



John F. Barnes' *Myofascial Release* Approach®

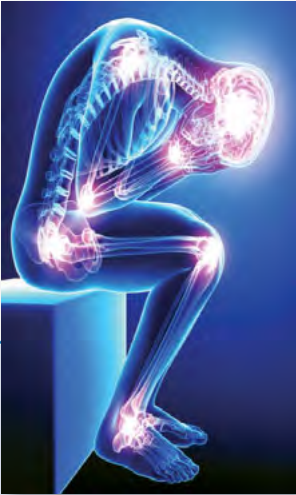
# A WORD TO PATIENTS AND THERAPISTS:

Myofascial Release Treatment Centers and Seminars sole purpose is to assist individuals in their desire to live a pain-free, active lifestyle. We also educate therapy professionals and patients in this unique and highly effective hands-on Approach. Our success rate is quite impressive with patients who have failed to improve with traditional medicine, therapy or surgery.

## DEAR PATIENTS:

This brochure will help you understand the significant benefits of Myofascial Release. John F. Barnes, PT has two facilities to assist patients on their journey to optimum health. Our Centers are conveniently located on the East and West coasts and are staffed by the most highly skilled therapists who have been personally trained by John F. Barnes, PT. Many of our patients have spent a lot of money and valuable time trying to get well. You may have experienced undue pain and frustration and feel like you have been led down a blind alley receiving only temporary results. Let us assist you on your journey to a pain-free, active lifestyle!

**Patients, we welcome you to join us this year at one of our most unique seminars, Myofascial Healing.** This seminar was designed over 10 years ago with the patient in mind. Learn self-treatment techniques and the theory behind the John F. Barnes' Myofascial Release Approach®. We are pleased to offer this extraordinary seminar in Sedona, AZ and Wilmington, DE in 2016—see page 9 for details.



## THERAPISTS:

We encourage you to use this brochure as a teaching tool for your patients and as an incentive to plan your upcoming 2016 schedule. This brochure offers details on Myofascial Release III, “Beyond Technique,” which is scheduled for October 18–23, 2016, in Sedona, AZ. Remember, a true master continues to learn and attend classes. Revitalize yourself and your career by attending the specialty seminars in this brochure.

**Repeat ANY seminar at half price!**

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## **MYOFASCIAL RELEASE INSIGHT** **UNLOCK THE QUESTIONS YOU HAVE** **ABOUT MYOFASCIAL RELEASE AND** **JOIN US ON FACEBOOK!**

We welcome and encourage therapists and patients to connect with us on Facebook. We can be found under “John F Barnes” and we also have a private Facebook group called “MFR Insight” formerly MFR Talk. We created these pages so therapists and patients can network and share with other Myofascial Release enthusiasts. This group is open to anyone interested in learning more about the John F. Barnes Myofascial Release Approach®.

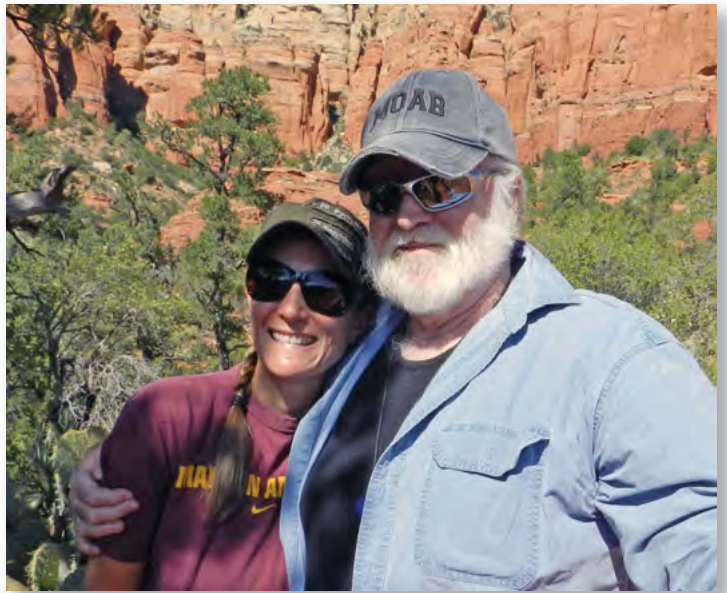
Feel free to share your insights, thoughts and comments to help spread the word on Myofascial Release.

