health?