



Join Magnus Eklund for Thai Yoga Bodywork on the table in Birmingham, AL September 12-14, 2025 at Abundance Yoga

Table/mat 2, 12 or 14 CE of assisted stretching & yoga poses & myofascial techniques

This 12- 14 hour CE course includes PowerPoint lectures on the history, strategies & manual therapy demonstrations of Thai Yoga Bodywork myofascial techniques with assisted client movement based on an ancient healing modality thousands of years old. Learn a full body routine of assisted stretching, hands on compressions and kneading techniques that improves muscle and fascia pain and joint dysfunctions, shoulder and neck mobility, nerve flow, postural and movement dysfunction, and more. Thai Yoga Bodywork includes a variety of advanced fascial therapy techniques, rocking, movement, and assisted stretching to solve myofascial pain and dysfunctional mobility patterns. This course is taught on the massage table, but participants may also use mats for hands-on applications. Magnus Eklund BCSI, LMT 144(MS) has been a Massage Therapist, Movement teacher & Bodyworker since 1994. Magnus has been a long-time student of Master teacher Mukti Michael Buck at the Vedic Thai Massage Conservatory. He is an experienced Yoga teacher since 1996 & Yoga Alliance certified. He has been teaching CE workshops in the US and internationally for 25 years. His home office



For more information and sign-up visit:
<http://www.mindandbodyinc.com/>
 12 CE Approved AL, FL/GA 50-9284,
 NCBTMB 450063-06, MS 29, LA 122, AL
 Approved CE by Yoga Alliance – Magnus Eklund
 Contact: Magnus Eklund (601)500-0337
 magnusmindandbody@gmail.com

Cost: \$395 (12 and 14 CE) register on website – or \$99 2 CE (Friday evening 6:30-8:30PM)

Times: September 12, 6:30-8:30PM (Friday) 2 CE hours - September 13-14, 2025 (9Am-3Pm)–12 CE hours (Friday 6:30-8:30 PM is optional for weekend signup or can be attended separately)

Location: Abundance Yoga 5361 Highway 280 106A, Hoover, AL 35242

Abundance Yoga: Nancy Cunningham (205)540-5842

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 and Bobbi Eklund/Mind & Body Inc. are not responsible for future use of course techniques nor any loss or injury during CE workshop. Check CE with your state board prior to sign-up.