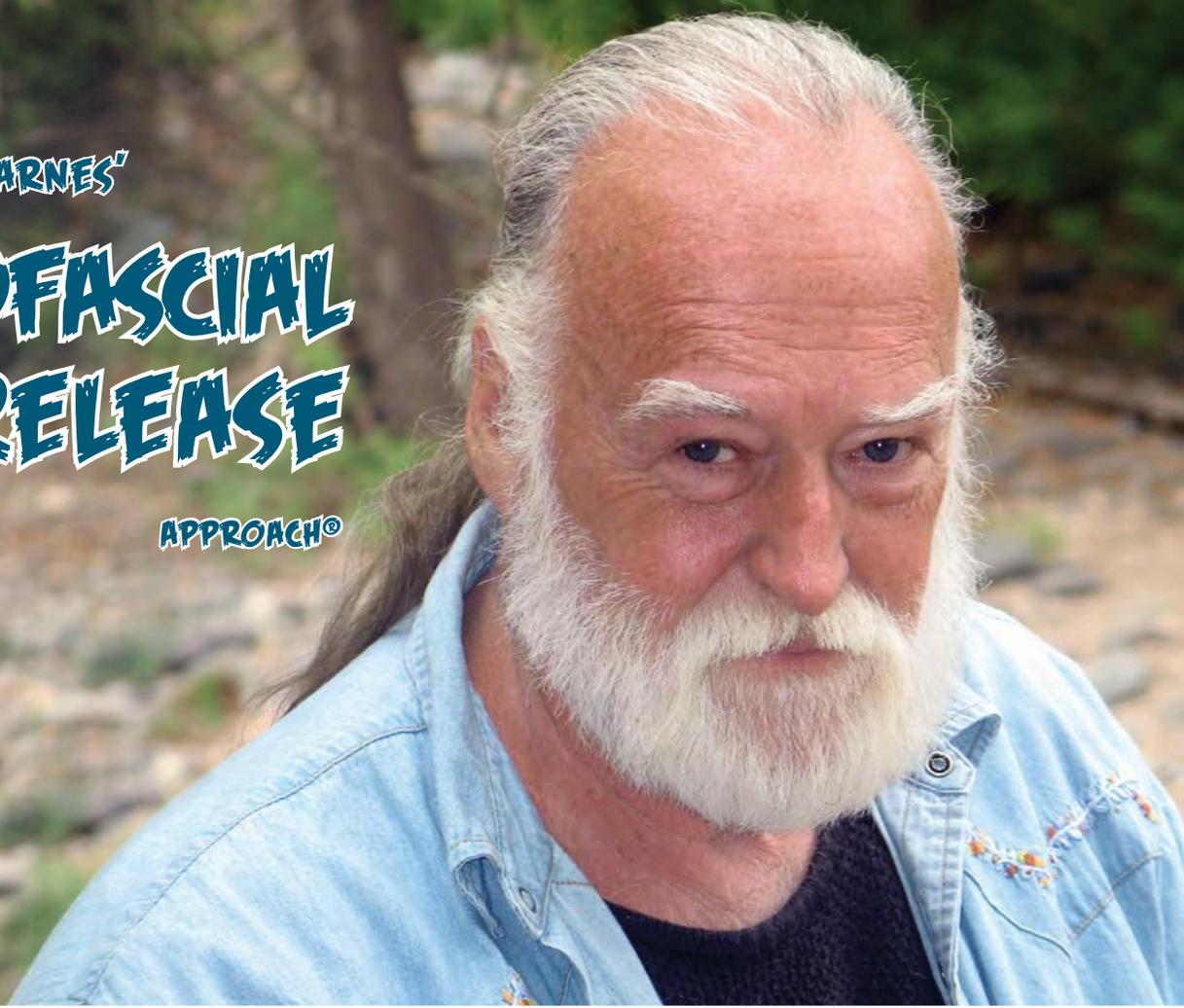


LEARN . . .  
THE JOHN F. BARNES'

# MYOFASCIAL RELEASE

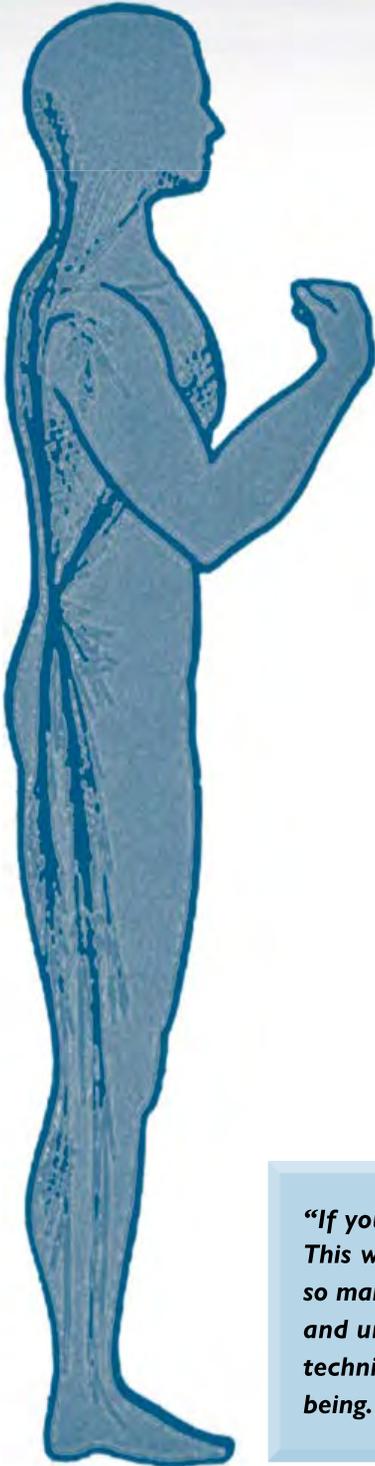
APPROACH®



# MYOFASCIAL RELEASE

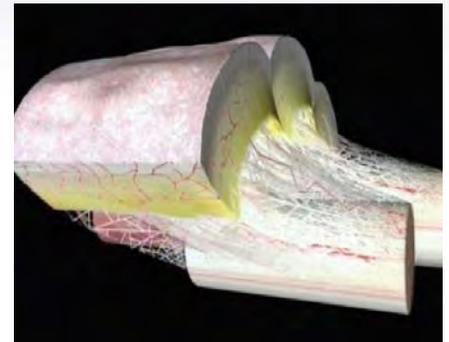
## ~ ENHANCE YOUR LIFE! ~

The John F. Barnes' Myofascial Release Approach® is considered to be the ultimate mind/body therapy that is safe, gentle and consistently effective in producing results that last. John F. Barnes, PT, is an international lecturer, author and authority on Myofascial Release. He is considered to be a visionary and teacher of the highest caliber.



### WHAT IS FASCIA?

Fascia is a tough connective tissue which spreads throughout the body in a three-dimensional web from head to foot without interruption. Trauma, posture or inflammation can create a binding down of fascia resulting in excessive pressure on nerves, muscles, blood vessels, osseous structures and/or organs. Since many of the standard tests such as x-rays, myelograms, CAT scans, electromyography, etc, do not show the fascial restrictions, it is thought that an extremely high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but most go undiagnosed.



Fascia Photo by Permission of Dr J.C. Guimberteau

The viscoelastic quality of the fascial system causes it to resist a suddenly applied force. This explains why the "old form" of myofascial release, which was an attempt to force a system that cannot be forced, produced pain and limited results.

### WHAT IS THE JOHN F. BARNES' MYOFASCIAL RELEASE APPROACH®?

The John F. Barnes' Myofascial Release Approach® consists of the gentle application of sustained pressure into the fascial restrictions. This essential "time element" has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly will allow a viscoelastic medium (fascia) to elongate.

Our seminars are designed to be "hands-on" experiences. The seminars listed in this brochure all build upon one another providing a logical, step-by-step, comprehensive Approach for the treatment of pain, headaches and dysfunction. The Barnes' Myofascial Release Approach® is easily learned so that you can utilize the techniques taught in class immediately upon returning to your practice.

Discover how this truly unique Approach can help you to develop the skills and confidence to provide consistent results for your patients / clients while adding fulfillment and revitalizing your professional and personal life!

*"If you are drawn to take the seminars, just listen to your intuition. You will not regret it! This work is wonderful for your patients/clients, as well as yourself. You will be able to help so many people, people who are desperate because nothing is helping. Each patient is special and unique. Learning the John F. Barnes' Approach to Myofascial Release will give you the techniques, ability and confidence that you need to treat each person as a distinct human being. Myofascial Release is truly a therapeutic art."*



# MYOFASCIAL RELEASE

**JOHN F. BARNES, PT**  
*International lecturer, author  
and authority on Myofascial Release*

**John F. Barnes, PT**, is a therapeutic 'icon' considered to be a teacher of the highest caliber. He has been teaching Myofascial Release seminars for over 60 years and has trained over 100,000 therapists.

