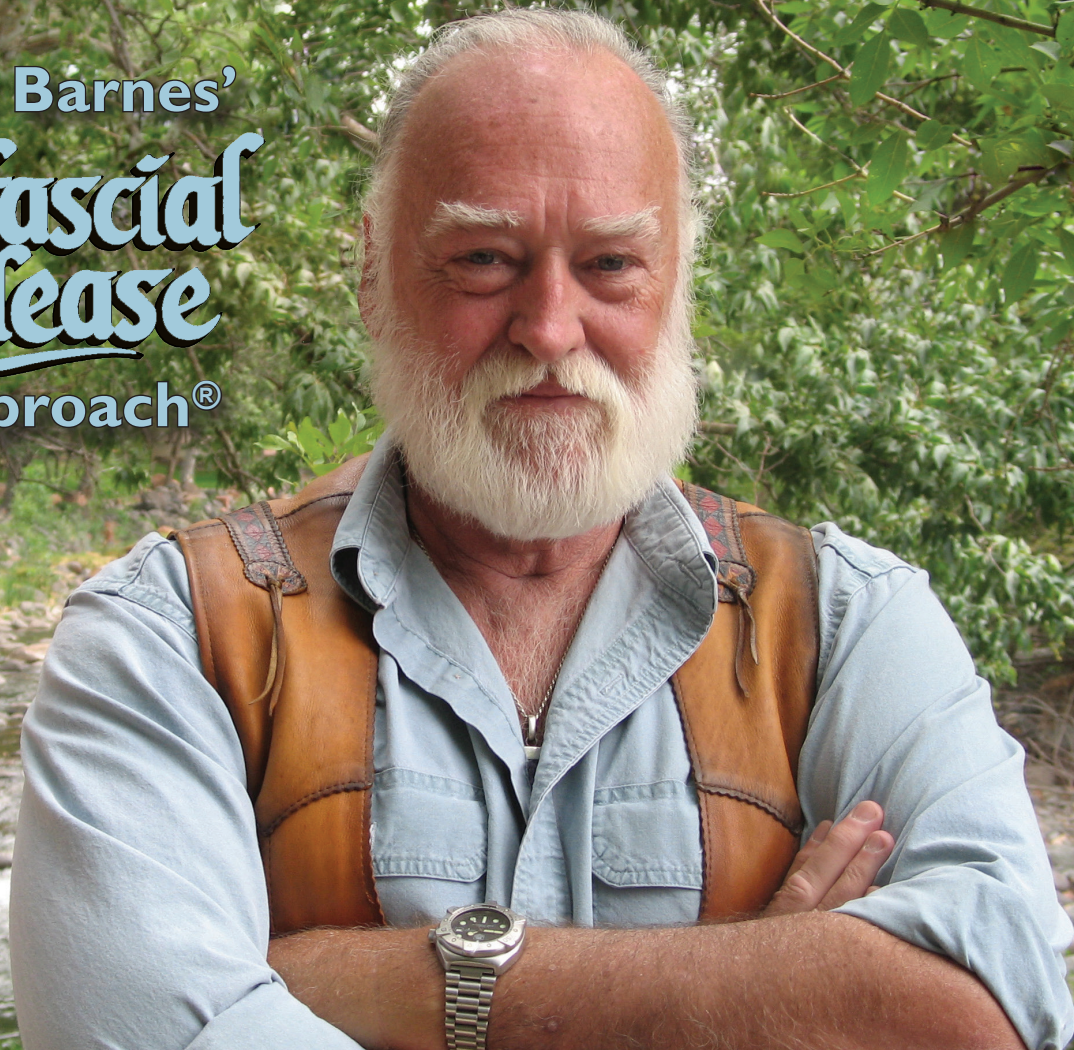


John F. Barnes'  
**Myofascial  
Release**  
Approach®





# MYOFASCIAL RELEASE

## ~ THE WAVE OF THE FUTURE! ~

**T**he 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.

### LEARN MYOFASCIAL RELEASE FOR:

- Back Pain
- Cervical Pain
- Headaches
- Chronic Pain
- Carpal Tunnel
- Fibromyalgia
- Spasm/Spasticity
- Geriatrics
- Scoliosis
- Head Trauma
- Pediatrics
- Sports Injuries
- Rehabilitation
- TMJ
- Restricted Motion
- Chronic Fatigue Syndrome
- CVA
- Neurological Dysfunction

### 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.

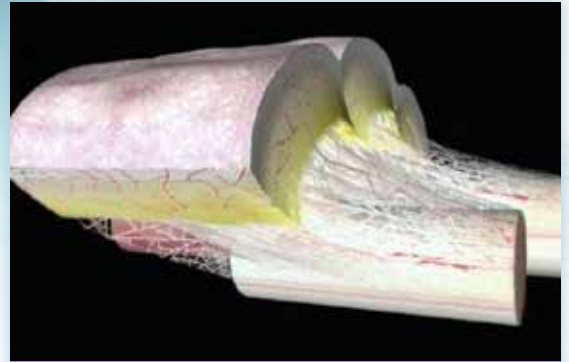
The viscoelastic quality of the fascial system causes it to resist a suddenly applied force. This explains why the "old form" of myofascial release, which was an attempt to force a system that cannot be forced, produced pain and limited results.

### 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.

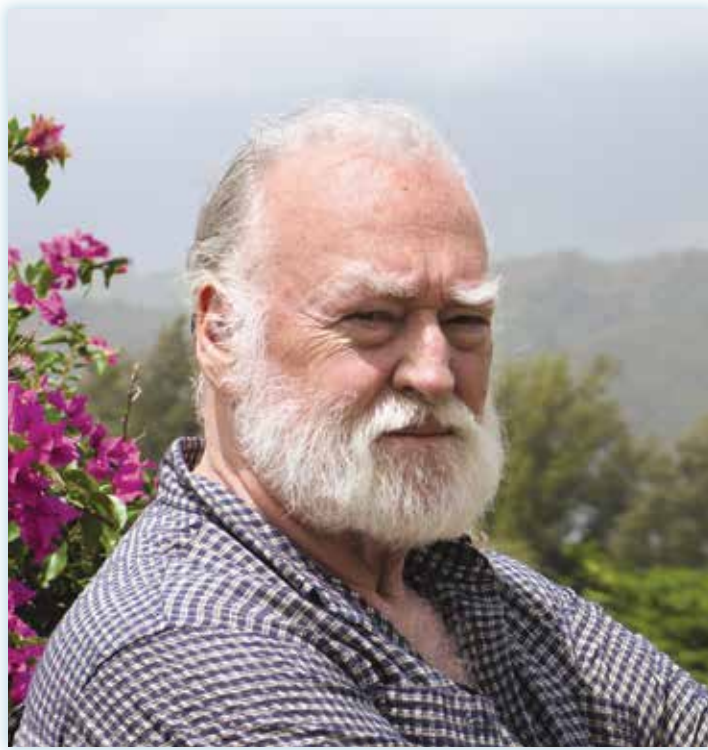
Our seminars are designed to be "hands-on" experiences. The seminars listed in this brochure all build upon one another providing a logical, step-by-step, comprehensive Approach for the treatment of pain, headaches and dysfunction. The Barnes' Myofascial Release Approach® is easily learned so that you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



