Name of Provider       Blue Cliff College

Name of Presenter       Magnus Eklund BCSI, LMT

Name of Workshop       Myofascial Body Balance-Core, Spine, Breath

Date/Time               January 23 & 24, 2016    9am-5pm

Early Bird registration deadline & price       $275 pre-sign
Regular price after EB deadline       $305

Campus location           Blue Cliff College
120 James Comeaux Rd
Lafayette, LA    70508
337-269-0620
Contact: Donna Green

# of CEU’s       14

CEU’s for which states/organizations       LA, MS, FL, GA

Website       www.mindandbodyinc.com

Pre-requisites       None

Brief Description       This course sheds light on how to view and work with the body in a three dimensional way. We will discover how to open the core by working the inner leg line, iliacus, psoas, and abdominal fascia, and the lumbar spine to balance the front and back of the body. We will open the breath by working the fascia of the ribcage, chest, shoulder girdle, and scalene, balanced with the thoracic and cervical spine and neck work. Hands-on bodywork application are combined with active movement by client. Participants will learn myofascial bodywork that may bring relief of chronic muscular tension, improve posture, and function of the body in movement. Postural & physical assessment are used to determine where work is needed.