**MYOFASCIAL RELEASE, THE MISSING LINK** — I have had the opportunity of training over 100,000 therapists in my Myofascial Release Approach and the demand for information on Myofascial Release is growing exponentially.

Myofascial Release techniques are utilized in a wide range of settings and diagnoses, pain, movement restriction, spasm, spasticity, neurological dysfunction, i.e., cerebral palsy, head and birth injury, CVA's, scoliosis, menstrual and pelvic pain and dysfunction, headaches, temporomandibular pain and dysfunction, geriatrics, sports injuries, pediatrics, chronic fatigue syndrome, fibromyalgia, traumatic and surgical scarring, acute and chronic pain.

***Are you hurting, frustrated, tired of being tired? Unfortunately, the various forms of traditional therapy and massage are trying to force a system that can't be forced. It has been hard on your bodies, producing neck and back pain, pain in your hands, headaches and the mental frustration of trying to do your best for your patients/clients and only getting temporary results.***

***Myofascial Release is good for your body, strengthening and firming you and producing consistent results that last !***

**WHAT IS HAPPENING ?** — The health professions had ignored the importance of an entire physiological system, the fascial system, that profoundly influences all other structures and systems of the body. This glaring omission had severely affected our effectiveness and the lasting quality of our efforts. Including Myofascial Release into our current evaluatory and treatment regimens allows us to provide a more comprehensive approach to our patients/clients that is safe, cost efficient and consistently effective.

Fascial restrictions can exert tremendous tensile forces on the neuromuscular-skeletal and other pain sensitive structures. This enormous pressure (up to approximately 2,000 pounds per square inch) can create the very symptoms that we have so long been trying to eliminate. This knowledge frees us from only trying to relieve symptoms and gives us the tools we need to find and eradicate the cause and effect (symptoms) relationship for a permanent resolution of our patient's/client's complex problems.

Myofascial Restrictions can produce enormous pressures on pain sensitive structures.

**THE ANATOMY AND PHYSIOLOGY OF FASCIA** — Fascia is a tough connective tissue which spreads throughout the body in a three-dimensional web from head to foot without interruption. The fascia surrounds every muscle, bone, nerve, blood vessel and organ of the body, all the way down to the cellular level. Therefore, malfunction of the fascial system due to trauma, posture, or inflammation can create a binding down of the fascia, resulting in abnormal pressure on nerves, muscles, bones, or organs. This can create pain or malfunction throughout the body, sometimes with bizarre side effects and seemingly unrelated symptoms, not always following dermatomal zones. It is thought that an extremely high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but most go undiagnosed, as the importance of fascia is just now being recognized. All of the standard tests, such as x-rays, myelograms, CAT scans, electromyography, etc., do not show the fascial restrictions !

Fascia at the cellular level creates the interstitial spaces and has extremely important functions of support, protection, separation, cellular respiration, nutrition, elimination, metabolism, fluid and lymphatic flow. In other words, it is the immediate environment of every cell of the body. This means that any trauma or malfunction of the fascia can set up the environment for poor cellular efficiency, necrosis, disease, pain and dysfunction throughout the body.

“Myofascial Pain and Dysfunction” written by Janet Travell, M.D, beautifully illustrates that there is a myofascial element, for every muscle of the body is surrounded by a smooth fascial sheath, every muscular fascicule is surrounded by fascia, every fibril is surrounded by fascia and every micro-fibril down to the cellular level is surrounded by fascia that can exert pressures of up to approximately 2,000 pounds per square inch. Therefore, it is the fascia that can ultimately determine the length and function of its muscular component while reducing pain and restoring motion.

We must be clear that medicine, modalities, muscle energy techniques, mobilization/ manipulation, massage and flexibility and exercise programs do not alter the powerful fascial restrictions that occur in a high percentage of our patients/clients. These restrictions are only altered via Myofascial Release.



When the therapist has determined where the fascial restrictions lie, he or she will apply gentle pressure into the direction of the restriction.

At first the elastic component of the fascia will release and at some point in time the collagenous barrier will be engaged. This barrier cannot be forced (it is too strong). One waits with gentle pressure and as the collagenous aspect releases, the therapist follows the motion of the tissue, barrier upon barrier until freedom is felt.

A therapist can easily learn the concept and techniques of Myofascial Release and no prior knowledge of mobilization or manipulation is necessary. However, Myofascial Release should be combined with muscle energy, mobilization and manipulation for those skilled at these important procedures, since it is usually fascial restrictions that created the osseous restrictions in the first place.

**A NEW ERA** — Therapists of the near future will function quite differently from those of the past. Building on and respecting the foundation developed by various health professions, they will treat the whole person intellectually, emotionally, and structurally. They will have a wide variety of techniques with which to help others, thanks to continuing advances in scientific technology.

The therapist skilled in Myofascial Release is concerned with releasing and reorganizing the body’s fascial restrictions mechanically and reorganizing the neuromuscular system. The reorganization occurs by supplying the central nervous system with new information (awareness) that allows for change and improved potential and consciousness.

It is important for those providing treatment to realize that the body is a repository of information. The body can be used as a biofeedback system for the master therapists’ finely trained, sensitive hands. It can then be used as a handle or lever to provide access to emotions and belief systems and allow for structural and biomechanical change.

Mastery means not only achieving a certain level of skill but is also an attitude. Masters are fully aware of what they are doing. They understand the importance of touch as an expression of acceptance, nourishment, and a form of biofeedback to glean information from patients’/clients’ mind-body awareness. Their touch should be applied with focused awareness and conscious purpose. The focus should be fluid, moving from tight narrow (logical, analytical thought) to open, feeling everything at once without thought or effort (intuition, insight).

Tell your patients/clients not to view the cause of their dysfunction as a defeat but rather to see it as a lesson. By looking for the positive, they can see its value, learn from it and allow themselves to heal. Help them to understand that one of the best lessons is that they may not be able to change the circumstances of their life but they can change their reaction to their circumstance, they can move from being passive, helpless recipients to active victims. This important change in perspective creates a partnership between you and your patients/clients where you can help them help themselves.

Thus, mastery is teaching through example. The master therapist is authentic, calm, non-judgmental, intelligent, sensitive, strong yet flexible, supportive, compassionate, empathetic and joyful.

**JOIN US IN THE IMPORTANT MYOFASCIAL RELEASE EVOLUTION IN HEALTHCARE!**

Sincerely,



# MYOFASCIAL RELEASE I

This exciting “hands-on” introductory course has trained over 100,000 therapists. Graduates of this course are immediately able to produce positive, structural changes in their patients with acute and chronic pain and dysfunction. These whole-body techniques will be an important added dimension to your existing treatment regimen, greatly enhancing your therapeutic effectiveness.



## 20 Hour Seminar

*“I attended MFR 1 last year in Sedona. My practice is probably 90% MFR and people love it! I believe that the demand for Myofascial Release will do nothing but increase as people learn more about fascia and experience the healing that comes with this work.”*



## MYOFASCIAL RELEASE TECHNIQUES

- ◆ Theory
- ◆ Anatomy of Fascia & Related Structures
- ◆ Whole Body Inter-Relationships
- ◆ Development of Palpation Skills
- ◆ Evaluation Procedures
- ◆ Lower Extremity Problems
- ◆ Sacral Float
- ◆ Lumbar-Pelvic Problems
- ◆ Anterior & Posterior Thoracic Areas
- ◆ Transverse Fascial Planes (Thoracic Inlet, Respiratory Diaphragm & Pelvic Floor)
- ◆ Upper Extremity Problems
- ◆ Cervical Spine, Atlas and Axis, Occipital Condyle Release, Dural Tube Mobility

## CRANIAL TECHNIQUES

- ◆ Theory
- ◆ Headache Release
- ◆ Evaluation Techniques
- ◆ Temporomandibular Problems
- ◆ Cranial/Sacral Techniques
- ◆ Cranial Trauma
- ◆ Sinus Problems
- ◆ Birth Injuries

## ENJOY A NEW, EXCITING AND LUCRATIVE CAREER!

I have had the opportunity of training over 100,000 therapists and my goal is to help you improve your logical and intuitive abilities and enhance confidence. Trauma and inflammatory responses create myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in any of the standards tests (x-rays, myelograms, CAT scans, electromyography, etc.)

This enormous pressure acts like a “straightjacket” on muscles, nerves, blood vessels and osseous structures producing the symptoms of pain, headaches and restriction of motion.

Symptoms are the tip of the iceberg of a much deeper, important problem—myofascial restrictions! Science has now discovered what I have been teaching for over 60 years; i.e., pain, dysfunction and disease are caused by a prolonged inflammatory response. Trauma and the resultant inflammatory response create myofascial restrictions that ultimately create the symptoms.