*Fascia Photo by Permission of Dr J.C.Guiberteau*





# Myofascial Release

**John F. Barnes, PT, LMT, NCTMB**

*International lecturer, author  
and authority on Myofascial Release*

**John F. Barnes, PT, LMT, NCTMB**, is a therapeutic 'icon' considered to be a teacher of the highest caliber. He has been teaching Myofascial Release seminars for over 40 years and has trained over 100,000 therapists. The awareness of the effectiveness of Myofascial Release is spreading across the country!

## MYOFASCIAL RELEASE ENHANCES EVERYTHING YOU DO!

Research has shown that inflammation is an important part of the healing process, however, when inflammation has been thwarted it tends to solidify the ground substance of the fascial system which should be fluid. This then blocks healing and over time tends to continue to solidify into crushing restrictions that produce the symptoms that our clients/patients struggle with.

Other forms of therapy, massage, modalities and exercise do not engage the fascial restriction long enough to stimulate the phenomena of piezoelectricity, mechanotransduction, chaos, and phase transition which ultimately leads to resonance. Resonance is essential for the reduction of pain, increase in range of motion, and for authentic healing to occur. The stimulation of this phenomenon is significant and is quite different from what we have learned in the past. The following are the key components in changing and improving healthcare as we know it!

### PIEZOELECTRICITY

Piezoelectricity is a Greek word which means pressure electricity. It is a well-known fact that each of our cells are crystalline in nature. When you place pressure into a crystal it creates an electrical flow. The sustained pressure of my approach to Myofascial Release coupled with the essential time element creates a bioelectrical flow in our body, in other words, the motion of our mind which leads into mechanotransduction.

### MECHANOTRANSDUCTION

Mechanotransduction; sustained mechanical pressure can also create biochemical changes within our bodies. Importantly, Myofascial Release produces Interleukin 8, our bodies own natural anti-inflammatory agent.

### PHASE TRANSITION

These two occurrences, piezoelectricity and mechanotransduction dove tail together and then Phase Transition takes place. This is the phenomena of ice transforming into water. In our bodies a similar occurrence happens. The solidification of the ground substance becomes more fluid allowing the tissue to rehydrate and to glide taking crushing pressure (approximately 2,000 pounds per square inch) off of pain sensitive structures.

### CHAOS THEORY

Everything in traditional medicine and therapy insisted upon order and control. However, true growth and healing cannot occur in a controlled, orderly way.

“Systems Theory” states that nature goes through continuous periods of order, chaos, order, chaos, etc. It is in the “Chaotic Phase” that reorganization occurs. The system then returns to a higher level of order.



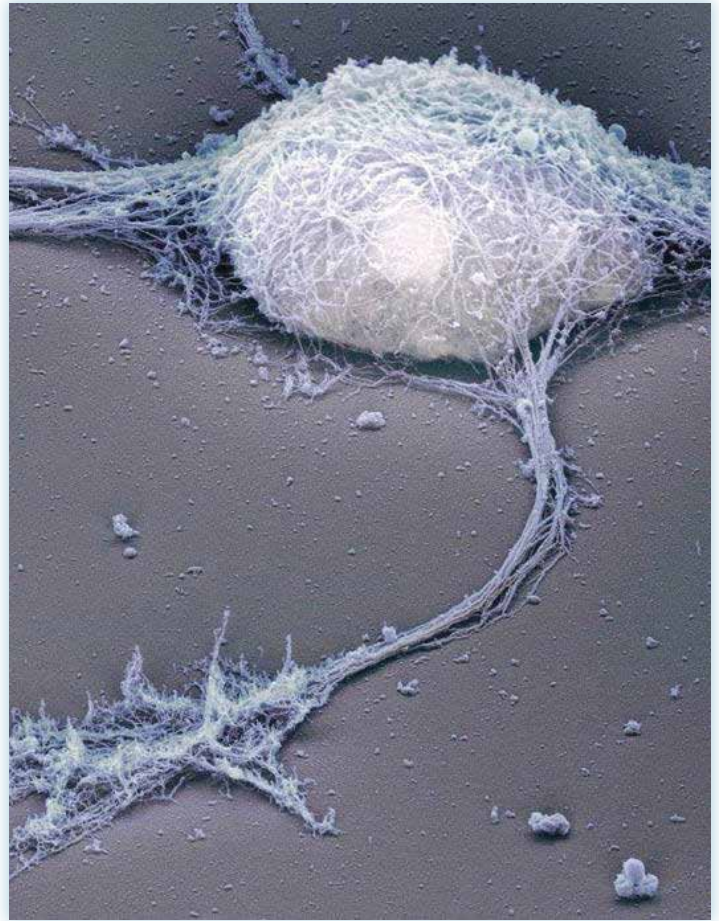
For Phase Transition to occur, there is a period of chaos when ice transforms into water or in our body for the solidified ground substance of the fascial system to transform into a more viscous/fluid state.

## RESONANCE

When one person touches another person their vibratory rates are quite different on the molecular level, however with sustained pressure at the fascial restriction, the vibratory rates will become identical creating resonance. Resonance is the very essence of my approach to Myofascial Release. This is what I call a "Release." Release occurs both in the cranial area and throughout the body. Resonance unfortunately does not occur in other forms of therapy due to the sheer fact that these other forms of therapy are too quick, hence providing only temporary results. The good news is that Myofascial Release coupled with other forms of therapy, exercise, massage, bodywork and energy techniques will enhance your effectiveness.

The effectiveness of Myofascial Release has created a large, unprecedented acceptance throughout the world. Science is now verifying the principles that I have been teaching for over 40 years. The importance of sustaining pressure at the restricted barrier to create "phase transition" is paramount for lasting results and stimulates the production of Interleukin 8 which is our body's natural anti-inflammatory. This begins to explain the profound results that one receives when Myofascial Release is performed.

## Nerve Cell



*Every nerve is embedded in and profoundly influenced by the Fascial System.*

## The Fractal Nature of a Desert Riverbed



## FRactal Theory

Much of what we have learned about the human being was based on incorrect linear information. The human being is not linear and doesn't respond to linear techniques. The Fascial System has a fractal nature that requires specific Myofascial Release principles for successful treatment.