Link to our Facebook profile: (<https://www.facebook.com/profile.php?id=100009467368110>)

Link to our group, MFR Insight: (<https://www.facebook.com/groups/919187738175898>)

### **Recent Post on** **“MFR Insight”**

With each seminar (that I am lucky enough to assist with) my intention is always to support each participant in developing their skills as a professional and diving into their "stuff" as a person, to the best of my ability. John teaches us to treat ourselves, but also states there are times that you just need the help of another therapist. My channel 5 mind would just not give up on figuring



"it" out. Knowing this, my intention was to brighten my internal light, raise my energy, free myself from the weight and release myself from the guilt. It was easy to let go of the outcome on such a ridiculously tall order. With no expectations I set those high intentions just the same. Now that I am home and reflecting on my time in Sedona everything that I asked for I have received greater than I could have imagined.

John Barnes seminars are nourishment for my soul. He and my MFR family are my in-the-flesh guardian angels. I stand firmly and strongly in that belief. And with great awareness, the truth of that fact is more and more evident with time and tangible experience.

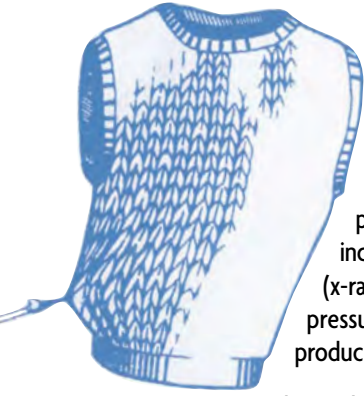
If you are not taking or repeating John's classes you are simply not taking advantage of a life changing gift. No he doesn't pay or encourage me to say this. I simply can't help it.

With love and light.

**Mya R, PT, DPT, Phoenix, AZ**

## DEAR MYOFASCIAL RELEASE PATIENTS:

We Encourage You To Discover Myofascial Release, the Most Effective Form of Therapy in the History of Healthcare! Those of you who have already tried Myofascial Release can attest to the profound benefits of this Approach.



Health professionals have ignored the importance of an entire physiological system, the fascial system that profoundly influences all other structures of the body. This glaring omission has severely restricted your ability to relieve your symptoms and to heal.

Trauma and inflammatory responses create myofascial restrictions that can produce crushing tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in any of the standard tests (x-rays, myelograms, MRI's, CAT scans, electromyography, etc.) This enormous pressure acts like a "straightjacket" on muscles, nerves, blood vessels and bones producing the symptoms of pain, headaches and restriction of motion.

The medical approach is to medicate patients so they temporarily are free from pain, but it does nothing about the "straightjacket" of pressure that is causing the pain. Traditional physical, occupational, and massage therapy, acupuncture, chiropractic and other forms of therapy treat the symptoms caused by the "straightjacket" effect of a restricted myofascial system, but does nothing about the "straightjacket" of pressure that causes and perpetuates the symptoms. This is why so many patients have only temporary results and never seem to get better with traditional therapy.

Only the John F. Barnes' Myofascial Release Approach® treats the entire myofascial complex eliminating the pressure caused by the restricted myofascial system (the straightjacket) that creates the symptoms. We treat patients from all over the world with Myofascial Release when medicine, surgery, traditional therapy or massage did not produce the desired results.