Myofascial Release allows the chronic inflammatory response to resolve and eradicates the enormous pressure of myofascial restrictions exerted on pain-sensitive structures to alleviate symptoms and to allow the body’s natural healing capacity to function properly.

# MYOFASCIAL RELEASE I

## LOCATIONS AND DATES

### SEDONA AREA

(Verde Valley, AZ)  
March 14-17, 2024 (½ days)  
Cliff Castle Casino Hotel  
(928) 567-7999

### BLOOMINGTON, MN

April 5-7, 2024  
Hilton Hotel  
(952) 893-9500

### SAN DIEGO, CA

April 12-14, 2024  
Handlery Hotel  
(619) 298-0511

### SASKATOON, SK

April 19-21, 2024  
Saskatoon Inn  
(306) 242-1440

### KALAMAZOO, MI

May 3-5, 2024  
Radisson Plaza Hotel  
(269) 343-3333

### MEMPHIS, TN

June 14-16, 2024  
Doubletree Hilton  
(901) 528-1800

### SAN FRANCISCO, CA

July 12-14, 2024  
Holiday Inn  
Golden Gateway  
(415) 441-4000

### SAN ANTONIO, TX

August 9-11, 2024  
Menger Hotel  
(210) 223-4361

### NASHUA, NH

August 23-25, 2024  
Courtyard by Marriott  
(603) 880-9100

### ATLANTA, GA

September 6-8, 2024  
Hilton Garden Inn  
Atlanta – Buckhead  
(404) 231-1234

### FORT WAYNE, IN

September 20-22, 2024  
Grand Wayne  
Convention Center  
(260) 420-1100

### BOISE, ID

September 27-29, 2024  
Hilton Garden Inn  
Spectrum  
(208) 376-1000

### OTTAWA, ON

September 27-29, 2024  
Hilton Garden Inn  
Ottawa Airport  
(613) 288-9001

### KISSIMMEE, FL

October 18-20, 2024  
Embassy Suites  
Lake Buena Vista South  
(407) 597-4000

### DES MOINES, IA

October 25-27, 2024  
Embassy Suites  
Downtown  
(515) 244-1700

### GULFPORT, MS

(Biloxi Area)  
November 8-10, 2024  
Courtyard Gulfport  
Beachfront  
(228) 864-4310

### RALEIGH, NC

November 15-17, 2024  
Hilton Raleigh  
North Hills  
(919) 872-2323

### WILMINGTON, DE

December 6-8, 2024  
Doubletree by Hilton  
(302) 478-6000



*“I was introduced to Myofascial Release at a time in my life when I was considering leaving the profession of massage therapy*

*altogether. My body was in pain from performing traditional massage techniques, such as deep tissue, and I was not helping people as much as I had been led to believe. I was burnt out from trying to force change.”*

## PATIENT STATEMENT



ONE YEAR OF PHYSICAL THERAPY & MASSAGE THERAPY

*“After finding a cancerous tumor in one of my legs, I was a runner left without the use of my left leg. It was both physically and emotionally devastating to lose the use of a limb. I was becoming increasingly frustrated with traditional physical therapy as a means for fixing a poorly functioning leg after surgery and months of not using it. The therapy I was enduring was painful and producing little to no results. I thought there must be something else out there that might help more than the painful pushing and pulling that was occurring nearly daily at physical therapy.*

*A family member referred me to a Myofascial Release therapist, Rowena Cua. I was immediately impressed by Rowena’s kind nature, warm spirit, and the tremendous amount of knowledge she was willing to share with me about fascia and the John F. Barnes Myofascial Release Approach. Rowena and I have worked together weekly to release scar tissue and trauma and restore the function to my leg. Her care and treatment have been vital to my recovery.”*

Her doctors told her that she probably wouldn’t be able to straighten her leg again because they removed so much of her hamstrings from the sarcoma. After Myofascial Release she was able to walk without a limp and straighten her leg, therefore being able to run again!

Rowena Cua, LMT, BCTMB, Las Vegas, NV



MYOFASCIAL RELEASE RESULTS

# MYOFASCIAL UNWINDING

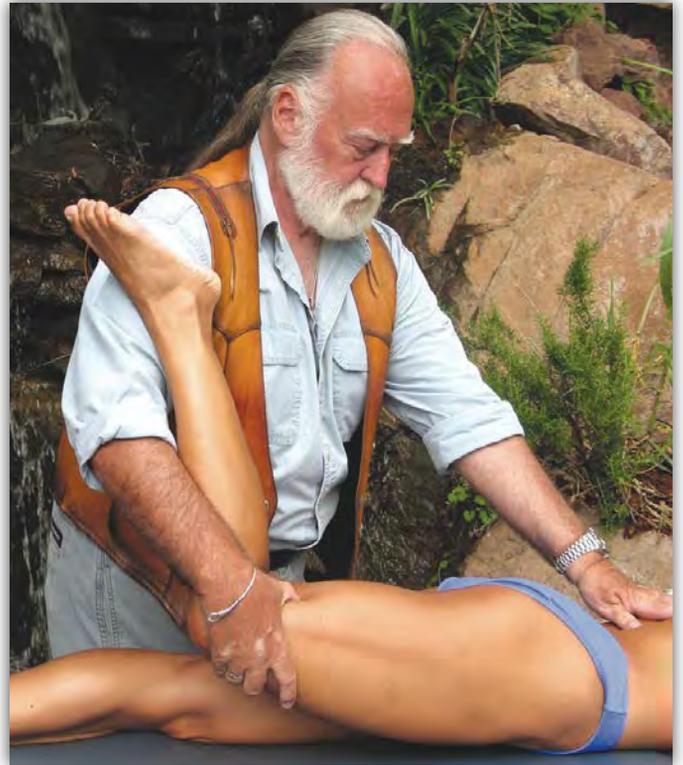
The Myofascial Unwinding seminar is designed to enhance your skill level and sensitivity providing you with a comprehensive treatment regime. Persistent pain and/or structural dysfunction may be perpetuated by “holding or bracing patterns” in the body. You will learn from the patient’s perspective how unresolved emotional issues or mental concepts that are outdated and are no longer relevant may impede progress. The intermediate “hands-on” Myofascial Unwinding™ seminar will also improve your mental clarity, focus, sensitivity of touch and expand your abilities to achieve consistent results.

## 20 Hour Seminar—Prerequisite: Myofascial Release I™

*“I have been taking courses with John F. Barnes for just shy of 15 years. The changes in my own body and understanding how it works, how my tissues communicate, and how to let go of fear of past traumas and pain have been incredible.”*

### MYOFASCIAL UNWINDING IS A VERY EFFECTIVE MOVEMENT FACILITATION TECHNIQUE UTILIZED TO:

- ◆ Decrease Pain
- ◆ Increase Range of Motion
- ◆ Eliminate Subconscious “Holding or Bracing Patterns”
- ◆ Increase Your Proprioceptive Awareness
- ◆ Increase Functional Mobility of the Neuro/Myofascial/Osseous Systems



## LOCATIONS AND DATES

### SEDONA AREA

(Verde Valley, AZ)  
March 18-20, 2024  
Cliff Castle Casino Hotel  
(928) 567-7999

### SAN ANTONIO, TX

August 13-15, 2024  
Menger Hotel  
(210) 223-4361

### ATLANTA, GA

September 10-12, 2024  
Hilton Garden Inn  
Atlanta – Buckhead  
(404) 231-1234

### WILMINGTON, DE

December 10-12, 2024  
Doubletree by Hilton  
(302) 478-6000



*“This work is so very powerful,  
and different from anything I learned anywhere else.  
I can only speak for myself,  
but I wish I had started this journey sooner.”*

# MYOFASCIAL RELEASE II

Myofascial Release I developed a fascinating framework of concepts and techniques. Myofascial Release II completes this conceptual framework with important, advanced, whole body Myofascial Release techniques and newly refined cranial advancements. The intermediate “hands-on” Myofascial Release II seminar will greatly enhance your vital “feel” via development of the tactile and proprioceptive senses which will allow you to achieve a higher level of expertise. These exciting techniques have been carefully developed and selected for their outstanding, consistent results.