# 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.**

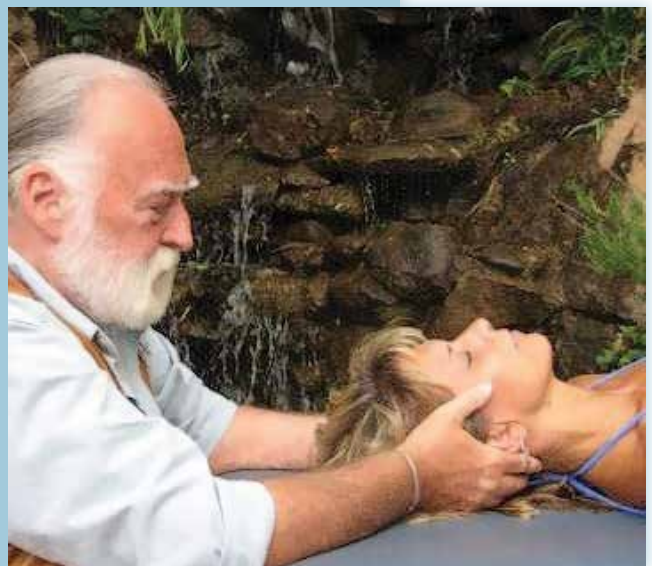
**20 Contact Hours**

## MYOFASCIAL RELEASE TECHNIQUES:

- Theory
- Anatomy of Fascia and Related Structures
- Whole Body Inter-Relationships
- Development of Palpation Skills
- Evaluation Procedures
- Lower Extremity Problems
- Sacral Float
- Lumbar-Pelvic Problems
- Anterior and 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

## THE FASCIAL CRANIUM

- Theory
- Headache Release
- Evaluation Problems
- 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/intuitive abilities and 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 40 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.

**– ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS –**



# MYOFASCIAL RELEASE I

## LOCATIONS AND DATES

### MYRTLE BEACH, SC

July 10-13 (1/2 days) 2014  
Hilton Hotel  
(843) 449-5000

### CHICAGO, IL

August 1-3, 2014  
Indian Lakes Resort  
(630) 529-0200

### PASADENA, CA

August 22-24, 2014  
Hilton Hotel  
(626) 577-1000

### NORWALK, CT

September 19-21, 2014  
Doubletree by Hilton  
(203) 853-3477

### LAS VEGAS, NV

Sept. 25-28 (1/2 days) 2014  
Alexis Park Resort  
(702) 796-3300

### CALGARY, ALBERTA

September 26-28, 2014  
Delta Bow Valley  
(403) 266-1980

### DAYTON, OH

October 10-12, 2014  
Crowne Plaza  
(937) 224-0800

### JACKSONVILLE, FL

October 17-19, 2014  
Hyatt Regency  
(904) 588-1234

### DALLAS, TX

November 14-16, 2014  
Marriott Las Colinas  
(972) 831-0000

### SACRAMENTO, CA

November 21-23, 2014  
Crowne Plaza  
(916) 338-5800

### SPRINGFIELD, MO

November 21-23, 2014  
Doubletree by Hilton  
(417) 831-3131

### MIAMI Area (Sunny Isles, FL)

Jan. 8-11 (1/2 days) 2015  
Newport Beachside Resort  
(305) 949-1300

### SEDONA, AZ

March 12-15 (1/2 days) 2015  
Poco Diablo Resort  
(928) 282-7333

### OKLAHOMA CITY, OK

March 20-22, 2015  
Sheraton Hotel  
(405) 235-2780

### HARRISBURG, PA

April 10-12, 2015  
Crowne Plaza  
(717) 234-5021

### KANSAS CITY, MO

April 10-12, 2015  
Embassy Suites  
(816) 756-1720

### OTTAWA, ONTARIO

April 24-26, 2015  
Courtyard by Marriott  
(613) 241-1000

### ATLANTIC CITY, NJ

May 8-10, 2015  
Tropicana Hotel  
(609) 340-4000

### MISSOULA, MT

May 29-31, 2015  
Holiday Inn  
(406) 721-8550

### CINCINNATI, OH

May 29-31, 2015  
Hyatt Regency  
(513) 579-1234

### WORCESTER, MA

June 5-7, 2015  
Beechwood Hotel  
(508) 754-5789

### LONG ISLAND, NY

June 19-21, 2015  
Hyatt Regency  
(631) 784-1234

### NIAGARA FALLS, NY

Aug. 6-9 (1/2 days) 2015  
Sheraton at the Falls  
(716) 285-3361

***"My schedule is booked way out, and the demand for Myofascial Release continues to grow."***



**Myofascial Restrictions**

***A 16 year old boy broke his right clavicle while skiing in Colorado. The first X-ray was taken in an emergency room that very day and the doctors recommended surgery with pins. The next day, he returned home, and I was asked by his family to see if Myofascial Release would help. After gentle Myofascial Release and spontaneous unwindings the child was able to sleep better that night with less pain and discomfort. The next morning the second X-ray was taken by the local orthopedic physician who recommended conservative therapy and rest. No surgery!***

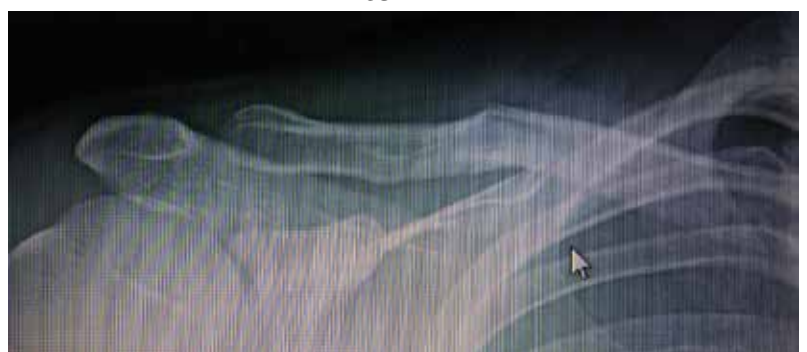
***Myofascial Release helps to enhance our healing potential in both acute and chronic pain. Thank you John for showing us the right direction!***

