



**BOWSPRING<sup>®</sup>**

# **Therapeutics**

**3-Week Online Course  
with Desi Springer**

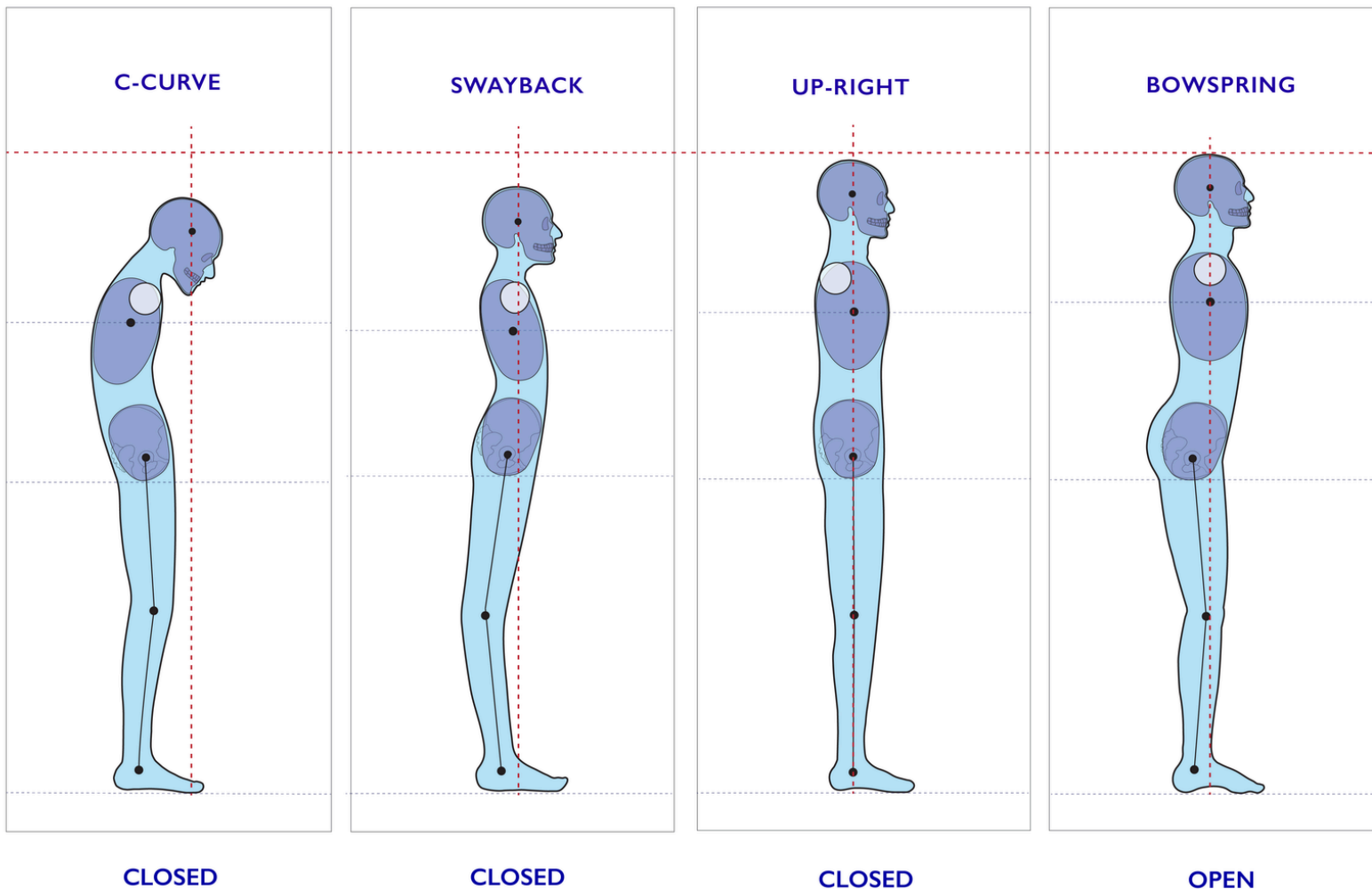
**Tuesdays 7-8 pm ET  
Starting March 17th**

## The therapeutic power of the Bowspring lies in a student:

1. Moving toward the wavy template of the Bowspring
2. Uniform tonus in the myofascia on all sides of the body
3. Balancing of rooting and rising, from the core of the pelvis down through the feet, and up through the Central Channel out through the top of the head.

The harmonic, therapeutic effect of the Bowspring is contingent on a balance of Source Current and Freedom Current (uniform tonus and spiral eccentric extension along specific pathways).

Also, the more accurately the Bowspring algorithm is followed in the 10 Key Areas, then beneficial therapeutic results can be predicted with greater confidence.



