



Synergetic™ Structural Integration Training 2026/2027 – 300 hours With Magnus and Bobbi Eklund of Mind & Body Institute

- Redefining Structural Integration including a variety of advanced fascial, myofascial, vibrational, rocking, movement, functional assessments, as well as, stretching techniques to solve a variety of pain and mobility patterns.
- A course that will totally restructure and align your own body inside and out.
- Set yourself apart from your peers as a Structural Integration specialist with long-lasting & results-oriented myofascial techniques.
- Learn intelligent session planning - strategies and how to save your body with body mechanics that makes sense.

The SSI Program:

1. 200 hours:

A. Prerequisites – LMT school or other manual therapy training. Call Magnus @ (601) 500-0337 if you are unsure if you qualify.
B. In-person training is 7 three-day weekends of 25 hours for a total of 175 CE hours out of which is 150 approved NCBTMB 450063-06: AL, NC, TX, TN, ND, NV and more - Mississippi MAP 29, Louisiana LAP 122, FL/GA 50-9284 approved. (Check with your state board prior to registration – NY CE can be applied for through NCBTMB upon request)

2. Online home study course is 150 hours

A. Zoom class: 25 hours – B. Online human anatomy lab 25 hours – C. video streaming 10 SSI session course with written exam: 50 hours - Video streaming Synergetic Fascia Manual Therapy courses and fascia articles: 50 hours.

Synergetic Structural Integration Certification - 300 total hours

This **SSI certification** includes PowerPoint lectures on the history, scientific research, goals and strategies of structural integration. Manual therapy demonstrations of myofascial techniques with active and passive client movement Inspired by the work of Dr. Ida P. Rolf. The certification addresses many postural and mobility dysfunctions in an easy

to learn step by step 10 session format. Forward head posture, rotator cuff pain, spinal, shoulder girdle and pelvic dysfunctions, foot, ankle, knee, leg, hip, arm, hand and neck mobility, nerve and lymphatic flow, visceral manual techniques, postural and movement dysfunction, and more. Synergetic™ Structural Integration includes a variety of advanced fascial therapy techniques, rocking, movement, functional assessments and stretching to solve myofascial pain and dysfunctional mobility patterns.



Magnus Eklund BCSI, LMT 144(MS), FL MA98151, has studied with manual therapy legend Emmett Hutchins the protégé and successor of Dr. Ida Rolf, and received his Structural Integration Practitioner Certification with well-known Structural Integrator Tom Myers at KMI/AT. He is also a Guild for Structural Integration Advanced Structural Integration practitioner, and board certified in Structural Integration (BCSI). Magnus is also a certified Yoga teacher registered with Yoga alliance, and a certified ISSA personal fitness trainer, corrective exercise specialist and strength and conditioning coach. His college education in Sweden was at Lillsved Sport Institute in Stockholm where he studied exercise physiology, anatomy, exercise and movement. He is certified by Kelly Starrett at The Ready State as a Mobility Coach. He has studied Thai massage, assisted stretching and compression therapy with Master teacher Mukti Michael Buck. He studied rocking, vibration and contract resist techniques with Dean Juhan the author of Job's body. Magnus has been a bodyworker since 1994 when he graduated Massage Therapy School.

Bobbi Eklund CSSI, LMT 2629(MS), is an experienced Structural Integration teacher, Certified Synergetic™ Structural Integrator, and certified by Dr. Sue Morter as an Energy Codes® Coach and Body Awake® Yoga teacher. Her background as a bodyworker goes back to 1993 with massage school trainings in Houston at the European Institute of Massage with Erica Licher, and Italy where she became certified in Shiatsu with The New Age School of Shiatsu taught by Alessandro Cantelli. Bobbi learned a series of exercises in Yotsu® that was designed to open the energy pathways known in Traditional Chinese Medicine (TCM) as meridians. These special skills would aid her in ability to sense this energy in the body. She has always understood the importance of the connection between body, mind and spirit because balance is the priority of any healthy lifestyle. She was the founder and operated Enterprise School of massage for seven years where she taught all the required classes.

2026 dates: October 9-11, November 13-15, December 4-6

2027 dates: January 29-31, February 19-21, March 12-14, April 23-25

Location: Mississippi Gulfcoast – Biloxi/Gulfport

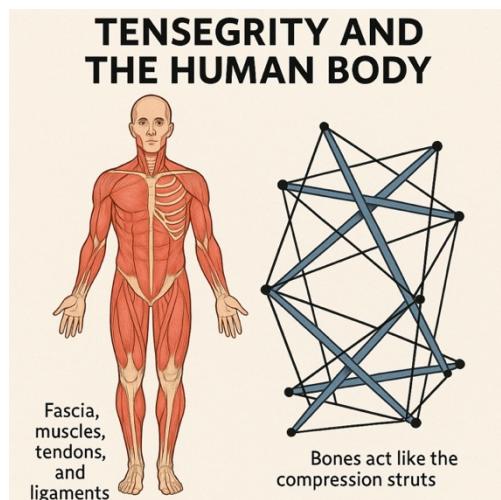
Cost Tuition:

Option1: Regular tuition paid in full for discount: \$7195.00 by October 1, 2026 -

Deposit to hold spot in class is \$500 (In addition to payment options)

Option 2: Sign up before June 15, 2026 (\$ 500 deposit in addition to tuition) total amount: \$ 7195 with flexible payment plans – 6,12 or 18 months – Call (601)500-0337 for interview.

Sign up: www.mindandbodyinc.com or call (601)500-0337



Note: This training is not meant to substitute for traditional medical care, nor diagnose medical conditions, nor manipulate bones. Magnus and Bobbi or location owners are not responsible for future use of techniques. We reserve the right to cancel the workshop for any reason. Magnus is not affiliated with KMI, IASI nor The Guild Sl. Magnus and Bobbi are not Rolfers, nor do they teach Rolfing, but Synergetic™ Structural Integration, and they are not affiliated with IASI, but with NCBTMB and various massage therapy state boards. Bobbi Eklund might not be at all the weekend trainings. Check with your massage therapy board if CE are approved in your state prior to registering. We reserve the right to cancel training for any reason. \$ 500 deposit is non-refundable.

