

# Thai Yoga Bodywork on the table

## Magnus Eklund RMT

March 15-16, 2008 - 9AM-4PM - Gulfport, MS

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



- An ancient healing acupressure massage from India, Tibet & Thailand
  - Delicate pressure point energy meridian massage
    - Highly effective myofascial stretching
    - Rhythmic rocking deep tissue compressions

If you are looking for an alternative to western massage or as a compliment to your current massage practice, Thai Massage is one of the most effective forms of massage to improve range of motion, flexibility and reducing pain. Unlike other forms of eastern massage such as shiatsu, Thai massage is very easy to learn, and can be used on the table in combination with Deep tissue, Swedish or other forms of massage. The stretching is often done in combination with deep tissue compression massage, and is absolutely delightful and delivers the most profound and intense sensation of lightness and openness in the body. Clients often report a sense of extreme relaxation, rejuvenation and sense of wellbeing after a Thai massage session. I have never experienced a type of massage with such wide ranging positive health benefits in all my studies of the healing arts, I highly recommend to try a session for your self. You do not have to be a yoga teacher to do this, do not let the pictures above scare you away, any massage therapist can safely learn these highly effective techniques. **All work will be on the massage table.**

**Magnus Eklund RMT 144, CYT** is a registered Massage Therapist, massage workshop teacher, founder of European kinetic massage and certified yoga teacher with studies in sport science and various forms of massage and bodywork such as: Thai massage, Shiatsu, John Barnes Myofascial Therapy (MFR), Clinical sports massage, Orthopedic Massage and Connective tissue massage.

**Location: Blue Cliff College** - 12251 Bernard Parkway, Gulfport, MS 39503 (behind Budweiser plant)

**Cost: \$ 200** (make check out to: Magnus Eklund) - **Mail to:** PO Box 1002, Gulfport, MS 39502

**To sign up contact: Magnus Eklund (228)596-1505 - [MagnusE@aol.com](mailto:MagnusE@aol.com)**

**[www.reducestressnow.com](http://www.reducestressnow.com)**

Dress in comfortable, not to tight fitting clothing. No jeans please. Bring 2 bottom sheets and a soft pillow.

*This workshop is meant to substitute for traditional healthcare, nor manipulating bones, nor diagnose conditions, but to educate massage practitioners on how to safely apply fascial and muscular massage techniques.*