

**IN PERSON WORKSHOP**

**Myofascial Techniques and Functional Movement Assessments for Athletes and Active People - with Magnus & Bobbi Eklund – Lafayette LA November 11-12, 2023, 9AM-6PM – 16 CE hours**



**Description:** This course presents the fundamental concepts & strategies of Synergetic™ Myofascial Therapy incorporating advanced myofascial techniques, stretching, joint ROM & functional movement for working with athletes.

- Learn how to combine hands – on myofascial techniques with active movements for the athlete and active client.
- 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 athlete and active clients.
- Learn how to prepare the body for safe structural work in deeper muscles and fascia.
- Learn sport specific advanced myofascial techniques and assessments to improve functional movement and prevent injuries.

*(This is NOT a sports massage event course – no prior experience with myofascial techniques required)*

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

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

**“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** BCSI, CFT, CYT, CES, an LMT 144 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 and other 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** CSSI, an LMT 2629 since 1993 is a certified Synergetic™ Structural Integrator and Body Talk Practitioner. Previous owner of Enterprise School of Massage. She is trained by The Association for Research & Enlightenment as a Life Coach and in Regression Hypnotherapy. Bobbi is certified by Dr. Sue Morter as an Energy Codes Coach and Facilitator.

**APPROVED NCBTMB 450063-06 – Louisiana LAP 122, Florida & Georgia 50-9284 – Mississippi MAP 29, Alabama – Tennessee and other states accepting NCBTMB CE hours.**

**Location:** Hampton Inn – 1910 S. College Rd. Lafayette LA 70508 (337) 266-5858 **Cost:** pre-sign up \$ 425.00

**Times:** 9AM-6PM – **To sign up:** (601) 500-0337 or [www.mindandbodyinc.com](http://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™. 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.*