



## **Synergetic Myofascial techniques and functional movement assessments for Hip, Ankle and Foot Structural Imbalances – Pain in: Knee, Achilles Tendon and Plantar Fascia**

16-hour CE, AMTA Alabama in Birmingham April 26-28, 2024.

**With Structural Integrators Bobbi Eklund LMT 2629, CSSI and Magnus Eklund LMT 144, BCSI**

This 16-hour CE course includes PowerPoint lectures on the history, scientific research and strategies of fascial bodywork and manual therapy demonstrations of myofascial techniques with active and passive client movement based on the work of Dr. Ida P. Rolf. Workshop addresses core, hip, pelvis, spine, pelvis, knees, feet and ankles postural and movement dysfunction, and more. Synergetic™ Myofascial Therapy includes a variety of advanced fascial therapy techniques, rocking, movement, functional assessments and stretching to solve pain and dysfunctional mobility patterns. Magnus has a direct lineage to Dr Rolf through his teacher and her protégé and successor Emmett Hutchins. Bobbi is an experienced Structural Integration teacher also certified by Dr. Sue Morter as an Energy Codes® Coach and Body Awake® Yoga teacher.



**Cost:** register with AMTA Alabama  
**Times:** 4/26: 12-5PM, 4/27: 8AM-12PM  
& 2-5PM, 4/28: 8AM-12PM, 2024  
(Friday, Saturday and Sunday)

**Contact:** AMTA Alabama – Sharon Bryant (256)603-4596

**For course content information:** Magnus (601) 500-0337 - magnusmindandbody@gmail.com

**Location:** Embassy Suites Birmingham, 2300 Woodcrest Place, Birmingham, AL 35209

For more information:

<http://www.mindandbodyinc.com/>

Approved FL/GA 50-9284, NCBTMB 450063-06, MS 29,  
LA 122, AL (Not affiliated with IASI)

Youtube: [https://youtu.be/t9Q\\_T9DC3co](https://youtu.be/t9Q_T9DC3co) - <https://youtu.be/3hwgo9YI9EM?si=uXB64g6iR-PS362F>

*Note: This workshop is not meant to substitute for traditional medical care, nor diagnose medical conditions, nor manipulate bones, but to educate LMTs on how to safely apply massage techniques on clients. 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 and Bobbi Eklund are licensed massage therapists (MS144&2629), and CE provider for massage therapy. Magnus & Bobbi Eklund are not Rolfers™, nor do they teach Rolfing™. Magnus is not affiliated with KMI/AT SI. 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.*