**- Peter Podbielski PT, DPT**

**Before MFR**



**After MFR**



# MYOFASCIAL UNWINDING

Prerequisite: Myofascial Release I™

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 Contact Hours

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

### MYRTLE BEACH, SC

July 14-16, 2014  
Hilton Hotel  
(843) 449-5000

### CHICAGO, IL

August 5-7, 2014  
Indian Lakes Resort  
(630) 529-0200

### LAS VEGAS, NV

September 29, 30,  
Oct. 1, 2014  
Alexis Park Resort  
(702) 796-3300

### DALLAS, TX

November 18-20, 2014  
Marriott Las Colinas  
(972) 831-0000

### MIAMI Area (Sunny Isles, FL)

January 12-14, 2015  
Newport Beachside Resort  
(305) 949-1300

### SEDONA, AZ

March 16-18, 2015  
Poco Diablo Resort  
(928) 282-7333

### KANSAS CITY, MO

April 14-16, 2015  
Embassy Suites  
(816) 756-1720

### ATLANTIC CITY, NJ

May 12-14, 2015  
Tropicana Hotel  
(609) 340-4000

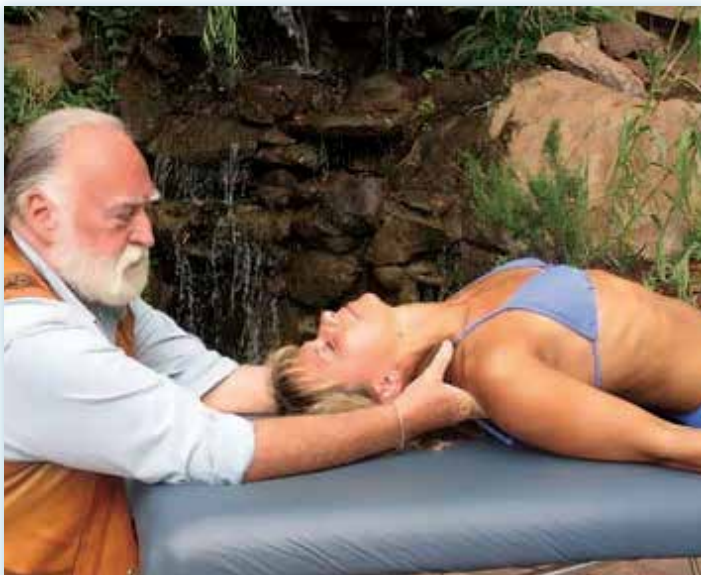
### CINCINNATI, OH

June 2-4, 2015  
Hyatt Regency  
(513) 579-1234

### NIAGARA FALLS, NY

August 10-12, 2015  
Sheraton at the Falls  
(716) 285-3361

*“I am eternally grateful for this work, for the MFR community, for the life changing skills I have learned, and of course, for John Barnes.”*



# MYOFASCIAL RELEASE II

Prerequisite: Myofascial Release I™

**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 Contact Hours**



## 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

### MYRTLE BEACH, SC

July 17-20 (1/2 days) 2014  
Hilton Hotel  
(843) 449-5000

### CHICAGO, IL

August 8-10, 2014  
Indian Lakes Resort  
(630) 529-0200

### LAS VEGAS, NV

Oct. 2-5 (1/2 days) 2014  
Alexis Park Resort  
(702) 796-3300

### DALLAS, TX

November 21-23, 2014  
Marriott Las Colinas  
(972) 831-0000

### MIAMI Area

(Sunny Isles, FL)  
Jan. 15-18 (1/2 days) 2015  
Newport Beachside Resort  
(305) 949-1300

### SEDONA, AZ

March 19-22 (1/2 days)  
2015  
Poco Diablo Resort  
(928) 282-7333

### KANSAS CITY, MO

April 17-19, 2015  
Embassy Suites  
(816) 756-1720

### ATLANTIC CITY, NJ

May 15-17, 2015  
Tropicana Hotel  
(609) 340-4000

### CINCINNATI, OH

June 5-7, 2015  
Hyatt Regency  
(513) 579-1234

### NIAGARA FALLS, NY

August 13-16 (1/2 days)  
2015  
Sheraton at the Falls  
(716) 285-3361

## MYOFASCIAL RELEASE IS SO INCREDIBLY IMPORTANT!

When Serena was 2 1/2 years old, she was given a diagnosis of hip dysplasia and a dislocated left hip. Surgeons rebuilt her left hip socket, after which time she spent almost 3 months immobilized in a Spica cast that stretched from her armpits to her ankles and, after a cast change, to her knees. Four months post-surgery this little girl was facing further aggressive surgery because her femur showed signs of moving out of the socket again. Upon the recommendation of her local therapist, a Myofascial Release practitioner, her parents brought Serena to our Myofascial Release Treatment Center, “The Sanctuary”, in Malvern, PA where she underwent a two week intensive treatment program,

including a combination of Myofascial Release, Neurodevelopmental training, and various movement re-education and facilitation techniques. Her treatment was such a success that aggressive surgery was avoided! Serena continues treatment with her local therapist along with a daily regimen of physical therapy and guided play to rebuild strength.

“ . . . the hip is “rock solid” and the orthopedic surgeon is very happy with the progress Serena has made . . . ” (Serena’s Father)

We wouldn’t be hearing news like this if it weren’t for all your hard work and that of your staff. Thank you, thank you! (Serena’s Mother)





# 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 Contact Hours



## TECHNIQUES FOR THE FASCIAL-PELVIS:

- Erector Spinae
- Sacro-Iliac Joints
- Lumbar Area
- Lower Extremities
- Quadratus Lumborum
- Pelvic Floor
- Psoas
- Sacrum

*“This work speaks for itself! We have never marketed or even created a website. Our patients and their family members advertise for us.”*

## LOCATIONS AND DATES

### DULUTH, MN

September 12-14, 2014  
Radisson Hotel  
(218) 727-8981

### SOUTH BEND, IN

September 26-28, 2014  
Site: Century Center  
Accommodations:  
Doubletree by Hilton  
(574) 234-2000

### HOUSTON, TX

October 10-12, 2014  
Holiday Inn Westchase  
(713) 532-5400

### SEDONA, AZ

Oct. 16-19 (1/2 days), 2014  
Site: Red Rock Memorial Lodge  
Accommodations:  
Sky Ranch Lodge  
(928) 282-6400

