

Connective Tissue Massage

A Myofascial Therapy workshop with

Magnus Eklund RMT

May 3-4, 2008 - 9AM-4PM - Gulfport, MS

- Advanced Myofascial & Deep Tissue techniques to help you reach your full potential
 - Advanced Myofascial Stretching techniques, Postural & Orthopedic assessments
- Advanced Connective tissue techniques; applied using enhanced biomechanical advancements, for consistent groundbreaking results, without damaging your own body.



THE MISSING LINK IN MASSAGE THERAPY TODAY!

All structures in the body are surrounded by fascia, which is a connective tissue that binds together the body's organs and systems. Fascia also provides structural support for the skeletal system, and is often overlooked in postural misalignments. Connective Tissue massage utilizes proper body mechanics using gravity, advanced deep tissue techniques in combination with delicate myofascial therapy to release restrictions in the fascial matrix, and thereby allow for more effective deep muscle work. The goal is to improve posture, relieve chronic tension, increase self awareness and to promote a profound deep relaxation. Massage Therapy can be hard on your body as a therapist. In this workshop you will learn how to get results with your clients without wearing yourself or your body out.

Fascia is the organ of posture. Nobody ever say this; all talk is about muscles. Yet this is a very important concept...especially the anatomy of fascia. A spider web is in a plane; our body's web is in a sphere. We can trace the lines of that web to get an understanding of how what we see in a body works. - Dr Ida P. Rolf

12 CE hours Mississippi (SAP #29) - NCBTMB (Approved Provider #450063-06)

Location: Blue Cliff College - 12251 Bernard Parkway, Gulfport, MS (Behind Budweiser plant)

Cost: \$ 200 -make check out to: Magnus Eklund-Mail check to: Magnus Eklund - PO Box 1002, Gulfport, MS 39502-For more info.contact: Magnus Eklund (228)596-1505 - MagnusE@aol.com
www.reducestressnow.com - For directions call: Blue Cliff (228)896-9727

Magnus Eklund RMT 144, CYT - Founder of European Kinetic Massage & Member Athletes Medical Team 1996 Atlanta Olympics. He trained in Sweden with Dr of Naprapathy Johan Paldanius-Team physician Swedish Olympic Team. He is a John Barnes PT. Myofascial Therapy (MFR) Founder. trained Myofascial Therapist

Bring: shorts, bathing suit top or sports bra, sheets, oil/lotion and soft pillow.

This workshop is not meant to substitute for traditional medical healthcare, nor manipulating bones nor diagnose conditions, but to educate massage practitioners on how to safely apply fascial and muscular massage techniques.