## 20 Hour Seminar—Prerequisite: Myofascial Release I™

### LEARN ADVANCED MYOFASCIAL TECHNIQUES FOR:

- ◆ Lumbo-Sacral
- ◆ Hyoid
- ◆ Intra-Oral (Maxillae, Palatines, Vomer, Pterygoids, Mandible)
- ◆ Sacro-Iliac
- ◆ Thorax
- ◆ Psoas Complex
- ◆ Upper Extremities
- ◆ Lower Extremities
- ◆ Fascial Cranium
- ◆ Cervical
- ◆ Dural System

## LOCATIONS AND DATES

### SEDONA AREA

(Verde Valley, AZ)  
March 21-24, 2024 (½ days)  
Cliff Castle Casino Hotel  
(928) 567-7999

### SAN ANTONIO, TX

August 16-18, 2024  
Menger Hotel  
(210) 223-4361

### ATLANTA, GA

September 13-15, 2024  
Hilton Garden Inn  
Atlanta – Buckhead  
(404) 231-1234

### WILMINGTON, DE

December 13-15, 2024  
Doubletree by Hilton  
(302) 478-6000



*“Myofascial Release (MFR) treatment results speaks for itself! Patient came in Day 1 with complaints of 90% limitations of using her hand because of shooting pain, numbness and tightness. Several cortisone shots and pain meds given in the past with surgery as last resort.*

*Day 4 of MFR session. What a great progress! Patient was thrilled to report she was able to cut her food and hold utensils to cook!! Patient gives permission to share her story. Who wouldn't, right?! Life changing results in 2 weeks of one-on-one treatment versus 2 years of traditional medicine and therapy. Thank you, John, for continuing to teach and inspiring us.”*

**Grace Vedala, PT, Cordova, TN**

# MYOFASCIAL MOBILIZATION

This fascinating “hands-on” seminar will introduce you to the highly effective world of Myofascial Release. This seminar will present the theory of Myofascial Release and the hands-on sessions will primarily focus on the upper and lower extremities, cervical, thoracic and lumbar areas.



## 12 Hour Seminar

### LOCATIONS AND DATES

#### PENSACOLA, FL

March 23 & 24, 2024  
Holiday Inn University  
(850) 472-1400

#### DUBLIN, OH

(Columbus Area)  
April 13 & 14, 2024  
Embassy Suites  
(614) 790-9000

#### COLUMBIA, MO

May 4 & 5, 2024  
Courtyard Marriott  
(573) 443-8000

#### FARGO, ND

June 1 & 2, 2024  
Hilton Garden Inn  
(701) 499-6000

#### SCHENECTADY, NY

June 8 & 9, 2024  
Doubletree Hilton  
(518) 393-4141

#### HARRISBURG, PA

September 21 & 22, 2024  
Hilton Garden Inn  
Harrisburg East  
(717) 635-7299

#### SALEM, OR

October 5 & 6, 2024  
Holiday Inn  
Salem  
(503) 370-7888

#### GLEN ALLEN, VA

(Richmond Area)  
October 19 & 20, 2024  
Hilton Garden Inn  
Richmond Innsbrook  
(804) 521-2900

#### DALLAS, TX

November 9 & 10, 2024  
Crowne Plaza  
Market Center  
(214) 630-8500

#### VENTURA, CA

November 23 & 24, 2024  
Crowne Plaza  
Ventura Beach  
(805) 648-2100

*“I just attended Myofascial Mobilization this past weekend! I had mistakenly thought the class would be two days of techniques that were contrary to the principles of John F. Barnes Myofascial Release. So, I took all the other seminars and avoided the mobilization workshop — I even took equine first, despite intense uneasiness around horses. Well, whoops, I was very wrong. The techniques are excellent, they do adhere to the ‘no force’ principles.”*

# PEDIATRIC MYOFASCIAL RELEASE

This introductory “hands-on” workshop is designed for therapists whose primary focus is on the pediatric population. Myofascial Release will be presented for the evaluation and treatment of head injuries, cerebral palsy, birth trauma, scoliosis, movement dysfunction, neurological dysfunction, trauma, pain and headaches.

## 12 Hour Seminar

### LOCATIONS AND DATES

#### SAN LUIS OBISPO, CA

March 2 & 3, 2024  
Embassy Suites  
(805) 549-0800

#### SOMERSET, NJ

May 19 & 20, 2024  
Marriott Delta Hotel  
(732) 560-0500

SUN & MON  
IN  
SOMERSET, NJ

#### BUFFALO, NY

September 7 & 8, 2024  
Hilton Garden Inn  
Buffalo Airport  
(716) 565-0040

#### SAN JOSE, CA

October 12 & 13, 2024  
Doubletree Hilton  
San Jose  
(408) 453-4000

#### MIAMI, FL

December 7 & 8, 2024  
Hilton Miami Airport  
Blue Lagoon  
(305) 262-1000



**Myofascial Release  
makes for a happy child !**

*“This wonderful seminar helped me to gain a deeper appreciation and understanding of the fascial system and its connection of ALL of it through our bodies. I’m filled with gratitude.”*

# VACATION SERIES & SPECIALTY SEMINARS

save  
**\$300**  
By registering  
for any three  
seminars!



**SEDONA AREA (VERDE VALLEY, AZ)**—Verde Valley, Arizona is just a short drive to the magnificent red rock canyons of Sedona and the bristling forests of red rocks. You just may want to stay a few more days to take in all that this area has to offer, including the incredible vistas of the Grand Canyon and turquoise water of Lake Powell!

Women's Health  
February 15-18, 2024

Myofascial Healing  
February 19-21, 2024

Cervical-Thoracic  
February 22-25, 2024 (½ days)

**CLIFF CASTLE  
CASINO HOTEL  
(928) 567-7999**



**SEDONA AREA (VERDE VALLEY, AZ)**—Beautiful Sedona's red rock cliffs and vortexes are just a short drive. You can kayak or canoe in the beautiful Verde River. Montezuma Castle National Monument is only 3 minutes away and the incredible animals at the 'Out of Africa Wildlife Park' are 10 minutes away. Take a couple extra days to explore the magnificent Grand Canyon or hike in the Lake Powell area.

Myofascial Release I  
March 14-17, 2024 (½ days)

Myofascial Unwinding  
March 18-20, 2024

Myofascial Release II  
March 21-24, 2024 (½ days)

**CLIFF CASTLE  
CASINO HOTEL  
(928) 567-7999**



**WILMINGTON, DE**—Wilmington is located in the beautiful Brandywine Valley and is easily accessible via Interstate 95, which runs up and down the east coast. Enjoy the picturesque beauty at some of the leading horticultural centers in the world like Longwood Gardens, Winterthur, and the Hagley Museum.

Cervical-Thoracic  
April 12-14, 2024

Myofascial Rebounding  
April 16-18, 2024

Fascial Cranium  
April 19-21, 2024

**DOUBLETREE  
HILTON  
(302) 478-6000**



**NORTH MYRTLE BEACH, SC**—Enjoy sun bathing, swimming, fishing, boating, and walking on the 60-mile stretch of white sand beaches. Award winning golf courses and restaurants await you in this family-oriented community.

Women's Health  
May 9-12, 2024

Advanced Unwinding  
May 13-15, 2024

Cervical-Thoracic  
May 16-19, 2024 (½ days)

**HILTON MYRTLE  
BEACH RESORT  
(843) 449-5000**



**SEDONA AREA (VERDE VALLEY, AZ)**—Verde Valley is just a short drive to Sedona. Enjoy nearby boating, hiking, biking, wine tasting, or just taking in the landscape setting on the banks of the Verde River, which makes it one of Arizona's premier destinations.

Myofascial Healing  
June 13-16, 2024 (½ days)

Myofascial Rebounding  
June 17-19, 2024

Advanced Unwinding  
June 20-23, 2024 (½ days)

**CLIFF CASTLE  
CASINO HOTEL  
(928) 567-7999**



**SAN FRANCISCO, CA**—Visit Fisherman's Wharf with its amazing seafood restaurants, boat tours past the Golden Gate Bridge and beautiful Sausalito. Experience incredible shopping in Union and Ghirardelli Squares and don't forget to visit intriguing Chinatown. The 'City by the Bay' welcomes you.

Myofascial Release I  
July 12-14, 2024

Fascial Pelvis  
July 16-18, 2024

Fascial Cranium  
July 19-21, 2024

**HOLIDAY INN  
GOLDEN GATEWAY  
(415) 441-4000**



**SAN ANTONIO, TX**—San Antonio is a city rich in history, bursting with culture and modern attractions. From The Alamo to the scenic Riverwalk to the incredible food, this city is renowned as a truly unique destination.

Myofascial Release I  
August 9-11, 2024

Myofascial Unwinding  
August 13-15, 2024

Myofascial Release II  
August 16-18, 2024

**MENGER HOTEL  
(210) 223-4361**



**ATLANTA, GA**—A must-visit for the chic and savvy. Things to do in Atlanta's Buckhead area include legendary shopping and entertainment, decadent dining, engaging art galleries and more! Known as "The Beverly Hills of the East," the luxurious neighborhood of Buckhead is a must-visit!