### NEW YORK, NY

October 24-26, 2014  
Holiday Inn Midtown  
(212) 581-8100

### CHARLOTTE, NC

Oct. 31 - Nov. 2, 2014  
Hilton Executive Park  
(704) 527-8000

### VANCOUVER, BC

November 7-9, 2014  
Holiday Inn Centre  
(604) 879-0511

### AUGUSTA, ME

November 14-16, 2014  
Senator Inn & Spa  
(207) 622-5804

### ATLANTA, GA

March 27-29, 2015  
Crowne Plaza Ravinia  
(770) 395-7700

### BEDFORD, PA

(Western MD Area)  
April 17-19, 2015  
Omni Bedford Springs  
(814) 623-8100

### SAN FRANCISCO, CA

May 1-3, 2015  
Holiday Inn Golden Gateway  
(415) 441-4000

### LAKEWOOD CO

(Denver Suburbs)  
May 15-17, 2015  
Holiday Inn  
(303) 980-9200

### MADISON, WI

June 12-14, 2015  
Radisson Hotel  
(608) 833-0100

### CLEVELAND, OH

June 12-14, 2015  
Doubletree Hotel  
(216) 241-5100

# CERVICAL-THORACIC

Prerequisite: Myofascial Release I™

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 Contact Hours



## LOCATIONS AND DATES

### CAPE COD, MA

September 11-14 (1/2 days) 2014  
Ocean Edge Resort  
(508) 896-9000

### SEDONA, AZ

February 19-22 (1/2 days) 2015  
Poco Diablo Resort  
(928) 282-7333

### OCEAN CITY, MD

July 16-19 (1/2 days) 2015  
Carousel Resort  
(410) 524-1000

## TECHNIQUES FOR THE CERVICAL-THORACIC:

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

# VACATION SERIES & SPECIALTY SEMINARS

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



**Myrtle Beach, SC** Enjoy a dose of Southern hospitality – Myrtle Beach style – as we introduce you to our 60 miles of sunny beaches, blue skies, and endless fun! Find your home away from home!

<b>Myofascial Release I</b> July 10-13 (1/2 days) 2014	<b>Myofascial Unwinding</b> July 14-16, 2014	<b>Myofascial Release II</b> July 17-20 (1/2 days) 2014	<b>Hilton Hotel</b> (843) 449-5000
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**Chicago, IL** The Premier Chicago Resort, just minutes outside of the Windy City. Treat yourself to a one-of-a-kind experience located on 225 rolling acres of championship golf, award-winning spa services, and fabulous cuisine.

<b>Myofascial Release I</b> August 1-3, 2014	<b>Myofascial Unwinding</b> August 5-7, 2014	<b>Myofascial Release II</b> August 8-10, 2014	<b>Indian Lakes Resort</b> (630) 529-0200
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**Cape Cod, MA** Rejoice in the freedom of being able to do exactly what you love- golf, tennis, swimming, dining, biking and relaxing on Cape Cod's beautiful beaches.

<b>Women's Health</b> September 4-7, 2014	<b>Myofascial Rebounding</b> September 8-10, 2014	<b>Cervical-Thoracic</b> September 11-14 (1/2 days) 2014	<b>Ocean's Edge Resort</b> (508) 896-9000
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**Las Vegas, NV** Enjoy the excitement of the casinos and all that Vegas has to offer!

<b>Myofascial Release I</b> Sept. 25-28 (1/2 days) 2014	<b>Myofascial Unwinding</b> Sept. 29-Oct.1, 2014	<b>Myofascial Release II</b> October 2-5 (1/2 days) 2014	<b>Alexis Park Resort</b> (702) 796-3300
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**Dallas, TX** From lush green spaces to innovative dining and memorable entertainment, **BIG** things happen in Dallas.

<b>Myofascial Release I</b> November 14-16, 2014	<b>Myofascial Unwinding</b> November 18-20, 2014	<b>Myofascial Release II</b> November 21-23, 2014	<b>Marriott Las Colinas</b> (972) 831-0000
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**Miami Area (Sunny Isles, FL)** Enjoy the warmth of the Florida sun, America's southernmost resort city and home to the exciting night life of "South Beach."

<b>Myofascial Release I</b> January 8-11 (1/2 days) 2015	<b>Myofascial Unwinding</b> January 12-14, 2015	<b>Myofascial Release II</b> January 15-18 (1/2 days) 2015	<b>Newport Beachside Resort</b> (305) 949-1300
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**Sedona, AZ** Enjoy the warmth of Sedona, one of the scenic wonders of the world!

<b>Women's Health</b> February 12-15, 2015	<b>Myofascial Healing</b> February 16-18, 2015	<b>Cervical Thoracic</b> February 19-22 (1/2 days) 2015	<b>Poco Diablo Resort</b> (928) 282-7333
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**Sedona, AZ** Adventure abounds in gorgeous Sedona, AZ. Jeep tours, balloon and helicopter rides, hiking and biking awaits you in the majestic 'Red Rock' Canyons.

<b>Myofascial Release I</b> March 12-15 (1/2 days) 2015	<b>Myofascial Unwinding</b> March 16-18, 2015	<b>Myofascial Release II</b> March 19-22 (1/2 days) 2015	<b>Poco Diablo Resort</b> (928) 282-7333
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**Kansas City, MO** A dynamic city with a vibrant arts scene, great restaurants, and an eclectic mix of shops. Take time to discover a blend of new and traditional favorites.

<b>Myofascial Release I</b> April 10-12, 2015	<b>Myofascial Unwinding</b> April 14-16, 2015	<b>Myofascial Release II</b> April 17-19, 2015	<b>Embassy Suites</b> (816) 756-1720
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**Atlantic City, NJ** Centered on the famous four-mile boardwalk. Atlantic City offers excitement of the casinos and the piers, which offer many kid-friendly alternatives with old-fashioned amusement rides and carnival games.

<b>Myofascial Release I</b> May 8-10, 2015	<b>Myofascial Unwinding</b> May 12-14, 2015	<b>Myofascial Release II</b> May 15-17, 2015	<b>Tropicana Hotel &amp; Casino</b> (609) 340-4000
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**Cincinnati, OH** One of the nation's most walkable cities. Enjoy the exciting nightlife, entertainment and fabulous riverside restaurants of the 'Queen City.'

<b>Myofascial Release I</b> May 29-31, 2015	<b>Myofascial Unwinding</b> June 2-4, 2015	<b>Myofascial Release II</b> June 5-7, 2015	<b>Hyatt Regency</b> (513) 579-1234
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Introductory Workshop

# 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 Contact Hours



## LOCATIONS AND DATES

<b>WINSTON-SALEM, NC</b> August 23 & 24, 2014 Hawthorne Inn (336) 777-3000	<b>LANCASTER, PA</b> September 20 & 21, 2014 Lancaster Marriott (717) 239-1600	<b>GRAND ISLAND, NE</b> September 27 & 28, 2014 Midtown Holiday Inn (308) 384-1330	<b>CORPUS CHRISTI, TX</b> October 4 & 5, 2014 Embassy Suites (361) 853-7899
<b>LA JOLLA, CA</b> (San Diego Area) November 8 & 9, 2014 Marriott Hotel (858) 587-1414	<b>PIERRE, SD</b> November 8 & 9, 2014 Best Western Ramkota (605) 224-6877	<b>AMARILLO, TX</b> February 28 & 29, 2015 Holiday Inn West (806) 322-4777	<b>MEMPHIS, TN</b> March 14 & 15, 2015 Holiday Inn (901) 525-5491
<b>ANCHORAGE, AK</b> March 28 & 29, 2015 Hilton Hotel (907) 272-7411	<b>MILWAUKEE AREA</b> (Brookfield, WI) March 28 & 29, 2015 Sheraton Hotel (262) 364-1100	<b>KENNEWICK, WA</b> (Tri-Cities Area) April 18 & 19, 2015 Red Lion Hotel (509) 783-0611	<b>GRAND RAPIDS, MI</b> May 30 & 31, 2015 Hilton Hotel (616) 957-0100