# The 10 Key Areas of the Body

Apples & Apple-Cores

Wings & Roots

## 10. Head

*Crown*

## 9. Neck

*Apple-Cores*

## 1. Ribcage

*Center*

## 8. Waist

*Apple-Cores*

## 7. Hips

*Roots*

## 4. Shoulders

*Wings*

## 3. Arms

*Wings*

## 2. Hands

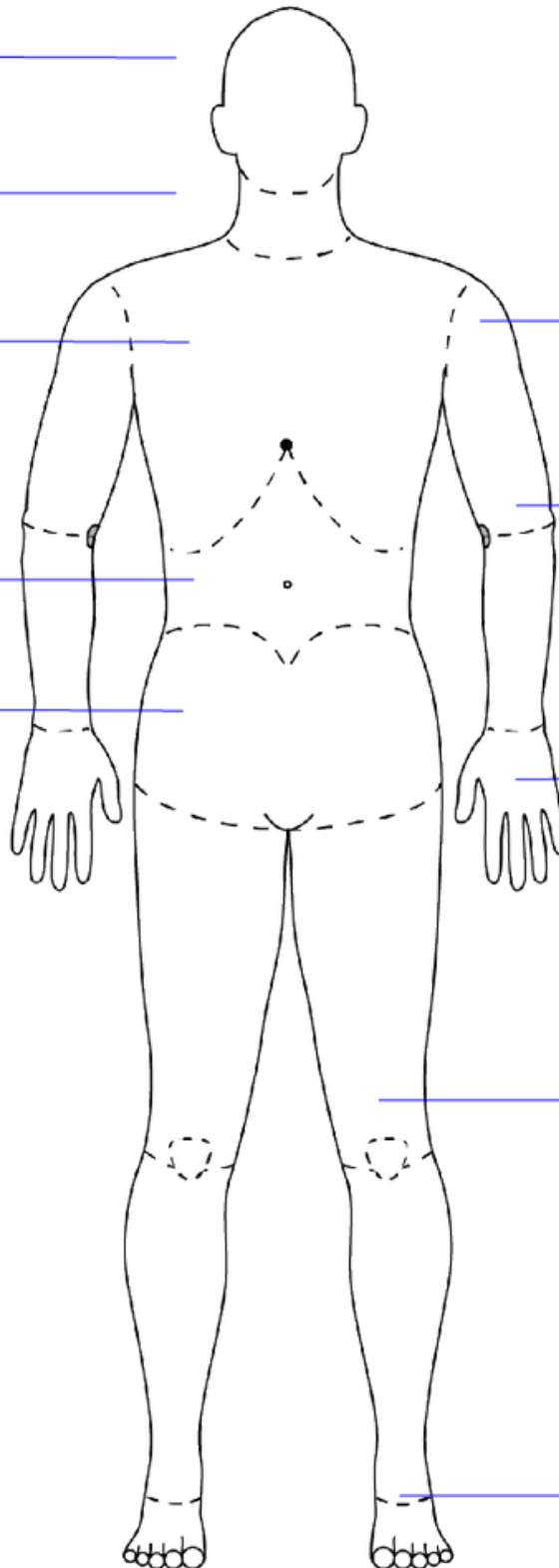
*Wings*

## 6. Legs

*Roots*

## 5. Feet

*Roots*



## Bowspring Algorithm

1. Center
2. Wings
3. Roots
4. Apple-Cores
5. Crown

## The 3 Apples & the 3 Apple-Cores

The 3 Apples are circumferentially expansive, while the 2 Apple-Cores are hyperbolic and bowing forward and upward toward the top of the head.

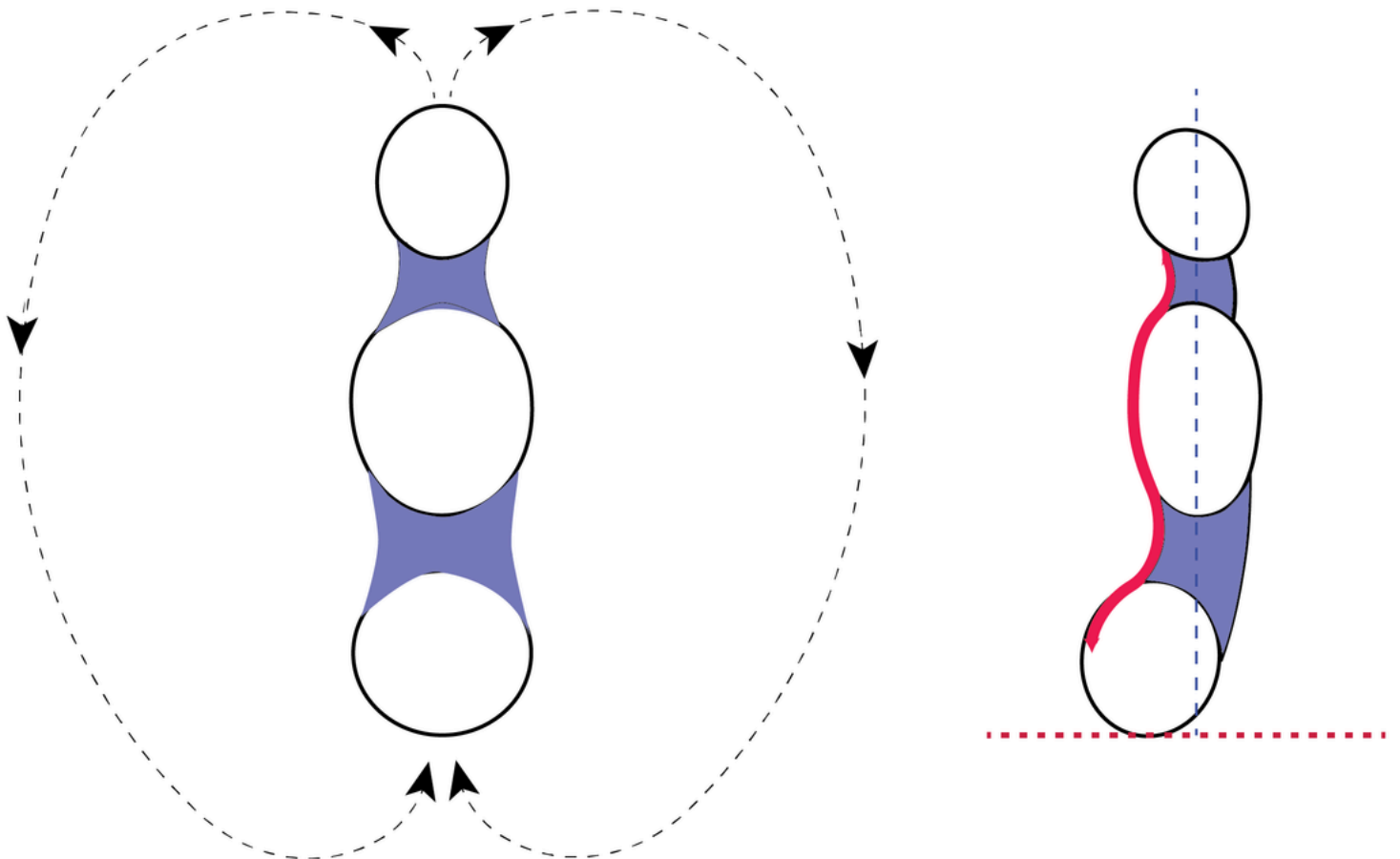
The Central Channel runs from the center of the pelvic floor up through the center of the top of the head, connecting the Apples and the Apple Cores.

