

**Myofascial Techniques and Functional Movement Assessments –
 Hip, Ankle and Foot Structural Imbalances – Pain in: Knee, Achilles Tendon and Plantar Fascia**
LIVE WEBINAR on ZOOM.us – December 5-6, 2020 – 16 CE hours



Work smarter, not harder!

Description: This course presents the fundamental concepts & strategies of Synergetic™ Myofascial Therapy, which is inspired by the work of Dr. Ida P. Rolf, PNF stretching techniques, Resisted/active/ passive joint ROM & functional movements.

- Learn how to combine hands – on myofascial techniques with active movements from the client to create space and structural balance in the body.
- Learn postural and movement assessments to better understand how to improve structure through specific applications of myofascial techniques. Learning these skills will help you integrate fascial techniques into a session for your clients.
- Learn how to work effectively with sciatic and femoral nerve compression. Creating space and balance for optimal nerve flow. A lesson manual will be provided. SMT DVDs available for purchase.

For a video demonstration visit YouTube.com:

<https://www.youtube.com/watch?v=UvfZB-TX5FE>

<https://youtu.be/SJW5Bo0feh>

“It’s the fascia that envelops and crosses joints. Joints become the red flags; they tell you if and how something is wrong. You have to look for relationship, not only of joints, but within all of the mesodermal tissue. This will give you a more inclusive picture of what is going on in a body than if you look only at the muscles.” –Dr. Ida P. Rolf

“Magnus’s instructional style leads to that crystal-clear moment we all hope for when investing in a hands-on massage CE seminar; that moment of revelation when one realizes this work just makes sense. Powerful and effective, this is something I can do to make a genuine difference in the well-being of my clients. Magnus’s three-part DVD series is an invaluable learning tool to use as a complement to his CE seminars.” Melissa K. Benson, LMT – LA 3406

Magnus an LMT since 1994, is a KMI graduate, where he studied with Tom Myers, ISSA Personal Fitness Trainer, and a board-certified Structural Integrator (CBSI) 500 hours. He is an Advanced Guild for Structural Integration Practitioner, where he studied the fascial work of Dr. Rolf with Emmet Hutchins. He is a graduate of Lillsved Sports Institute in Sweden (Human anatomy/exercise physiology, and therapeutic movement). He has worked with professional athletes, USIBC Ballet Dancers & Olympic Athletes, and was selected an official member of the 1996 Atlanta Olympics athletes medical team, as a sports MT. He has taught CE courses since 1999 in cities like: Chicago IL, New Orleans, Baton Rouge LA, Memphis, Nashville, Chattanooga TN, Birmingham, Mobile, Dothan, Madison AL, Biloxi, Gulfport, Tupelo, Jackson MS, Atlanta, Savannah GA, Orlando, Destin, Pensacola, Panama City FL & more. **Connect with me on Facebook:**

<https://www.facebook.com/magnus eklund.71>. Or FB-SMT group: <https://www.facebook.com/groups/202794126552247/>

LIVE WEBINAR 16 CE Hours - Approved: Mississippi MAP 29 In application process: NCBTMB 450063-06 & ALABAMA, TN, Georgia 50-9284 - Louisiana LAP 122 – Will post updates on CE approval soon.

Cost: \$275 pre-sign up – Check or credit card — **Times:** 9:00AM-6:00PM – Hosted by ZOOM.us – upon payment you will receive log in information. Participants has to be present the whole 16 hours. Live interaction with presenter possible.

(601) 500-0337 - MagnusE@aol.com - www.mindandbodyinc.com.

***Note:** This workshop is not meant to substitute for traditional medical care, nor diagnose medical conditions, nor manipulate bones, but to educate MTs on how to safely apply massage techniques on clients. Attendees understand that massage may cause soreness and is not without injury risk. If you have health concerns, please consult your healthcare provider prior to attending. We reserve the right to cancel the workshop for any reason. Magnus Eklund is a licensed massage therapist (MS144), and CE provider for massage therapy. Magnus Eklund is not a Rolfer™, nor does he teach Rolfing™ Even though he has great gratitude to his teachers, Magnus does not claim to be certified to teach nor affiliated with any of his teachers nor with KMI. Organizers & Magnus Eklund/Mind & Body Inc. are not responsible for future use of course techniques.*