Myofascial Release I  
September 6-8, 2024

Myofascial Unwinding  
September 10-12, 2024

Myofascial Release II  
September 13-15, 2024

**HILTON GARDEN INN  
ATLANTA-BUCKHEAD  
(404) 231-1234**



**SEDONA AREA (VERDE VALLEY, AZ)**—Verde Valley is just a short drive to the bristling forests and magnificent red rock canyons of Sedona. You just may want to stay a few more days to take in all that this area has to offer, including the incredible vistas of the Grand Canyon and turquoise water of Lake Powell!

Myofascial Healing  
October 10-13, 2024 (½ days)

Subtle Energy  
October 13 & 14, 2024

Myofascial Release III –  
"Beyond Technique"  
October 15-20, 2024

**CLIFF CASTLE  
CASINO HOTEL  
(928) 567-7999**



**BURR RIDGE, IL**—Visit the quaint Burr Ridge Village with a wide variety of shopping and excellent dining. Travel plans become effortless thanks to our location near Chicago Midway International Airport.

Women's Health  
November 7-10, 2024

Myofascial Rebounding  
November 12-14, 2024

Fascial Cranium  
November 15-17, 2024

**CHICAGO MARRIOTT  
SOUTHWEST  
(630) 986-4100**



**WILMINGTON, DE**—Located just off of Interstate 95, rolling hills and valleys have been carved out by the beautiful Brandywine River. Stroll through some of the leading horticultural centers in the world, Longwood Gardens, Winterthur, and the Hagley Museum.

Myofascial Release I  
December 6-8, 2024

Myofascial Unwinding  
December 10-12, 2024

Myofascial Release II  
December 13-15, 2024

**DOUBLETREE  
HILTON  
(302) 478-6000**

# FASCIAL-PELVIS



Our experience has shown that over 90% of patients suffering with lumbar and pelvic pain, menstrual problems, cervical pain and headaches have imbalances in the pelvis creating fascial restrictions throughout the body. This introductory “hands-on” seminar will teach you a logical, step-by-step progression of techniques for treating the lumbo-pelvic region in a comprehensive and effective manner.

## 20 Hour Seminar

### LOCATIONS AND DATES

**SAVANNAH, GA**  
February 23-25, 2024  
Embassy Suites  
(912) 721-6900

**ROUND ROCK, TX**  
(Austin Area)  
April 5-7, 2024  
Embassy Suites  
(512) 308-3883

**MIDDLETON, WI**  
April 26-28, 2024  
Madison Marriott  
West  
(608) 831-2000

**CRANBERRY TWP., PA**  
(Pittsburgh Area)  
May 3-5, 2024  
Pittsburgh Marriott North  
(724) 772-3700

**SPOKANE, WA**  
May 10-12, 2024  
Doubletree  
City Center  
(509) 455-9600

**LOUISVILLE, KY**  
June 7-9, 2024  
Marriott  
Louisville East  
(502) 491-1184

**SAN FRANCISCO, CA**  
July 16-18, 2024  
Holiday Inn  
Golden Gateway  
(415) 441-4000

**FORT MYERS, FL**  
August 23-25, 2024  
Embassy Suites  
Fort Myers Estero  
(239) 949-4222

**BILLINGS, MT**  
September 13-15, 2024  
DoubleTree  
by Hilton  
(406) 252-7400

**MIDLAND, MI**  
September 13-15, 2024  
Holiday Inn  
(989) 794-8500

**DULUTH, MN**  
September 27-29, 2024  
Radisson Duluth  
Harborview  
(218) 481-1185

**SPRINGFIELD, IL**  
October 4-6, 2024  
Wyndham Springfield  
City Centre  
(217) 789-1530

**COLUMBIA, SC**  
October 11-13, 2024  
Hilton Garden Inn  
Columbia NE  
(803) 807-9000

**OKLAHOMA CITY, OK**  
October 25-27, 2024  
Sheraton  
Downtown  
(405) 235-2780

**HYANNIS, MA**  
(Cape Cod)  
November 15-17, 2024  
Doubletree  
Cape Cod – Hyannis  
(508) 771-1700

**KNOXVILLE, TN**  
November 22-24, 2024  
DoubleTree  
Oak Ridge – Knoxville  
(865) 481-2468

*“The Fascial Pelvis seminar was amazing. A multitude of techniques were presented to address the function and mobility of the pelvis, the foundation of the spine, which can produce symptoms throughout the entire body!”*

# CERVICAL-THORACIC



This fascinating intermediate “hands-on” seminar will give you the confidence and skill to successfully treat cervical pain, restriction of motion, reflex sympathetic dystrophy, carpal tunnel, TMJ pain and to decrease pain in the hand while increasing its functional mobility.

**20 Hour Seminar—**  
**Prerequisite: Myofascial Release I™**

### LOCATIONS AND DATES

**SEDONA AREA**  
(Verde Valley, AZ)  
February 22-25, 2024 (½ days)  
Cliff Castle Casino Hotel  
(928) 567-7999

**WILMINGTON, DE**  
April 12-14, 2024  
Doubletree by Hilton  
(302) 478-6000

**NORTH MYRTLE BEACH, SC**  
May 16-19, 2024 (½ days)  
Hilton Myrtle Beach Resort  
(843) 449-5000

### CERVICAL THORACIC TECHNIQUES

- ◆ Thoracic-Lumbar Junction
- ◆ Rib Cage
- ◆ Atlas/Axis Complex
- ◆ Craniomandibular Mechanism
- ◆ Anterior/Posterior Cervical Areas
- ◆ Thoracic Spine
- ◆ Sternum
- ◆ Hands/Wrists
- ◆ Upper Extremities

*“John F. Barnes’ Myofascial Release Approach is the most comprehensive & successful bodywork I have ever practiced. I am booked 4 to 6 weeks out. So clients are getting better, new clients are coming in. Myofascial Release literally changed every aspect of my life, my health, and my practice. I say go for it. I am grateful every day that I took that leap.”*

# FASCIAL CRANIUM

The Fascial Cranium Seminar is one of our newest and most popular seminars! You will explore and learn unique Myofascial Release principles for the fascial cranium and intra-oral structures to increase physiological function, enhance cognition, and decrease headaches, cervical, sinus and TMJ pain.

This will also be a treatment seminar for you. Your head and whole body will receive powerful treatments with individual and group experiences. This class will be an extraordinary learning experience, with deep healing and fun with your Myofascial Release colleagues and friends.

**Prerequisites: Myofascial Release I™, Myofascial Unwinding, Myofascial Release II™, & Myofascial Rebounding**

## LOCATIONS AND DATES

### WILMINGTON, DE

April 19-21, 2024  
Doubletree Hilton  
(302) 478-6000

### SAN FRANCISCO, CA

July 19-21, 2024  
Holiday Inn Golden Gateway  
(415) 441-4000

### BURR RIDGE, IL

November 15-17, 2024  
Chicago Marriott Southwest  
(630) 986-4100



*"I am grateful for the wonderful, new techniques I learned in the Fascial Cranium seminar that have made astonishing changes in myself and my clients. The seminar was exquisitely beautiful . . . Thank you John Barnes for these powerful handles into our fascial web!"*

*Therapists do not hesitate to take this class! It will rock you, and your clients worlds beyond belief!"*

# WOMEN'S HEALTH SEMINAR

Increase your knowledge, skill and income by adding this important dimension to your practice. In this seminar you will receive extensive treatment for your own pelvic problems.

Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.

## 25 Hour Seminar

**Prerequisites: Myofascial Release I™, Fascial-Pelvis, Myofascial Unwinding**

## LOCATIONS AND DATES

### SEDONA AREA

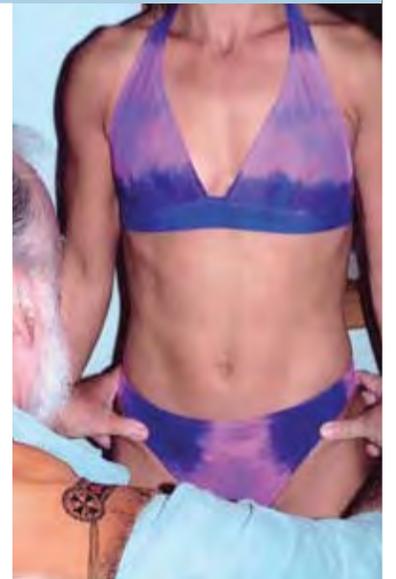
(Verde Valley, AZ)  
February 15-18, 2024  
Cliff Castle Casino Hotel  
(928) 567-7999

### NORTH MYRTLE BEACH, SC

May 9-12, 2024  
Hilton Myrtle Beach Resort  
(843) 449-5000

### BURR RIDGE, IL

November 7-10, 2024  
Chicago Marriott Southwest  
(630) 986-4100



**THIS FASCINATING INTERMEDIATE "HANDS-ON" SEMINAR WILL TEACH YOU IMPORTANT MYOFASCIAL RELEASE, VISCERAL RELEASE & MYO/GYNO-FASCIAL RELEASE:**

- ◆ Pelvic Floor Pain & Dysfunction
- ◆ Urinary Incontinence, Urgency and/or Frequency
- ◆ Problematic Breast Implant/Reduction Scars
- ◆ Vulvodynia
- ◆ Mastectomy Pain
- ◆ Endometriosis
- ◆ Interstitial Cystitis
- ◆ Fibromyalgia
- ◆ Menstrual Problems
- ◆ Adhesions
- ◆ Coccygeal Pain
- ◆ Episiotomy Scars
- ◆ Painful Intercourse
- ◆ Infertility Problems
- ◆ Lymphedema
- ◆ Painful Scars

*"The Women's Health Seminar was absolutely awesome. There was a feeling of being part of something incredibly important . . . Like witnessing a piece of history. It felt like John was opening the door for us to be a part of a significant shift in the healthcare field."*

# MYOFASCIAL REBOUNding



Neptune symbolizes water, the fluid (ground substance of fascia) of our body which tends to solidify from trauma and the Trident represents the 3 Pronged MFR Approach.