Pelvis / hips – Earth Apple

Ribcage / Heart – Sky Apple

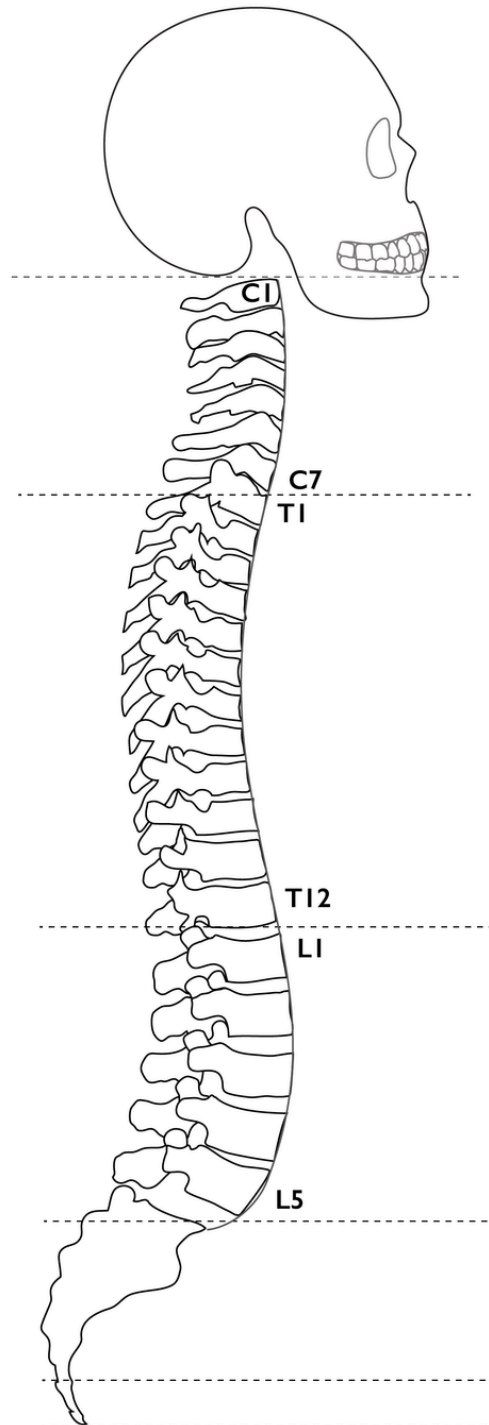
Head – Sky Apple

The hips root down through the legs, while the Apple-Cores and the ribs and head rise upward. Optimizing the length of the Central Channel is a priority in Bowspring practice and therapeutic application.

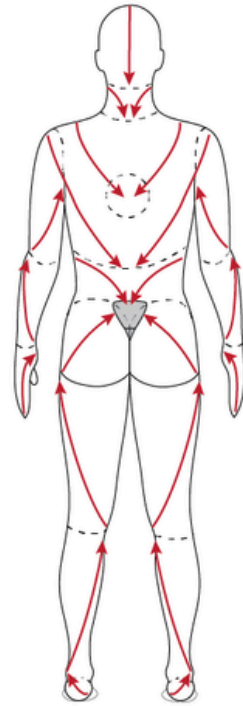
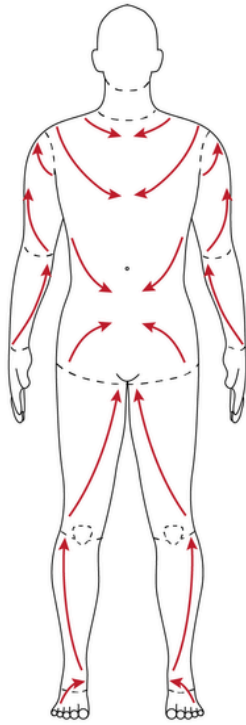


## The dynamic neutral spine of the Bowspring

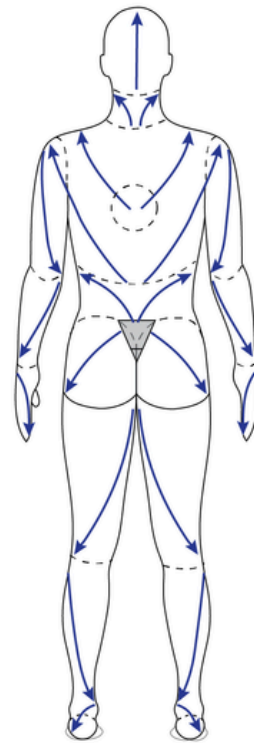
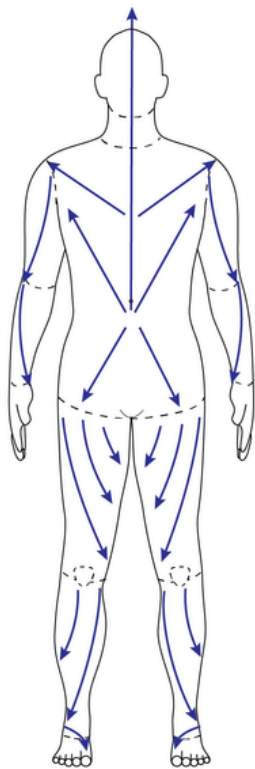
Standard model for the neutral curves of the spine are presented in a static, relaxed position. Typically, in the standard model, L3 is the most anterior positioned lumbar vertebrae. However, Bowspring considers the neutral curve of the spine from a dynamic, functional movement point of view in which L1-T12 is the deepest part of the lower back curve.



