



Synergetic Myofascial Techniques – Creating Structural Balance

**Magnus Eklund BCSI, LMT MS 144 &
Bobbi Eklund LMT MS 2629, CSSI**

FSMTA – Emerald Coast Chapter - Membership Drive
August 1, 2021 – 1-5 PM – Miramar Beach, FL - 4 CE hours



“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.” Melissa K. Benson, LMT –
T 1 3 4 0 6

Description: This course presents the fundamental concepts & strategies of Synergetic™ Myofascial Therapy - inspired by the work of Dr. Ida Rolf, vibrational bodywork, 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 nerve pain in adhesive fascia of the neck, arms, back, glutes and legs.

For a video demonstration visit YouTube.com:

<https://youtu.be/9X-YHVulbk8>

<https://youtu.be/Knh-fZfaFq4>

“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 an LMT since 1994 is a KMI graduate, where he studied with Tom Myers, and a board-certified Structural Integrator (CBSI) 500 hours. He is an Advanced Guild for Structural Integration Practitioner, where he studied the work of Dr. Rolf with her protégé 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. **Connect with me on FB - SMT group:** <https://www.facebook.com/groups/202794126552247/>

Bobbi an LMT since 1993 is a certified Synergetic™ Structural Integrator and Body Talk Practitioner. She is the owner of Enterprise School of Massage. She is trained by The Association for Research & Enlightenment as a Life Coach and in Regression Hypnotherapy.

APPROVED NCBTMB 450063-06 – Florida & Georgia 50-9284 - Alabama - Tennessee

Location: Soothing Arts HT School of Massage – 12605 Emerald Coast Parkway W Ste 2, Miramar Beach, FL 32550

Cost: \$ 80 pre-sign up (Discounted workshop – Regular cost \$ 125) Phone # (850) 269-0820 Soothing Arts

Times: 1-5 PM – Hosted by FSMTA Emerald coast chapter – Jocelyn Daniels (850) 736-5280 for location information

To sign up: (601) 500-0337 or www.mindandbodyinc.com.

COVID safety: Participants will wear a mask, disposable sheets and hand sanitizers will be provided. Use social distancing as much as possible. Participants will stay with same partner during LAB part. Participation not advised for high risk individuals.

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. 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 Rolwing™ 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. Prior to signup check with your state board for CE approval.