Myofascial Rebounding utilizes the fluid/energy dynamics as a therapeutic force to greatly enhance your Myofascial Release effectiveness in reducing pain, increasing function and awareness. Myofascial Rebounding also “confuses” the neuromotor system to help free the body of its bracing patterns. It’s kind of a subtle way in the back door. The mind/body doesn’t know what to do, so it just lets go. Myofascial Release and Myofascial Rebounding is an important combination acting as a powerful catalyst enhancing your effectiveness!

**Prerequisite: Myofascial Release I™**

## LOCATIONS AND DATES

### WILMINGTON, DE

April 16-18, 2024  
Doubletree Hilton  
(302) 478-6000

### SEDONA AREA

(Verde Valley, AZ)  
June 17-19, 2024  
Cliff Castle Casino Hotel  
(928) 567-7999

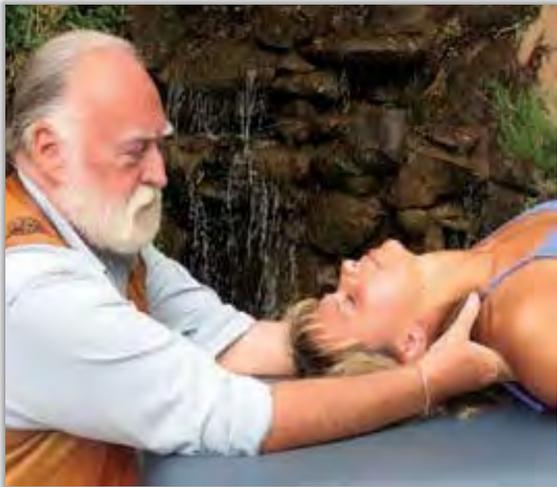
### BURR RIDGE, IL

November 12-14, 2024  
Chicago Marriott Southwest  
(630) 986-4100

- ◆ Reduce Pain
- ◆ Increase Your Awareness
- ◆ Re-Energize Yourself
- ◆ Learn Important New Skills That Will Significantly Enhance Your Effectiveness
- ◆ Receive Extraordinary Treatment

# ADVANCED MYOFASCIAL UNWINDING

A rare opportunity to grow and expand your abilities by being treated with advanced unwinding techniques by highly skilled Myofascial Release Therapists.



**Prerequisites: Myofascial Release I™, Myofascial Unwinding, Myofascial Release II™**

- ◆ Learn Advanced Unwinding Techniques
- ◆ Refine Your Dialoging Skills
- ◆ Receive Extraordinary Treatment
- ◆ Enhance Your Sensitivity, Focus and Concentration

## LOCATION AND DATES

### NORTH MYRTLE BEACH, SC

May 13-15, 2024  
Hilton Myrtle Beach Resort  
(843) 449-5000

### SEDONA AREA

(Verde Valley, AZ)  
June 20-23, 2024 (½ days)  
Cliff Castle Casino Hotel  
(928) 567-7999

*“I owe John a lifetime of gratitude. His principles apply not just to therapy, but to life as well. In the past ten years I have been a therapist and a patient; in many ways I have made progress beyond measure. Because of John & Myofascial Release, my life is rich in so many ways . . . Of course, I realize that not every day is going to bring ‘sunshine & rainbows’, but I have confidence now, that whatever the weather may bring, I am going to be more than, ‘just fine.’”*

—Julie L., OTR/L  
Tennessee

# MYOFASCIAL RELEASE III- "BEYOND TECHNIQUE"

The contents of this fascinating seminar will include Advanced Myofascial Release, Cranial and Myofascial Unwinding techniques, visualization, guided imagery and subtle energy techniques; emphasizing the development of your proprioceptive senses for whole body evaluation and treatment.

Bond with fellow therapists as you treat one another to help clear yourself mentally, physically, and emotionally so that you can become true healers.

This powerful and enjoyable experience will allow your essence to re-emerge in a healthy, positive, balanced fashion. This will be done in a supportive, loving environment designed to bring out your full potential to become authentic healers.

I look forward to being with you.

Sincerely,



John F. Barnes, P.T.



## New Prerequisites for Myofascial Release III

Myofascial Release I, (repeat Myofascial Release I), Fascial Pelvis, Cervical Thoracic, Myofascial Rebounding, Myofascial Unwinding, (repeat Myofascial Unwinding), Myofascial Release II, Advanced Myofascial Unwinding, (and repeat a seminar of your choice), a one week Skill Enhancement Seminar, and a one or two week 'Therapy for the Therapist' treatment program. \* Half price tuition for repeating.

**DATE:** October 15-20, 2024

**LOCATION:** Sedona Area (Verde Valley, AZ)—Nestled like a diamond in the foothills of towering red cliffs, Sedona is considered to be one of the natural wonders of the world. Its sheer red walls and pinnacles reach heights of 2,500 feet with the waterfalls of Oak Creek cutting their way through majestic pine forests. It is a landscape masterpiece that has taken nature's architect millions of years to sculpt.

**HOTEL:** Cliff Castle Casino Hotel (928) 567-7999—Reserve Early!

**PRICE:** \$2000 or \$1795 if registered 2 weeks prior to the seminar date.

**TO APPLY:** Please send your picture, resume and a letter stating what the Myofascial Release Approach has done for you personally and professionally, why you feel you are ready for this seminar and what your goals are for this 6 day retreat.

Mail to: MFR Seminars, 42 Lloyd Avenue, Malvern, PA 19355, along with a \$500 deposit. Those not accepted will receive a full refund.

Since it is essential to have a compatible group in attitude, openness and skill level, we reserve the right to accept only those whom we feel are functioning at the proper level at this time.

## SUBTLE ENERGY SEMINAR

### EXPAND YOUR SENSITIVITY & AWARENESS!

You will expand your sensitivity and awareness by exploring new levels of stillness, listening, awareness, focus and intentionality, energetic perception, interconnection and intuitive knowing as they relate to our own healing and thus to the deepening healing of patients.

Highly recommended to be taken in conjunction with Myofascial Release III

### LOCATION AND DATE

#### SEDONA AREA

(Verde Valley, AZ)  
October 13 & 14, 2024  
Cliff Castle Casino Hotel  
(928) 567-7999

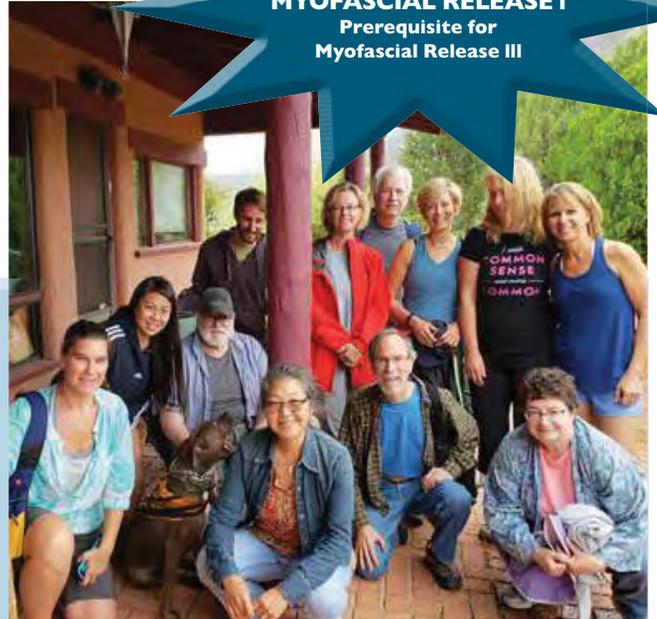
# SKILL ENHANCEMENT SEMINAR

The Skill Enhancement Seminar is offered on-site in our Malvern, Pennsylvania and Sedona, Arizona Treatment Centers. The Skill Enhancement Seminar allows anyone who has taken Myofascial Release I to work alongside our highly trained and skilled Myofascial Release staff as we treat patients and therapists from around the world.