## Source Current

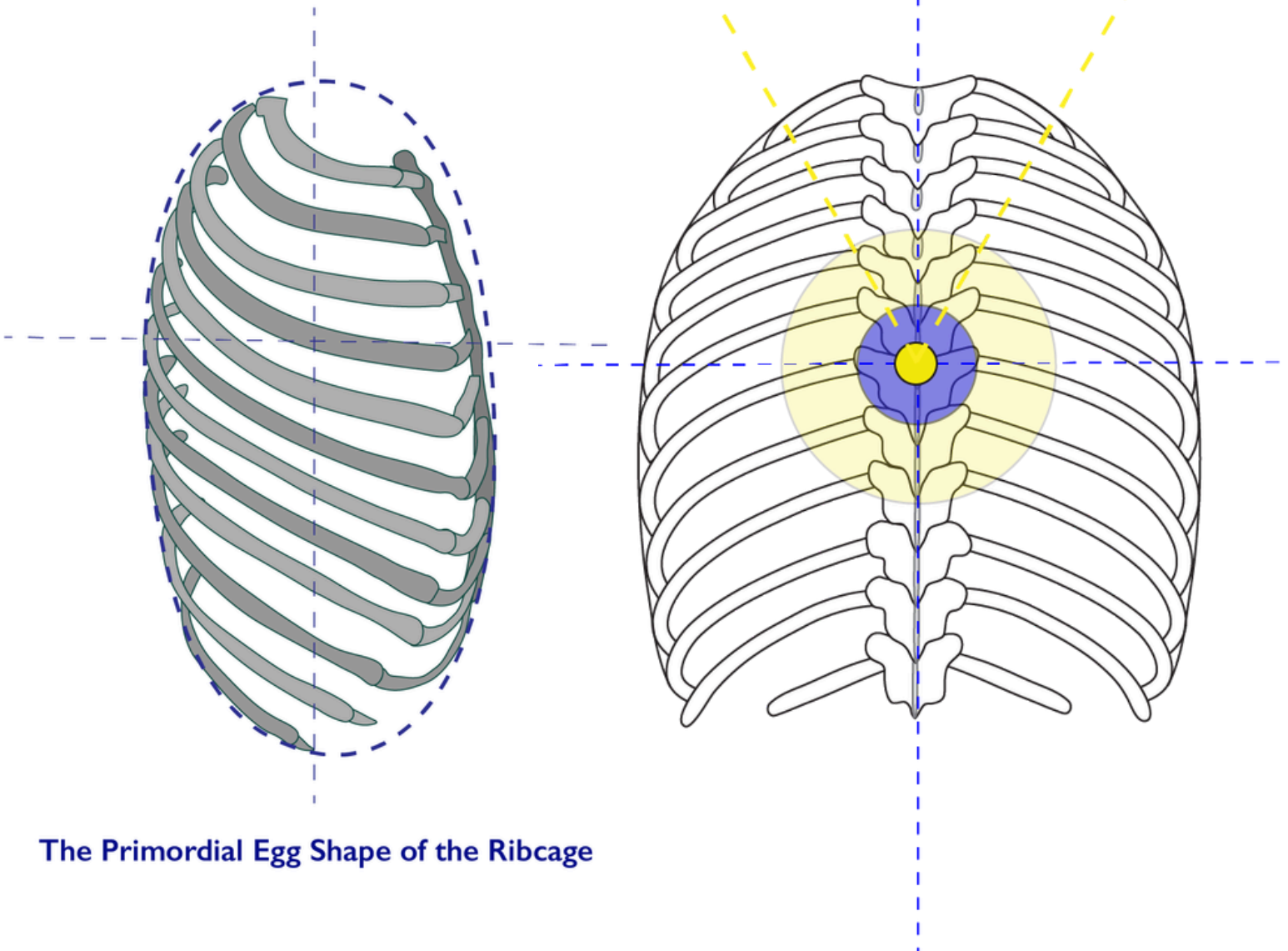


## Freedom Current



# Ribcage - Radiant Heart

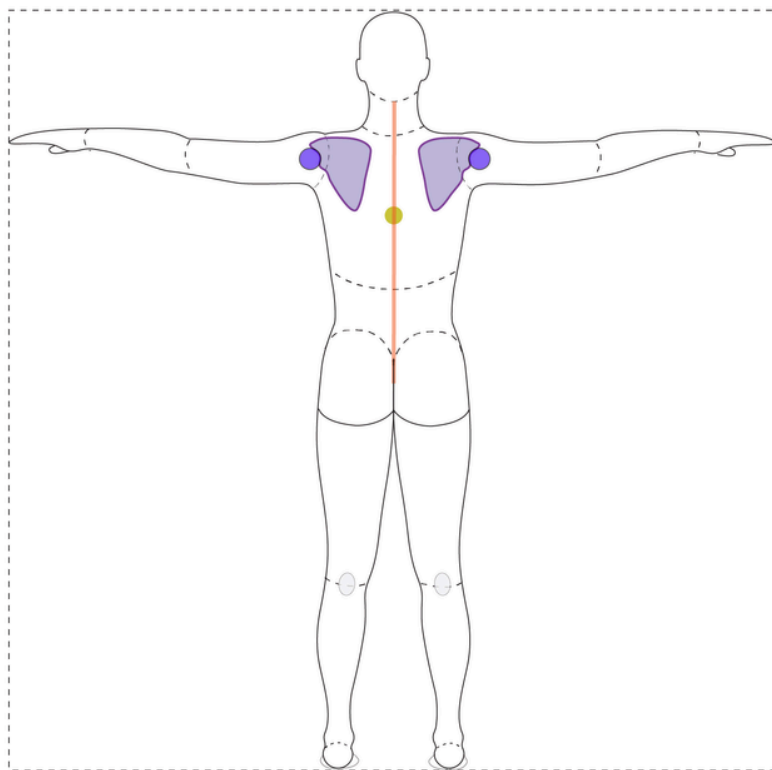
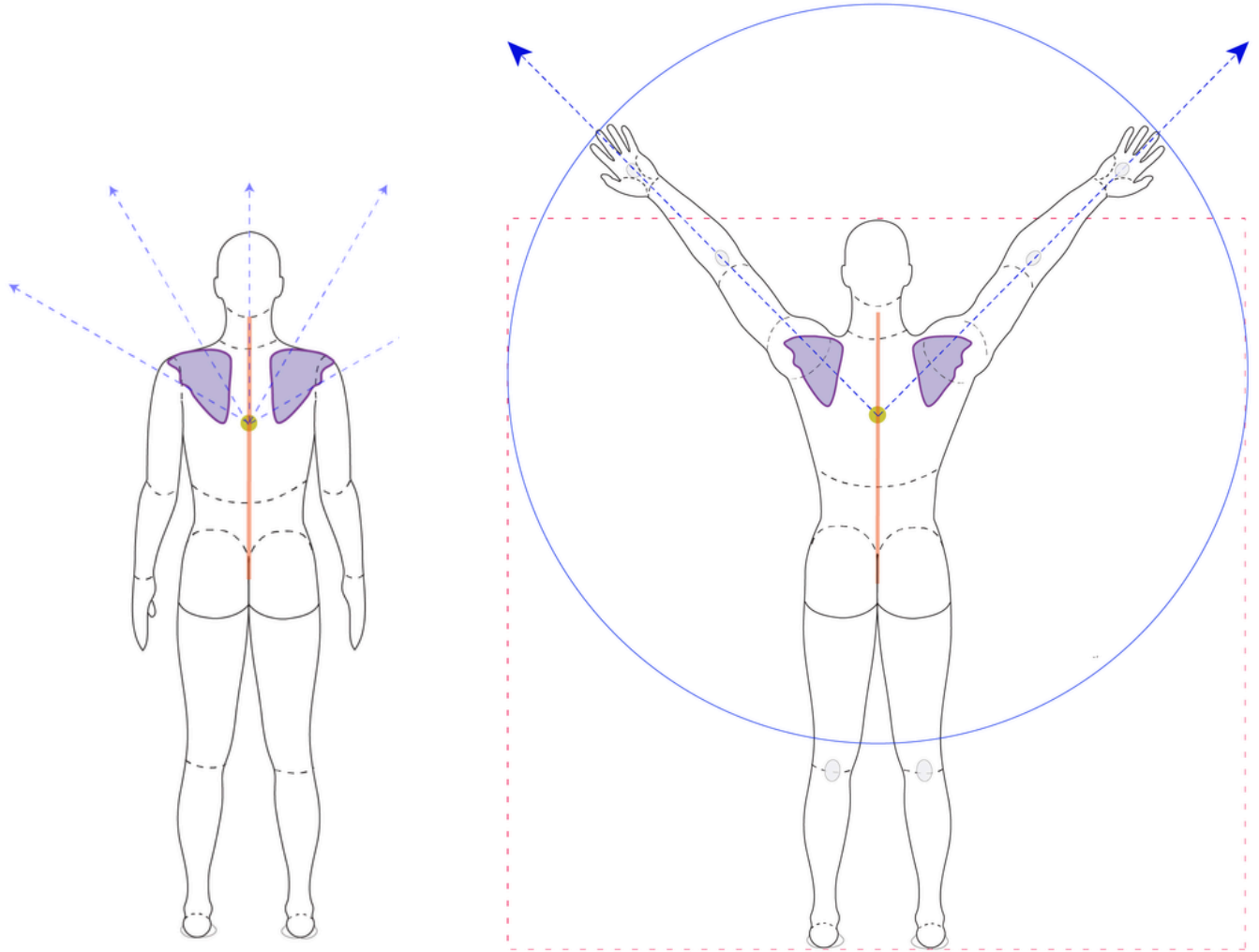
**V-Vector** = Extension of energy upwards from the center of the ribcage at 60-degrees.



