



Synergetic Myofascial Method and Functional Movement Assessments Lower Crossed Syndrome
Columbus GA October 10-11, 2025 – 12-hour CE
With Structural Integrators Bobbi Eklund LMT 2629, CSSI and Magnus Eklund LMT 144, BCSI

This 12-hour CE course includes PowerPoint lectures on the history, scientific research and strategies of fascial bodywork and manual therapy demonstrations of turnkey advanced myofascial techniques with active and passive client movement based on the work of Dr. Ida P. Rolf. Workshop addresses Lower Crossed Syndrome which is based on postural dysfunction theories of Dr Vladimir Janda: Abdomen, Respiratory diaphragm, psoas, Lumbar spine, Latissimus dorsi, QL, hips, legs and pelvis postural and movement dysfunction, and more. Synergetic™ Myofascial Therapy includes a variety of easy-to-use advanced fascial therapy techniques, rocking, movement, functional assessments and stretching to solve pain and dysfunctional mobility patterns. Magnus has a direct lineage to Dr Rolf through his teacher and her protégé and successor Emmett Hutchins. He is a KMI certified SI practitioner, and a Guild Advanced Structural Integration Practitioner. Magnus has worked with many professional athletes in the Olympic games, NFL players and more. Bobbi is an experienced Structural Integration teacher also certified by Dr. Sue Morter as an Energy Codes® Coach and Body Awake® Yoga teacher.



Cost: \$395 register on website
Times: October 10-11, 2025 – 12 CE hours
(Friday 5-9PM and Saturday 9AM-6PM)
Contact: Magnus (601) 500-0337
magnusmindandbody@gmail.com

Location: Columbus Technical College, 928 Manchester Expressway, Columbus GA 31904 – Patrick Hall 600
Cost: Pre sign up by September 15, 2025: \$ 395 -after: \$ 425 - Kimber Swanson (706) 641-5269
Magnus: (601) 500-0337 - www.mindandbodyinc.com.

For more information and sign-up visit:
<http://www.mindandbodyinc.com/>
Approved provider: FL/GA 50-9284, NCBTMB 450063-06, MS 29, LA 122, AL - CE broker course # 20-1090966

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 nor IASI. 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.