

**IN PERSON WORKSHOP**

**Synergetic Myofascial Method and functional movement assessments to improve upper crossed syndrome which indicates forward head posture, protracted and elevated shoulders, and TMJ with Magnus & Bobbi Eklund – Massage Institute of Memphis – April 29-30, 2023 - 16 CE**



**Description:** This course presents the fundamental concepts & strategies of Synergetic™ Myofascial Therapy - inspired by the work of Dr. Ida Rolf, stretching, vibrational bodywork, resisted/passive/active 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 compression in myofascia of the neck, chest, shoulder and back. How to create opening and space in the fascia to improve forward head posture and nerve flow in Upper Cross Syndrome.

**For a video demonstration visit YouTube.com:**

[https://youtu.be/t9Q\\_T9DC3co](https://youtu.be/t9Q_T9DC3co)

**“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 seven-part video series is an invaluable learning tool to use as a complement to his CE seminars.”** Melissa K. Benson, LMT – LA 3406

**Magnus** an LMT (MS144) 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 NFL, Olympic & other professional athletes, USIBC Ballet Dancers, and was selected an official member of the 1996 Atlanta Olympics athletes medical team, as a sports MT. He has taught CE courses in the US since 1999. An ISSA Personal Fitness Trainer, Corrective Exercise Specialist & a yoga teacher and practitioner since 1997.

**Bobbi** an LMT (MS2629) since 1993 is a certified Synergetic™ Structural Integrator and Body Talk Practitioner. She is the former owner of Enterprise School of Massage. She is trained by The Association for Research & Enlightenment as a Life Coach and in Regression Hypnotherapy. She is certified by Dr Sue Morter as an Energy Codes Coach and Facilitator.

**Connect with me on Facebook:** <https://www.facebook.com/magnus eklund.71>. Or FB - SMT group: <https://www.facebook.com/groups/202794126552247/>

**16 CE:** NCBTMB 450063-06 – Mississippi 29, Tennessee - Florida/Georgia 50-9284 - Louisiana LAP 122 - Alabama

**Cost:** \$375 pre-sign up — **Times:** 9:00AM-6:00PM - (601) 500-0337 - [www.mindandbodyinc.com](http://www.mindandbodyinc.com) (workshops)

**Location:** Massage Institute of Memphis – 2076 Union Ave, Memphis, TN 38104 (901)726-4665

***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™. Magnus is not affiliated with any of his teachers nor with KMI. Organizers & Magnus Eklund/Mind & Body Inc. are not responsible for future use of course techniques. Check CE with your state board prior to sign-up.*