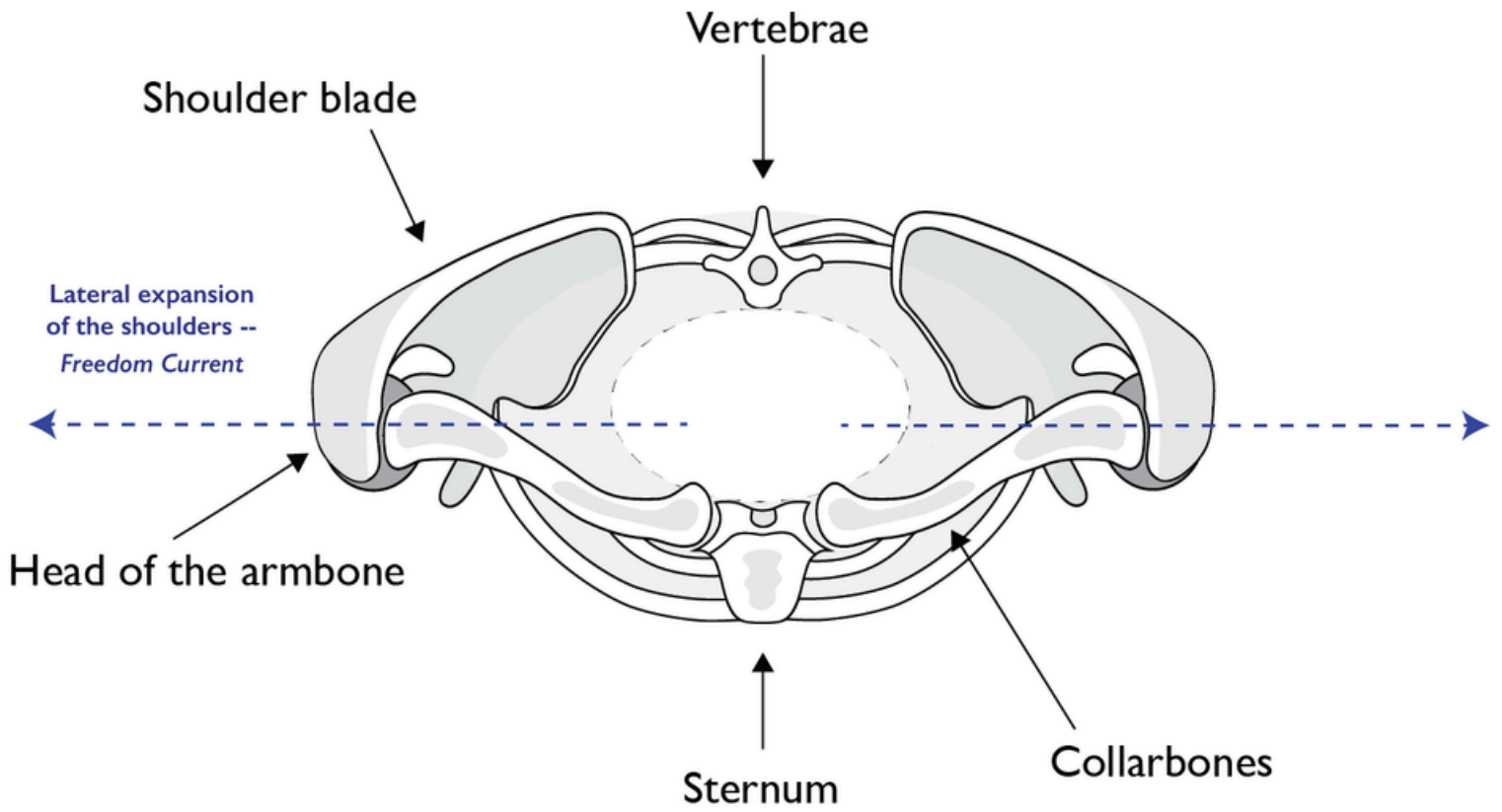
The Primordial Egg Shape of the Ribcage

# Shoulders

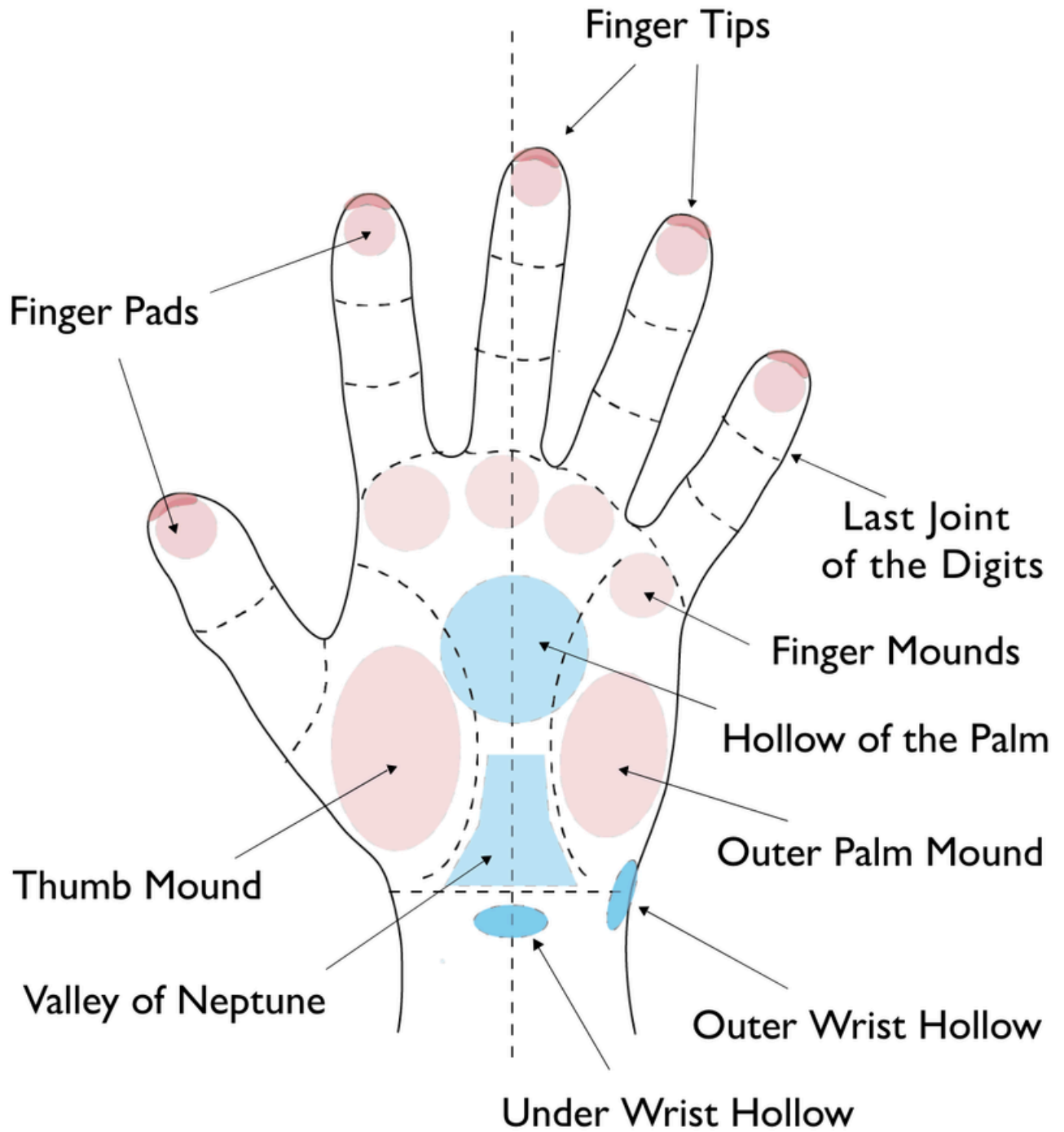
Shoulderblades - collarbones - head of the humerus