*“The Myofascial Mobilization Workshop taught me how to incorporate and utilize Myofascial Release techniques immediately with my patients and that everyone can benefit from myofascial mobilization techniques.”*

Introductory Workshop

# 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 Contact Hours

*“I have gained so many new treatment ideas during the Pediatric Myofascial Workshop. We spent the perfect amount of time in hands-on workshops that I have a good handle on how to perform these techniques correctly to get maximum results with my pediatric patients.”*

## LOCATIONS AND DATES

<b>WICHITA, KS</b> August 2 & 3, 2014 Hyatt Regency (316) 293-1234	<b>LONG ISLAND, NY</b> August 16 & 17, 2014 Hilton Melville (631) 845-1000	<b>ORLANDO, FL</b> (Kissimmee, FL) Sept. 13 & 14, 2014 Park Inn (407) 396-1400	<b>MINNEAPOLIS, MN</b> Sept. 27 & 28, 2014 Best Western (952) 854-8200	<b>ST. LOUIS, MO</b> (Clayton Area) October 25 & 26, 2014 Sheraton Plaza (314) 863-0400	<b>PHILADELPHIA, PA</b> November 8 & 9, 2014 Hampton Inn (215) 665-9100	<b>LAS VEGAS, NV</b> December 6 & 7, 2014 Alexis Park Resort (702) 796-3300
<b>PHOENIX AREA</b> (Tempe AZ) February 7 & 8, 2015 Embassy Suites (480) 897-7444	<b>DURHAM, NC</b> March 21 and 22, 2015 Hilton Hotel (919) 383-8033	<b>BERKELEY, CA</b> (San Francisco Area) March 28 & 29, 2015 (510) 548-7920	<b>BOSTON SUBURBS</b> (Wakefield, MA) April 18 & 19, 2015 Sheraton Colonial (781) 245-9300	<b>ELLICOTT CITY, MD</b> (DC/Baltimore Metro Area) May 16 & 17, 2015 Turf Valley Resort (410) 465-1500	<b>CHICAGO, IL</b> June 6 & 7, 2015 Marriott Midway (708) 594-5500	

# WOMEN'S HEALTH SEMINAR THE MYOFASCIAL RELEASE APPROACH

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

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 Contact Hours

**THIS FASCINATING INTERMEDIATE “HANDS-ON” SEMINAR WILL TEACH YOU IMPORTANT MYOFASCIAL RELEASE, VISCERAL RELEASE AND 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



**SOLID RIGHT OVARIAN MASS**

Release therapist the following day and subsequently completed 10 Myofascial Release sessions. When my wife had her second ultrasound performed, the cyst was completely gone! “No surgery” the doctor said. What a relief! Thank you John for bringing Myofascial Release to our lives!”

“My wife told me that she has a cyst on her right ovary and “ it does not look good”. During her routine ultrasound it was discovered that she had a dermoid cyst. The doctor suggested surgery to remove the whole right ovary. He warned us that solid cysts do not go away and that my wife would need surgery. My wife saw an advanced John F. Barnes’ Myofascial

**“John teaches this class with such a delightful mixture of tenderness, comedy, integrity and love.”**

**“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.”**

## LOCATIONS AND DATES

**CAPE COD, MA**  
September 4-7, 2014  
Ocean Edge Resort  
(508) 896-9000

**SEDONA, AZ**  
February 12-15, 2015  
Poco Diablo Resort  
(928) 282-7333

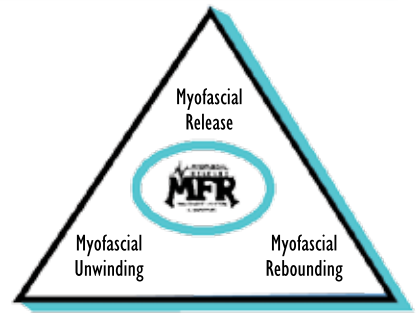
**OCEAN CITY, MD**  
July 9-12, 2015  
Carousel Resort  
(410) 524-1000



# MYOFASCIAL REBOUNding

Prerequisite: Myofascial Release I™

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 are an important combination acting as a powerful catalyst enhancing your effectiveness!



The Myofascial Triad

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

## LOCATIONS AND DATES

### CAPE COD, MA

September 8-10, 2014  
Ocean Edge Resort  
(508) 896-9000

### SEDONA, AZ

June 18-21 (1/2 days) 2015  
Poco Diablo Resort  
(928) 282-7333

### OCEAN CITY, MD

July 13-15, 2015  
Carousel Resort  
(410) 524-1000

*“I had always liked the idea of a whole body approach to treatment, but this is taking it to another level.”*

# ADVANCED MYOFASCIAL UNWINDING

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

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

## LOCATIONS AND DATE:

**East Coast!**

### NEW YORK, NY

August 22-24, 2014  
Holiday Inn Midtown  
(212) 581-8100

### SEDONA, AZ

June 25-28 (1/2 days) 2015  
Poco Diablo Resort  
(928) 282-7333

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

# SUBTLE ENERGY SEMINAR

## EXPAND YOUR SENSITIVITY AND AWARENESS!

**Presenter:** Dr. Margaret Fuhs, DNSc, RN; Transpersonal psychotherapist, healer and co-founder of the Institute for Therapeutic Touch.

We will be using the system of Therapeutic Touch as an energetic healing approach. 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. This important seminar can be taken as a separate course and it is highly recommended to be taken in conjunction with Myofascial Release III.

CEU's are not offered on the above mentioned seminars

## LOCATION AND DATES

### SEDONA AZ

October 19 & 20, 2014  
Site: Red Rock Memorial Lodge  
Accommodations: Sky Ranch Lodge  
(928) 282-6400

# MYOFASCIAL RELEASE III - "BEYOND TECHNIQUE"

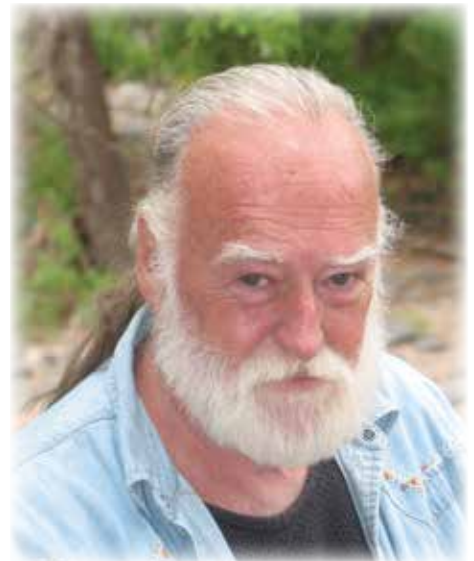
Dear Friends:

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.



