

IN PERSON WORKSHOP

**Advanced Myofascial Techniques and Functional Movement Assessments –
Neck, Shoulder, Low Back, Pelvis and Legs with Magnus & Bobbi Eklund**

Columbus, GA – June 21(12:30-9:30PM)-22 (9AM-6PM), 2024– 16 CE(Friday/Saturday)



Description: This course presents the fundamental concepts and strategies of Synergetic™ Myofascial Therapy, which is inspired by the work of Dr. Ida P. Rolf, PNF and active resisted stretching techniques, 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 prepare the body for safe structural work in deeper muscles and fascia. A lesson manual will be provided. SMT DVDs available for purchase.

For a video demonstration visit YouTube.com:

https://youtu.be/t9Q_T9DC3co
<https://youtu.be/3hwgo9YI9EM?si=uXB64g6iR-PS362F>

“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 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 since 1999. 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 owner of Enterprise School of Massage. She is trained by The Association for Research & Enlightenment as a Life Coach and in Regression Hypnotherapy.

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

16 CE Hours - NCBTMB 450063-06 – TN_(NCBTMB) – Georgia/Florida 50-9284 - Louisiana LAP 122 – Mississippi 29, Alabama

Location: Columbus Technical College, 928 Manchester Expressway, Columbus GA 31904 – Patrick Hall 600

Cost: \$ 425 -Pre sign up by June 17: \$ 395 - **Times:** 9:00AM-6:00PM. Kimber Swanson (706) 641-5269

Magnus: (601) 500-0337 - 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. We are on CE broker: Magnus Eklund, NCBTMB: Mind & Body Inc.