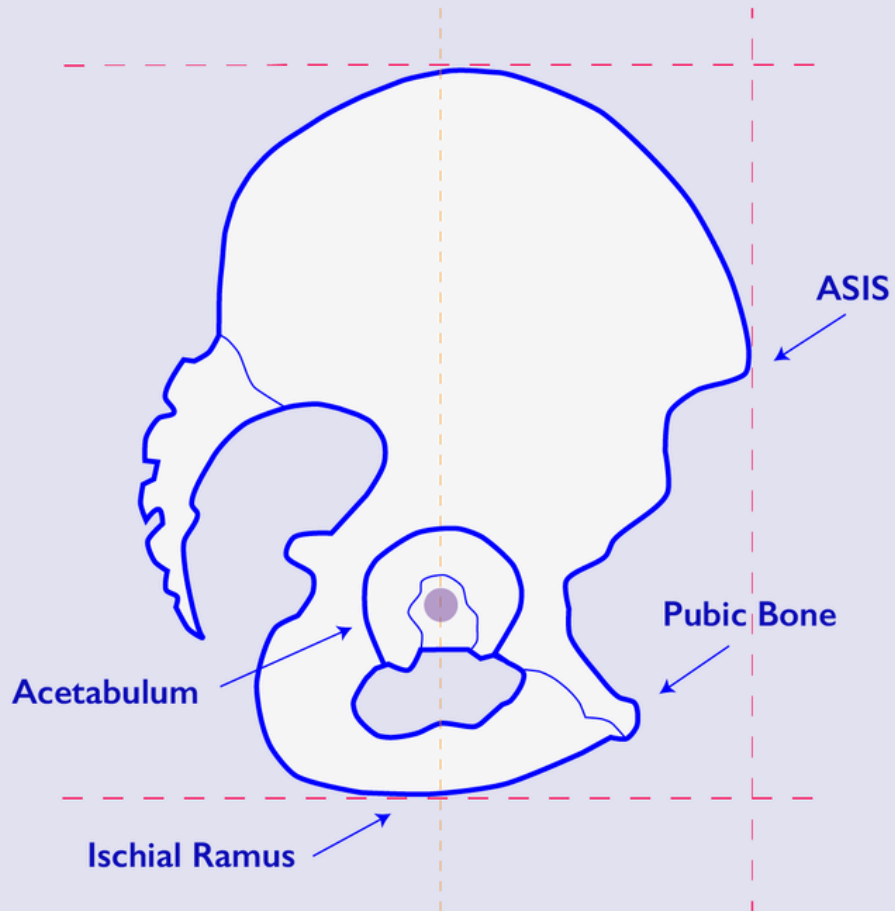
## Shoulder Girdle - superior view



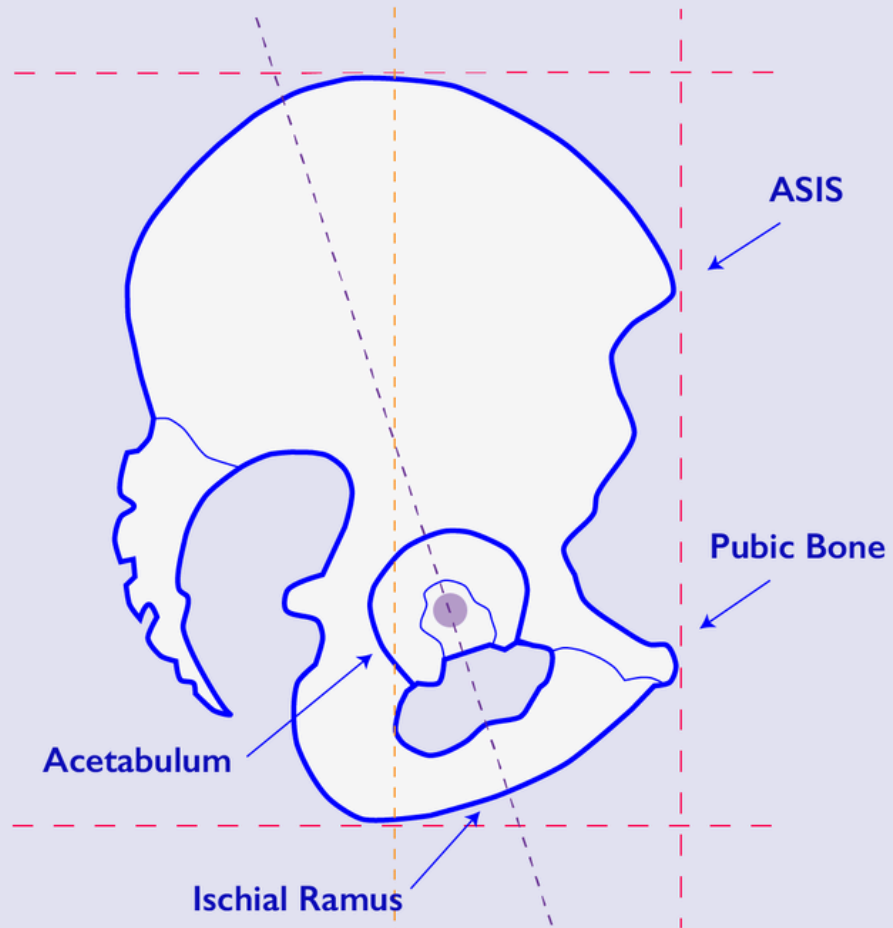
# Hand Anatomy



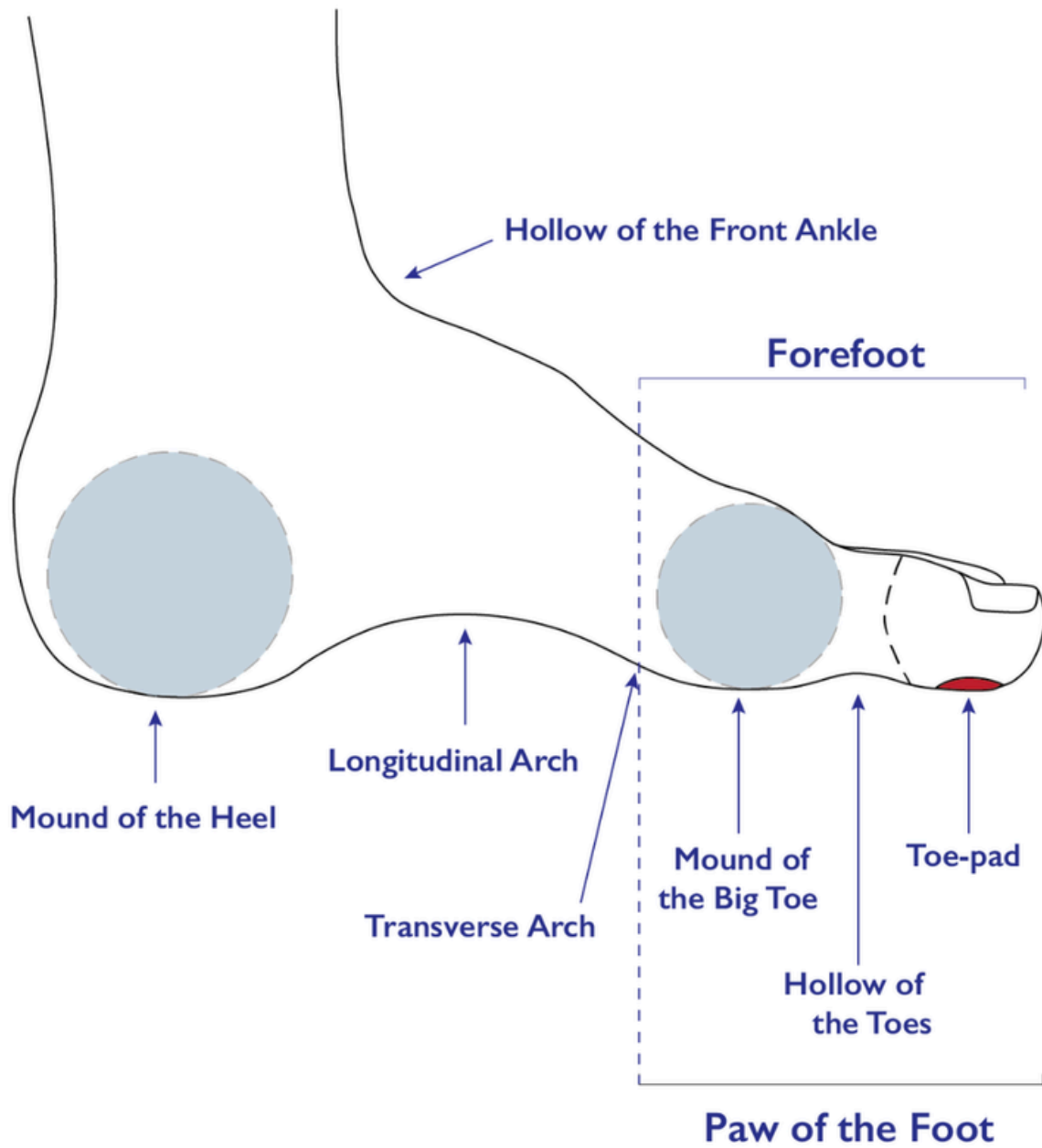
