



Synergetic™ Myofascial Therapy Immersion

An advanced Structural Integration 30-hour CE course on The Mississippi Gulf Coast, June 25-29, 2025.

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

- Advanced manual Structural Integration techniques including supine, side, prone, seated, standing, yoga poses, Z, L and C position based on the structural balance work of Dr. Ida P. Rolf F and Emmett Hutchins
- Functional movement assessments, postural assessments, Joint range of motion-stability-strength assessments, Lower and Upper Crossed Syndrome-Dr. Janda postural dysfunction theories
- Fascial manual techniques to improve: 1. Lymphatic system 2. Nerve flow 3. Muscle function
- Contract resist manual techniques to improve coordination, stability and strength in joints and nerve flow
- Vibration and rocking techniques to improve nerve flow and joint stability
- PNF, Active isolated stretching and manual joint opening techniques with compression/decompression to create fascial balance and integration in the body
- Fascial manual techniques for: Neck, skull, jaw, shoulder girdle, spine, chest, ribcage, abdomen, pelvis, pelvic floor, pubic bone, respiratory diaphragm, hips, sacrum, legs, arms, hands and feet to solve pain and dysfunctional movement and postural patterns. – gentle visceral fascial manual techniques
- Intelligent session planning and advanced strategies for long lasting results
- Fascial manual techniques for myofascial pain and dysfunctional posture: Rotator Cuff, frozen Shoulder, neck stiffness, TMJ, Plantar fasciitis, spinal misalignments, foot arches, knee and elbow pain, sciatica, piriformis syndrome, popping hip syndrome, low back pain, toe, and finger pain, T-spine stiffness & more
- Fascial research, networking & AM yoga



For more information and sign-up visit:

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

Approved NCBTMB 450063-06 and Alabama, FL/GA 50-9284, Mississippi 29, Louisiana 122

Link to Springhill Suites booking:

<https://www.marriott.com/event-reservations/reservation-link.mi?guestreslink2=true&id=1738110217795&key=G RP>

Cost: \$795 register on website -Prerequisite: SSI or SMT Graduate or Comparable myofascial training or several completed CE with Magnus–decided on an individual basis–Sign up early max attendance is 24 people

Times: June 25-29, 2025 – Start 6/25@6-10PM, 6/26@9-6, 6/27@9-6, 6/28@ 9-4, 6/29@9-1

Contact: Magnus (601) 500-0337 - magnusmindandbody@gmail.com

Location: Springhill Suites, 15610 Daniel Blvd, Gulfport, MS – 5 nights \$ 119/night – Link to book in box above.

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.