## MYOFASCIAL RELEASE UTILIZES THE FRACTAL PRINCIPLES OF NATURE



# MYOFASCIAL RELEASE TREATMENT PROGRAMS

## COMPREHENSIVE INTENSIVE PROGRAM

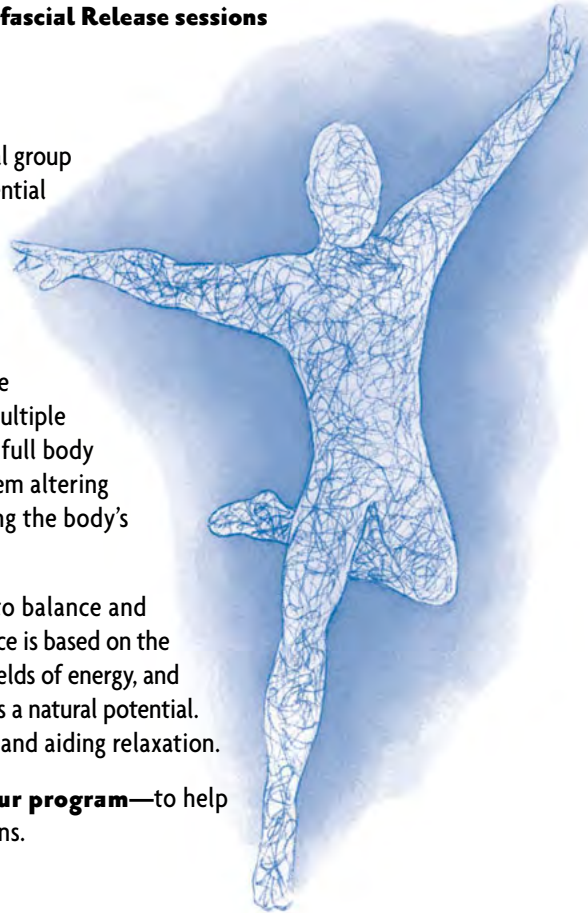
Individualized program specifically designed to overcome chronic pain and mobility issues. The Comprehensive Intensive Program is a two to four week concentrated program that includes three key elements: Evaluation, Hands-on Myofascial Release Treatment and Instruction in our Home Self Treatment Program.

### ◆ EVALUATION INCLUDES:

- Whole body evaluation
- Range of motion and flexibility testing
- Hands-on whole body assessment for fascial restrictions

### ◆ TREATMENT INCLUDES:

- **A team of diverse and multi-talented Myofascial Release therapists** will discuss and review daily each patient's individual condition and progress. All therapists on staff have been trained personally by John F. Barnes, PT. Each therapist on staff possesses their own distinctive healing gifts. This team approach combines talents and skills to exclusively meet your personal needs.
- **One-on one, personalized hands-on Myofascial Release sessions** with our compassionate and caring therapists.
- **Multiple sessions per day.**
- **Inner Journey Workshop**—a small personal group setting designed to improve your healing potential by enhancing your awareness in your body via discussion and guided imagery.
- **Myofascial Unwinding Workshop**—a chance to experience and take part in the movement component of myofascial release (unwinding) in a small intimate session with multiple therapists. The unwinding process allows for full body three-dimensional release of the fascial system altering habitual muscular responses, and accelerating the body's inherent self correcting mechanism.
- **Therapeutic Touch**—a one hour session to balance and promote the flow of human energy. The practice is based on the assumptions that human beings are complex fields of energy, and that the ability to enhance healing in another is a natural potential. Therapeutic Touch is useful in reducing pain, and aiding relaxation.
- **Re-evaluation at the conclusion of your program**—to help measure progress and make recommendations.



## OUR GOAL IS TO RETURN YOU TO A PAIN-FREE, ACTIVE LIFESTYLE!

## ADDITIONAL TREATMENT PROGRAMS

In addition to the Comprehensive Intensive Treatment Program which is two to four weeks in duration, we are pleased to offer several less concentrated programs which allow less involved patients to experience Myofascial Release. We encourage patients that either reside and/or are visiting the Philadelphia or Sedona areas to contact us to set up an appointment for Myofascial Release or massage.