## Pelvis - Dynamic Neutral



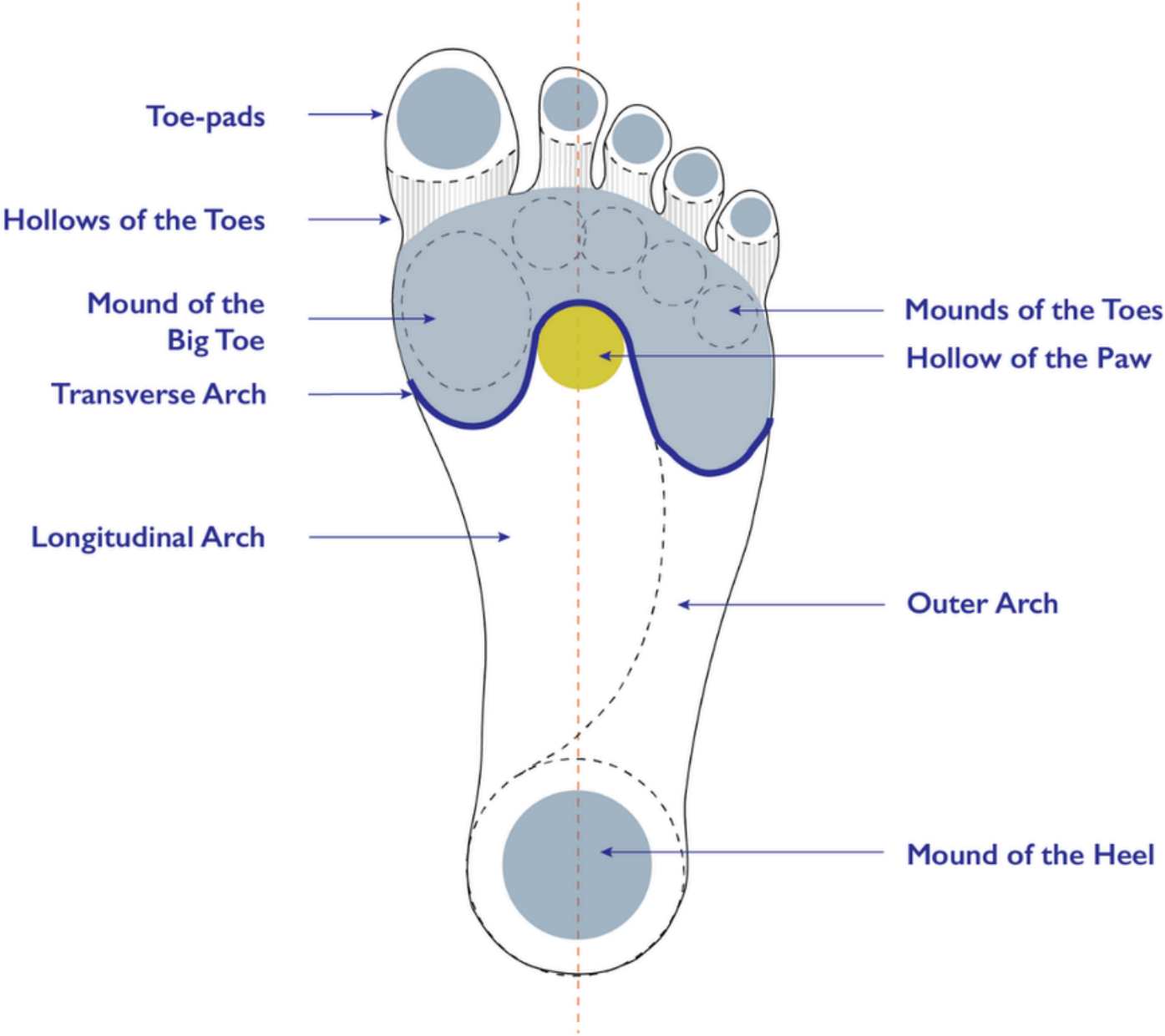
## Pelvis - Static Neutral



## Foot Anatomy - Side View

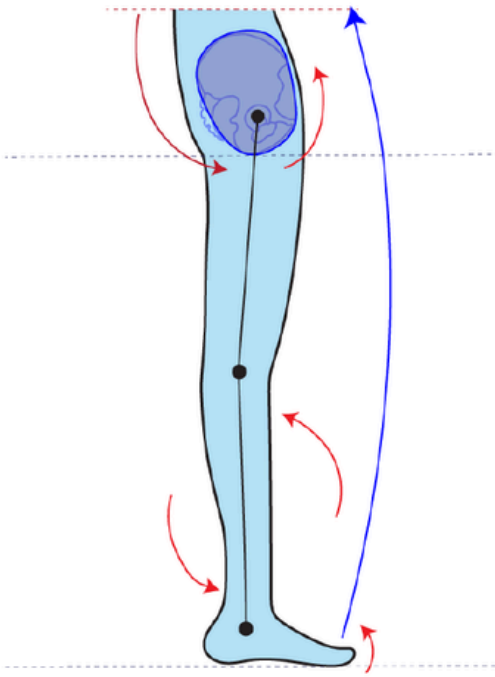


