

Advanced Myofascial Techniques & Functional Movement Assessments – Neck, Shoulder, Low Back, Pelvis & Legs with Magnus & Bobbi Eklund @Soothing Arts School of Massage & Skin Care, Destin, FL-August 10-11,2019–16 CE



“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

Description: This course presents the fundamental concepts and strategies of Synergetic™ Myofascial Therapy, which is inspired by the work of Dr. Ida P. Rolf, stretching techniques, joint ROM and functional movement.

- 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://www.youtube.com/watch?v=UvfZB-TX5FE>
<https://youtu.be/SJW5Bo0feh>

Work smarter, not harder!

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

Magnus Eklund BCSI, MS LMT 144 an LMT since 1994. BCSI - Board Certified Structural Integration since 2010 by the certification board of S.I (CBSI) - Graduate KMI - Structural Integrator 500 hours - The KMI 12 series was developed by Tom Myers based on the work of Dr. Rolf – Graduate of Guild Advanced structural integration program - The advanced 5 series and the 10 series of The Guild based on the work of Dr. Ida Rolf and developed by Emmett Hutchins and Peter Melchior - 172 hours - Graduate of Lillsved Sports Institute in his native country Sweden (Human anatomy/exercise physiology). He has worked with professional athletes, USIBC Ballet Dancers & Olympic Athletes & was selected an official member of the 1996 Atlanta Olympic athletes medical team (sports MT). He is the founder of SMT & has taught since 1999 in cities like: Chicago IL, New Orleans, Baton Rouge LA, Memphis, Nashville, TN, Birmingham, Mobile, Dothan AL, Biloxi, Jackson MS, Atlanta, Savannah GA, Orlando, Destin FL & more.

Bobbi Eklund AL LMT 1691 is an RMT since 1991, & CSMT graduate (Synergetic™ Myofascial Therapy - 200 hours). Bobbi is the founder & instructor of Enterprise School of Massage. A movement educator since 1991, she specializes in teaching advanced fascial work & ground-breaking body mechanics.

Join us on FB: <https://www.facebook.com/magnus eklund.71>. <https://www.facebook.com/groups/202794126552247/>

16 NCBTMB CE Hours 450063-06 – Mississippi MAP 29 - Florida & Georgia 50-9284 - Louisiana LAP 122 - LCEU 1872 - Alabama

Cost: \$325 pre-sign up or \$350 at the door – www.soothingarts.com – Call Soothing Arts for sign up

Location: Soothing Arts School of Massage & Skin Care, 12605 Miramar Beach, FL 32550 - **Times: Saturday & Sunday 9AM-6PM**

Magnus Eklund:(601) 500-0337 - MagnusE@aol.com - www.mindandbodyinc.com (To download a 2019 CE Schedule)

Bring: Shorts, bathing suit top/ sports bra/ tube top, sheets, lotion and a soft pillow. **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. Hands-on participation is not required for CE credit, but attendance and observation is. 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™ nor Structural Integration. 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.