*Empower Yourself!  
Develop Clarity,  
Tranquility, and  
Authentic Power.*

**Prerequisites:** Myofascial Release I, Fascial-Pelvis, Cervical-Thoracic, Myofascial Rebounding, Myofascial Unwinding, Myofascial Release II, Advanced Myofascial Unwinding, and a one week Skill Enhancement Seminar at either of our Myofascial Release Treatment Centers. The opportunity to work closely with you will help us in making final selections for the course. The structure, environment, prerequisites and cost of the seminar have been carefully calculated to admit only those that we feel are ready for this next evolutionary leap.

**Dates:** October 21-26, 2014

**Times:** Full and half days. Times will vary.

**Location:** Red Rock Memorial Lodge, Sedona, Arizona

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:** Sky Ranch Lodge (928) 282-6400 – Reserve Early!

**Price:** \$1800 or \$1495 if registered two 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.

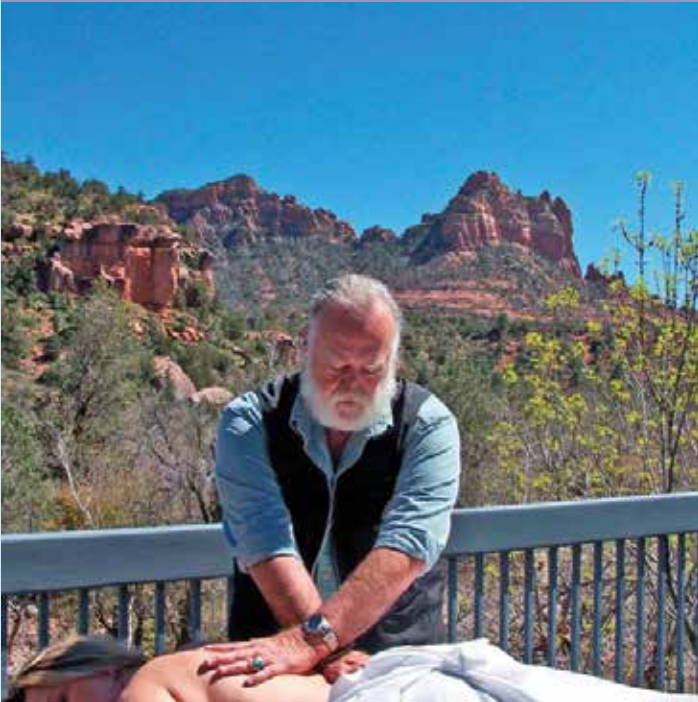
**Since it is essential to have a compatible group in attitude, openness and skill level, we reserve the right to accept only those that we feel are functioning at the proper level at this time.**

CEU's are not offered for this seminar.



# MYOFASCIAL HEALING SEMINAR

## A Seminar for the Patient and Therapist



**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.**

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

## LOCATIONS AND DATES

### SEDONA AZ

November 6-9 (1/2 days) 2014  
Site: Red Rock Memorial Lodge  
Accommodations: Sky Ranch Lodge  
(928) 282-6400

### WILMINGTON, DE

December 5-7, 2014  
Doubletree Hilton  
(302) 478-6000

### SEDONA, AZ

February 16-18, 2015  
Poco Diablo Resort  
(928) 282-7333

### SEDONA, AZ

June 22-24, 2015  
Poco Diablo Resort  
(928) 282-7333

### CHICAGO, IL

August 28-30, 2015  
Indian Lakes Resort  
(630) 529-0200

## FOR THE PATIENT

The Myofascial Healing Seminar will teach you how to “treat” yourself and is designed to help those wanting to enhance their progress and take a quantum leap in their healing. Through lectures and workshops patients will learn how to help eliminate their pain and energize their body. Send your patients/clients to the Myofascial Healing Seminars to enhance their treatment response, cut their healthcare costs and provide a way of helping them to continue to heal.

## FOR THE THERAPIST: HEAL YOURSELF

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

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

**“After suffering with 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.”**



**To Register See Page 19**

# SKILL ENHANCEMENT SEMINAR

Prerequisite: Myofascial Release I™

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.



Therapists who attend the Skill Enhancement Seminar can incorporate the knowledge and skills learned at our off-site educational seminars in a clinical setting that specializes in Myofascial Release. The value of individual, private instruction on Myofascial Release techniques with actual patients, as well as receiving private treatment, serves to be a comprehensive and an invaluable instructional experience. Immediate and personal feedback will be offered to the participating therapist. Questions will be addressed in a timely and productive fashion throughout this week long seminar.

## 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.

**Enrollment in the Skill Enhancement Seminar is limited. We only accept four therapists per week to ensure personal and direct guidance. Booking in advance is recommended.**



*“The Sanctuary” - Malvern, PA*



*“Therapy on the Rocks” - Sedona, AZ*

- Learn how a successful Myofascial Release Treatment Center operates in terms of patient flow, variety, and frequency of treatments.
- Examine how a patient’s progress is influenced by varying frequency of treatments.
- Observe the unique styles of our therapists and instill confidence and cultivate your own distinct therapeutic abilities.

*“The Skill Enhancement Seminar is a very positive and rewarding experience. I felt very comfortable and welcome. The openness and feedback from the team of therapists was much appreciated. I have a lot more self confidence about practicing Myofascial Release with my clients and about myself.”*

*“What an enjoyable and significant learning experience. There was no pressure and it was so important to receive the personal supervision for refinement of my skills.”*



# 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 that is 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 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 are all within a short drive.



## “THE SANCTUARY”

42 Lloyd Avenue, Malvern, PA, 19355

I-800-FASCIAL (327-2425) • 610-644-0136, 610-644-1662 fax

Malvern@myofascialrelease.com

## OUR MISSION IS TO RETURN YOU

- 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
- 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. The Western Center 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.

