



Synergetic™ Myofascial Therapy Intensive

An advanced Myofascial Integration 40-hour CE course in Chattanooga, TN October 22-26, 2025.

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

- Advanced Synergetic Myofascial techniques including supine, side, prone, seated, L and C position based on the structural balance fascial work of Dr. Ida P. Rolf F through her protégé Emmett Hutchins.
- Functional movement assessments, postural assessments, Joint range of motion-stability-strength assessments, Lower and Upper Crossed Syndrome-inspired by Dr. Janda postural dysfunction theories.
- Fascial manual techniques to improve: 1. Fascia 2. Lymphatic system 3. Nerve flow 4. 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
- Thai stretch, 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.



For more information and sign-up visit:

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

Approved NCBTMB 450063-06 and Alabama, Florida 50-9284, Georgia, Louisiana & Mississippi CE applied for.

Cost: \$995 register on website - No prerequisite - Sign up early max attendance is 24 people

Times: October 22-26, 2025 – 9AM-6PM

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

Location: La Quinta Inn Downtown/south by Wyndham - 1225 Cowart Street, Chattanooga, TN 37402

Phone number (423)417-9080 group name: Mind & Body

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 Rolfig™. 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.