**Prerequisite: Myofascial Release I™**

## In this Relaxed, No Pressure Environment You Will:

- ◆ Work alongside our team of highly skilled therapists as we treat patients from around the world.
- ◆ Receive daily treatment for yourself to help you resolve any problems you may be experiencing.
- ◆ Learn how to ground and center yourself.
- ◆ Fine tune your dialoguing skills.
- ◆ Improve your confidence.
- ◆ Learn Myofascial Freedom Self-Treatment techniques for yourself and your patients.
- ◆ Immerse yourself in a therapeutic retreat like no other & witness firsthand the healing effects of the Myofascial Release Approach®
- ◆ Experience the flow of a long established cash-based private practice to use as a model to build or enhance your own practice.



To be taken soon  
after completing  
**MYOFASCIAL RELEASE I**  
Prerequisite for  
Myofascial Release III

## SKILL ENHANCEMENT WITH JOHN F. BARNES, PT

The Skill Enhancement Seminar is also offered during select weeks when John F. Barnes, PT is treating at either the Malvern or Sedona Myofascial Release Treatment Centers. This option allows the therapist to treat patients alongside John Barnes and our staff. Personal treatment sessions with John F. Barnes and our staff are all included.



“THE SANCTUARY”—MALVERN, PA  
1-800-FASCIAL (327-2425)



“THERAPY ON THE ROCKS”—SEDONA, AZ  
(928) 282-3002

## ENROLLMENT IS LIMITED!

**ONLY 4 THERAPISTS PER WEEK—THEREBY MAXIMIZING & PERSONALIZING YOUR LEARNING EXPERIENCE!**

*“I am from Central Scotland. The investment I put into this training has been significant financially, especially with travel, accommodations and costs. The results to date however are immeasurable; I am fully booked for the rest of the month. My client base continues to grow and clients travel from an ever-increasingly wide radius to see me.”*

# "THERAPY FOR THE THERAPIST"

**FEELING TIRED AND BURNED OUT? ARE YOU ALWAYS THE CARE-TAKER?** Do you want to develop skills and confidence to provide consistent results for your patients? "THERAPY FOR THE THERAPIST" is designed specifically for you! This unique and one-of-a kind program meets the needs of the therapists who are experiencing pain, tightness and in desperate need of rejuvenation.

Sessions are multiple times per day for a total of 15 hours per week. Concentrated treatment with our teams of highly skilled Myofascial Release therapists elicits the catalyst in promoting efficient, deep healing. Therapists returning home from the "Therapy for the Therapist" Program experience quantum leaps in health, inner calmness, therapeutic intuition and heightened proprioceptive awareness.



**"THERAPY FOR THE THERAPIST"  
IS A NEW PREREQUISITE FOR  
MYOFASCIAL RELEASE III**

## THE BEST GIFT I EVER GAVE MYSELF!

*Dear John Barnes and all the staff at the Malvern Myofascial Release "Sanctuary",*

*I want to thank you all for the deeply transformative therapeutic week I spent participating in your 'Therapy for the Therapist' program. I found it to be an amazing opportunity for professional and personal growth. Three sessions of hands-on therapy a day with some of the most talented physical therapists in the world has regenerated me! I haven't felt this good since . . . well, maybe ever! I have been working in physical therapy for 20 years, but never invested 100% of my time and energy toward healing myself, until this week of 'Therapy for the Therapist'. Thanks to Myofascial Release and John, I now know I am worth it. I deserve it. And I need it . . . every year! Everyone does.*

*Emily E., LPTA, LMT, Maine  
Developer of Mermaid Fascial Freedom™*



**"THERAPY ON THE ROCKS"—SEDONA, AZ  
(928) 282-3002**



**"THE SANCTUARY"—MALVERN, PA  
1-800-FASCIAL (327-2425)**

**ENROLLMENT IS LIMITED!**

# EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

“The Sanctuary”, our Eastern Myofascial Release Treatment Center, located in Malvern, Pennsylvania, the Main Line suburbs of Philadelphia, is a therapeutic retreat and a haven for patients and therapists who desire the utmost care. Experience the expert guidance of our Myofascial Release Therapists’ hands-on healing skills so that you can return to a pain-free, active lifestyle!

Our beautiful, new John F. Barnes’ Myofascial Release Treatment Center is an impressive stone and wood building immersed in the healing energy of an ancient, lush forest. Patients will enjoy the benefits of Myofascial Release treatments, a soothing complimentary infrared sauna and whirlpool, and the tranquil woodland environment.

To complement your treatments, there are a group of world famous gardens; Winterthur Gardens, the internationally acclaimed Longwood Gardens, the Chanticleer Garden Estate and many historical country inns and horse farms all within a short drive.



## “THE SANCTUARY”

42 LLOYD AVENUE ♦ MALVERN, PA 19355

1-800-FASCIAL (327-2425) ♦ 610-644-0136 ♦ 610-644-1662 (fax)

Malvern@myofascialrelease.com

## — NURSE BETTY WELCOMES YOU TO HER HOME FOR ONLY \$40/NIGHT! —

With her home less than a mile from “The Sanctuary” in Malvern, PA, Nurse Betty offers lodging at very reasonable rates to therapists and patients who visit us. Those who have stayed there have loved it! Lodging includes a private bedroom and use of the house, including a full kitchen. There are 4 bedrooms with 2 shared bathrooms including a private entrance on the lower level. Nurse Betty is a highly respected and dedicated nurse who is very welcoming to guests who stay in her home. For those interested in these comfortable accommodations within a 2-minute drive or 20 minute walk, you cannot beat the rate of \$40 per night, and the comradery of sharing a home with other MFR enthusiasts.

# OUR MISSION IS TO RETURN YOU TO

- ♦ Back Pain
- ♦ Jaw Pain (TMJ)
- ♦ Disc Problems
- ♦ Headaches
- ♦ Sports Injuries
- ♦ Whiplash
- ♦ Fibromyalgia
- ♦ Myofascial Pain Syndrome
- ♦ Infants/Children

## WOMEN’S HEALTH PROBLEMS:

- ♦ Pelvic Floor Pain & Dysfunction
- ♦ Urinary Incontinence
- ♦ Infertility Problems
- ♦ Mastectomy Pain
- ♦ Painful Intercourse
- ♦ Urinary Urgency
- ♦ Vulvodynia
- ♦ Endometriosis
- ♦ Painful Scars

# WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

“Therapy on the Rocks”, our Western Myofascial Release Treatment Center, is located in Sedona, Arizona nestled on a cliff along side a fifty foot waterfall cascading into the pristine water of Oak Creek Canyon. “Therapy on the Rocks” offers the perfect setting for healing. Magnificent views of the red rocks of Sedona are seen from the cozy treatment rooms, redwood sunning decks, and our creek side whirlpool.

Western majestic Red Rock Canyons lie nestled between the beauty of the Grand Canyon, just a 2 hour drive north, and the charm of Phoenix, a magnificent two hour drive south. Drive through Oak Creek Canyon (between Sedona and Flagstaff) on scenic Highway 89A, where spring fed Oak Creek cuts its way through a 28 mile long, 3,000 foot deep gorge and where the forces of nature have acted to create a visual masterpiece. Visit the quaint mining town of Jerome, built on the precipice of Mingus Mountain, with unique shopping available and spectacular views of the Sedona Valley.

Sedona, Arizona is truly a unique destination spot where visitors can enjoy a multitude of activities: hiking trails leading into the heart of the Red Rocks, jeep and helicopter tours, horseback riding, train and balloon rides await visitors. Beautiful and varied art galleries, Southwest and eclectic shopping opportunities, ancient Native American ruins, golf on the rocks, Slide Rock State Park and a multitude of high quality restaurants, incredibly beautiful resorts and housing options, even cozy suites are minutes away.