Sedona’s majestic Red Rock Canyons lie nestled between the beauty of the Grand Canyon, just a 2 hour drive north, and the cosmopolitan 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 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)

## TO A PAIN FREE, ACTIVE LIFESTYLE!

- Neurological Dysfunction
- Chronic Pain
- Migraines

- Chronic Fatigue Syndrome
- Carpal Tunnel
- Adhesions

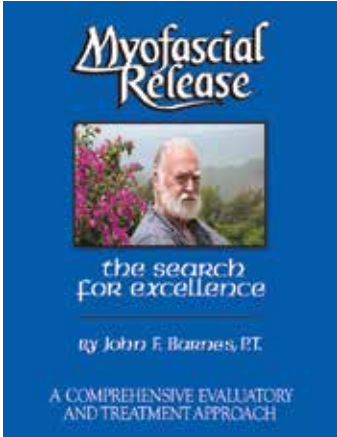
- Neck Pain
- Scoliosis
- Sciatica

- Interstitial Cystitis
- Lymphedema
- Problematic Breast Implant/Reduction Scars

- Menstrual Problems
- Urinary Frequency

- Coccydynia (tail bone pain)
- Adhesions
- Episiotomy Scars

# MYOFASCIAL RELEASE MERCHANDISE



## MYOFASCIAL RELEASE: THE SEARCH FOR EXCELLENCE® BY JOHN F. BARNES

This historic work is thorough with numerous clear and concise illustrations that will guide you to the high level of excellence you strive for in your quest for Mastery. This definitive book represents a culmination of 40 years of experience and points the way to the future of healthcare. This

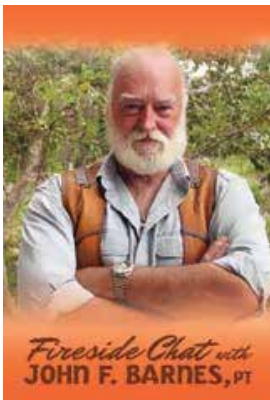
fascinating book will help you to understand Myofascial Release in its evaluation and treatment aspect and show you how to implement Myofascial Release into your current practice. \$69.95



## HEALING ANCIENT WOUNDS: THE RENEGADE'S WISDOM® BY JOHN F. BARNES

The enjoyable and important book, "Healing Ancient Wounds: The Renegade's Wisdom," was designed to help you expand your abilities, therapeutic awareness and to assist you on your journey as an intuitive therapeutic artist. This intriguing book was also written for your patients/

clients to educate, motivate and inspire them to accelerate, deepen and enhance their treatment response. \$49.95



## "FIRESIDE CHAT" DVD BY JOHN F. BARNES

The Fireside Chat DVD with John F. Barnes, PT will give the viewer a chance to gain an inside look at John F. Barnes' perspective on the principles and methods employed in his Myofascial Release Approach. \$49.95

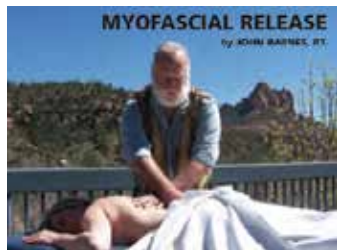


## WHAT'S IN YOUR WEB?

### Stories of fascial freedom by Phil Tavolacci, MSPT, PT.

Phil Tavolacci has written a fascinating and important new Myofascial Release book titled, What's In Your Web? As a beginner or advanced Myofascial Release therapist you will resonate deeply with this enjoyable & informative book. All patients and clients will learn how Myofascial Release is important in their return to a pain free, active lifestyle. WHAT'S IN YOUR WEB? is truly inspirational!

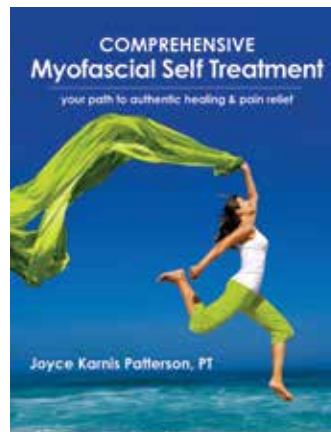
-John F. Barnes, PT  
\$24.00



## MYOFASCIAL RELEASE & MYOFASCIAL FREEDOM DVD SET BY JOHN F. BARNES

John F. Barnes, PT discusses the theory, anatomy, and function of the Myofascial system

with demonstrations in evaluation and treatment techniques for decreasing pain, headaches, and restoring motion. The Myofascial Freedom DVD is designed to teach therapists and their patients Myofascial Release self-treatment techniques, Myofascial Unwinding techniques and a home exercise Myofascial Freedom flexibility program. \$159.90



## COMPREHENSIVE MYOFASCIAL SELF TREATMENT BOOK

### By Joyce Karnis Patterson, PT.

Find your path to authentic healing and pain relief. A compilation of self-treatment strategies used in the John F. Barnes' Myofascial Release Approach, empowering individuals seeking to eliminate pain, restore flexibility and function. \$35.00

TO ORDER... CALL 1-800-FASCIAL

# REGISTRATION INFORMATION

Register For Any Three Seminars and Receive **\$300 OFF!**

- Myofascial Release I
- Fascial-Pelvis Myofascial Release
- Cervical-Thoracic Myofascial Release
- Myofascial Unwinding
- Myofascial Release II
- Myofascial Rebounding
- Advanced Myofascial Unwinding  
\$750 for each seminar or  
\$695 if registered 2 weeks  
prior to seminar date

- Women's Health Seminar:  
The Myofascial Release Approach  
\$1,000 for each seminar or  
\$895 if registered 2 weeks  
prior to the seminar date

- Myofascial Mobilization Workshop
- Pediatric Myofascial Release Workshop
- Subtle Energy  
\$450 for each seminar or  
\$395 if registered 2 weeks  
prior to seminar date

- Myofascial Healing Seminar  
\$550 or \$495 if registered 2 weeks  
prior to seminar date  
\$395 per person when 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.

### 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 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:

Registration fees, travel and lodging expenses incurred by a taxpayer while attending a convention or seminar 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"/> Advanced Myofascial Unwinding |
| <input type="checkbox"/> Myofascial Unwinding  | <input type="checkbox"/> Myofascial Mobilization       |
| <input type="checkbox"/> Myofascial Release II | <input type="checkbox"/> Pediatric Myofascial Release  |
| <input type="checkbox"/> Fascial-Pelvis        | <input type="checkbox"/> Women's Health Seminar        |
| <input type="checkbox"/> Cervical-Thoracic     | <input type="checkbox"/> Myofascial Healing            |
| <input type="checkbox"/> Myofascial Rebounding | <input type="checkbox"/> Subtle Energy                 |

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Signature \_\_\_\_\_

Name \_\_\_\_\_

Professional Initials: \_\_\_\_\_  
(Type of therapist, PT, LMT, OTR/L etc. or for the Healing Seminar, what is your occupation?)

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

Enclosed is my check (U.S. Funds only) payable to:

**MFR Seminars**

**42 Lloyd Avenue,**

**Malvern, PA 19355**

**1-800-FASCIAL (327-2425)**

Fax Form to 610-644-1662



Web Site: [www.myofascialrelease.com](http://www.myofascialrelease.com) • Email: [seminars@myofascialrelease.com](mailto:seminars@myofascialrelease.com)