# Foot Anatomy



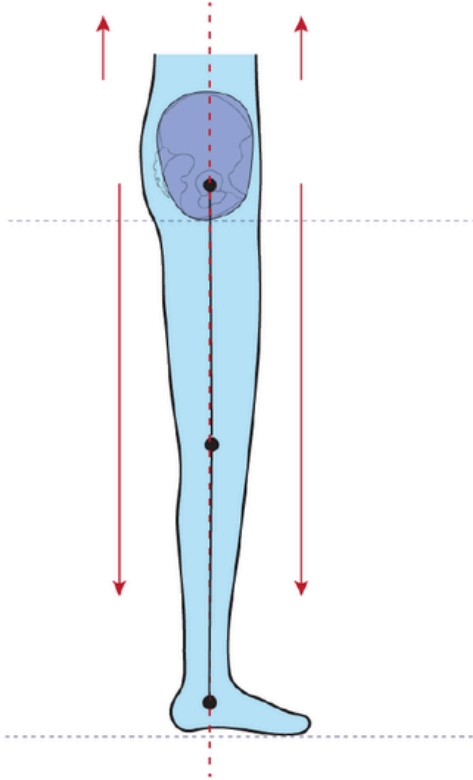
# Types of Leg Positions

Closed



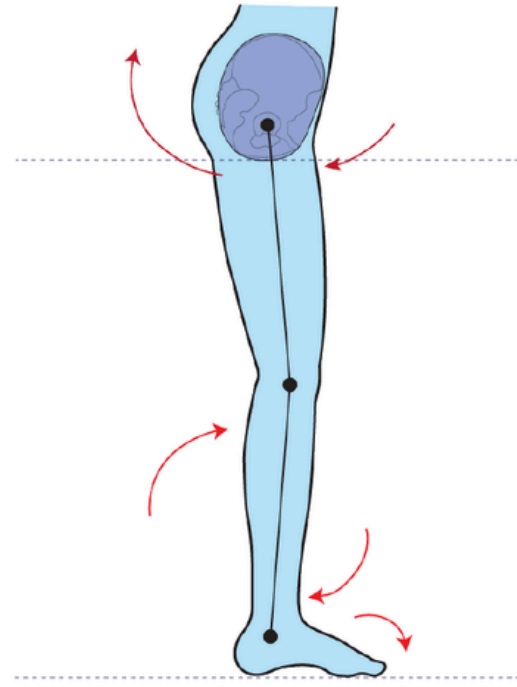
Hyper-Extended

Closed



Upright

Open



Bowspring