## “THERAPY ON THE ROCKS”

676 NORTH HIGHWAY 89A ♦ SEDONA, AZ 86336

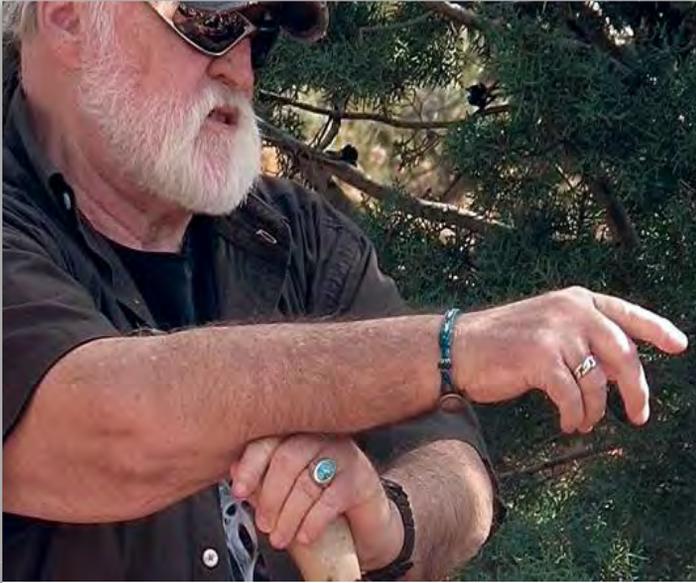
928-282-3002 ♦ 928-282-7274 (fax)

[Sedona@myofascialrelease.com](mailto:Sedona@myofascialrelease.com) ♦ [Therapyontherocks.net](http://Therapyontherocks.net)

## A PAIN FREE, ACTIVE LIFESTYLE!

- ♦ Neurological Dysfunction
- ♦ Chronic Pain
- ♦ Migraines
- ♦ Chronic Fatigue Syndrome
- ♦ Carpal Tunnel
- ♦ Adhesions
- ♦ Neck Pain
- ♦ Scoliosis
- ♦ Sciatica
- ♦ Interstitial Cystitis
- ♦ Lymphedema
- ♦ Problem Breast Implant/Reduction Scars
- ♦ Menstrual Problems
- ♦ Urinary Frequency
- ♦ Adhesions
- ♦ Coccydynia (tail bone pain)
- ♦ Adhesions
- ♦ Sciatica

# MYOFASCIAL HEALING SEMINAR



The Myofascial Healing Seminar will guide you to the depths of your essence for authentic healing in the most beautiful place in the world—Sedona, Arizona.

*“After suffering fibromyalgia for years, my pain is finally gone. I feel so much better!”*



*“John is a therapist of the highest caliber. I could feel the compassion flowing from his gentle touch. The power and love within this seminar supported me in overcoming my pain.”*

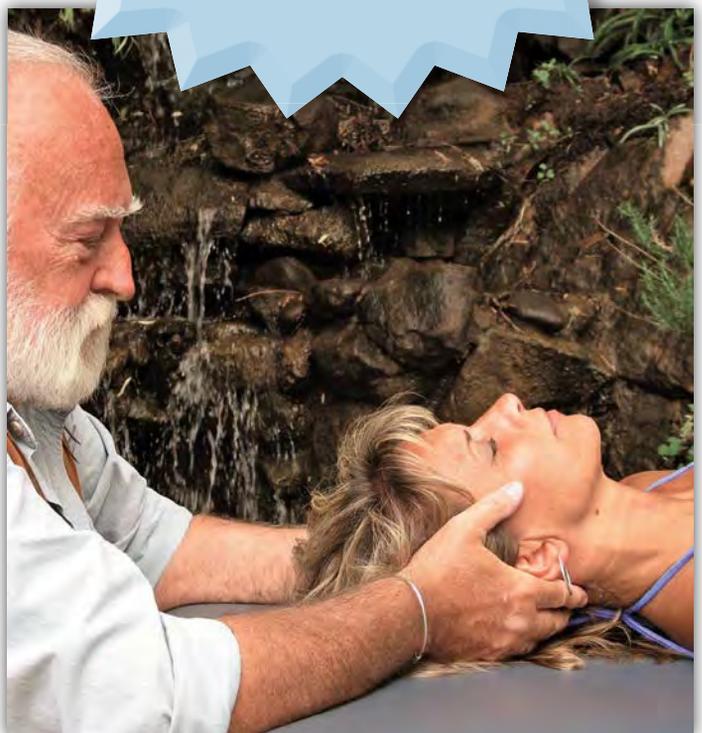
## FOR THE PATIENT

Encourage your patients/clients that are struggling or seem to keep losing what progress they have made, to attend the Myofascial Healing Seminar. This seminar will act as a catalyst for them, for you, for your loved ones and family to reduce their pain, headaches, women’s health problems and fibromyalgia to make significant progress in their health and achieve inner tranquility, calmness and joy!

## FOR THE THERAPIST: HEAL YOURSELF

The Myofascial Healing Seminar is also for you, the therapist, and your friends and families, providing you with an inexpensive way to lift your spirits, soothe your mind and eliminate your pain while enhancing your healing journey.

**Bring a friend or loved one & receive a discount of \$100 each!**



## LOCATION AND DATES

### SEDONA AREA

(Verde Valley, AZ)

February 19-21, 2024

Cliff Castle Casino Hotel  
(928) 567-7999

### SEDONA AREA

(Verde Valley, AZ)

June 13-16, 2024 (½ days)

Cliff Castle Casino Hotel  
(928) 567-7999

### SEDONA AREA

(Verde Valley, AZ)

October 10-13, 2024 (½ days)

Cliff Castle Casino Hotel  
(928) 567-7999

*“This seminar is so important! . . . It has given me my life back!”*

# REGISTRATION INFORMATION



- ◆ Myofascial Release I
- ◆ Myofascial Unwinding
- ◆ Myofascial Release II
- ◆ Fascial-Pelvis
- ◆ Cervical-Thoracic
- ◆ Fascial Cranium
- ◆ Myofascial Rebounding
- ◆ Advanced Myofascial Unwinding

**\$895** for each seminar or  
**\$795** if registered 2 weeks prior to seminar date

- ◆ Women's Health Seminar

**\$1,200** for the seminar or  
**\$995** if registered 2 weeks prior to seminar date

- ◆ Myofascial Mobilization Workshop
- ◆ Pediatric Myofascial Release Workshop
- ◆ Subtle Energy

**\$595** for each seminar or  
**\$495** if registered 2 weeks prior to seminar date

- ◆ Myofascial Healing Seminar

**\$695** for each seminar or  
**\$595** if registered 2 weeks prior to seminar date  
**\$495** per person if 2 or more register together\*

(\*Please make two copies of this registration form, one for each person and mail together.)

## CONTINUING EDUCATION:

Myofascial Release Seminars are approved by many state and national associations. Please visit our website at [myofascialrelease.com](http://myofascialrelease.com) for a complete listing and to determine the number of hours granted by your association. It is the individuals responsibility to determine from their state board what is within their scope of practice.

## DISCOUNTS:

Graduates of the Pediatric Myofascial Release Workshop or the Myofascial Mobilization Workshop are entitled to a \$50 discount off the price of the Myofascial Release I or the Fascial-Pelvis Seminar. Participants who register for any three seminars at one time (excluding Myofascial Healing, Myofascial III and the Skill Enhancement Seminar) are entitled to a \$300 discount. Hospitals or facilities who register five or more persons at the same time are entitled to a \$50 per person discount on any Myofascial Release Seminar. Registrations must be mailed, faxed or phoned in at the same time. Graduates of our seminars may repeat any or all of these seminars for half-price. DISCOUNTS CANNOT BE COMBINED.

## REGISTRATION FEE AND CANCELLATION POLICY:

Full payment is required to reserve a space. Enrollment is limited. Fee includes materials, seminar instruction, hands-on workshop training, continental breakfast, afternoon refreshments, and a seminar certificate (excludes Myofascial Healing). Written confirmation will be sent after payment is received in our office. You may cancel your registration up to 14 days before the seminar. Your registration fee will be refunded less a \$50 processing fee. If you need to cancel less than 14 days prior to the seminar you may transfer your registration to another seminar of your choice. We reserve the right to cancel any seminar, in which case the tuition fee will be returned in full. MFR Seminars is not responsible for any guaranteed airline/hotel reservation.

## TAX REFORM ACT OF 1986, AS AMENDED BY THE 2017 TAX CUTS & JOBS ACT:

Registration fees, travel and lodging expenses incurred by a business or self-employed taxpayer while attending a convention or seminar that maintains or improves job skills relating to their profession will continue to be fully deductible; meal cost will remain 50% deductible.

**CALL TODAY – 1-800-FASCIAL or  
 Register Online at [www.myofascialrelease.com](http://www.myofascialrelease.com)**

### IMPORTANT

Seminar Location City: \_\_\_\_\_ State: \_\_\_\_\_

#### Check the appropriate box(es)

- |   |  |
|---|--|
| <input type="checkbox"/> Myofascial Release I         | <input type="checkbox"/> Fascial Cranium                       |
| <input type="checkbox"/> Myofascial Unwinding         | <input type="checkbox"/> Women's Health Seminar                |
| <input type="checkbox"/> Myofascial Release II        | <input type="checkbox"/> Myofascial Rebounding                 |
| <input type="checkbox"/> Myofascial Mobilization      | <input type="checkbox"/> Advanced Myofascial Unwinding         |
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