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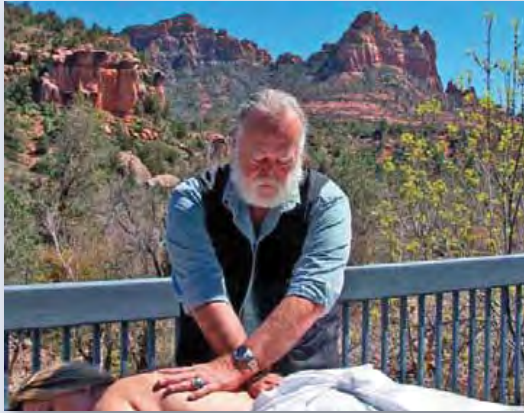
### The “Sanctuary”—Malvern, PA



**Our Local Program:** Experience Myofascial Release treatment tailored to individual needs following a thorough full body initial evaluation to locate the cause of your problem. Included is our Myofascial Freedom home self-treatment program designed to teach you effective ways to treat yourself at home. Also, bask in the soothing warmth of our complimentary infrared sauna and whirlpool. This program is designed to help our patients return to a pain free, active lifestyle.

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### "Therapy on the Rocks"—Sedona, AZ



**Experience a Myofascial Release session on one of our spectacular decks!**

**Deluxe Relaxation Program:** This half day of pampering includes our soothing creekside whirlpool followed by a half hour ‘Fascial Facial’ and a half hour of ‘Therapeutic Touch’ with Aroma Therapy. Finish the day with a full hour introduction to Myofascial Release treatment and moist heat or cold pack treatment while listening to a “glowing” relaxation CD.

**On the Rocks Experience:** Led by John F. Barnes, PT, this powerful, effective and one of a kind group experience will take place outside in some of Sedona’s most beautiful Red Rock Canyons and vortexes. Learn self enhancement and personal growth exercises, be treated outside and encounter a profound mind/body experience.

# THERAPY FOR THE THERAPIST

Feeling tired and burned out? Are you always the care-taker?

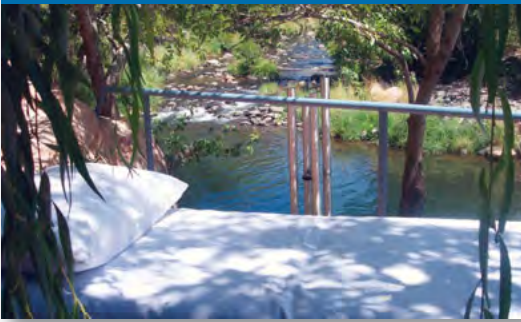
Do you want to develop skills and confidence to provide consistent results for your patients?

“THERAPY FOR THE THERAPIST” Program is designed specifically for you!

Offered onsite at The “Sanctuary” in Malvern, Pennsylvania and at “Therapy on the Rocks” in Sedona, Arizona, this unique and one-of-a kind program meets the needs of 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 ON THE ROCKS”—SEDONA, AZ



THE “SANCTUARY”—MALVERN, PA



## 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!**

*My 56 year old knees don’t creak and ache anymore, my neck range of motion improved, my pelvis is level and my shoulders aren’t mistaken for earrings anymore! I feel like a kid again with more energy to devote to my patients, my business and the people I love.*

*I admire the relaxing and peaceful setting of your new Myofascial Release Center, the ‘Sanctuary’. The treatment rooms were spacious and comfortable with gorgeous views of woodlands, decorated with inspirational art, a soft robe, moist heat or ice after treatments, and great music. **The infra-red sauna and hot tub were divine!** And the beautiful rock walls and leather sofas were so inviting and luxurious; it was hard to leave at the end of each day.*

*I have been working in physical therapy for 20 years, but never invested 100% of my time and energy toward healing myself, until this ‘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**

# 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.

To be taken soon  
after completing  
**MYOFASCIAL RELEASE I**



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 F. 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.**

### “THERAPY ON THE ROCKS”—SEDONA, AZ



*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.*

### THE “SANCTUARY”—MALVERN, PA



- ◆ 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.





## MYOFASCIAL HEALING SEMINAR

### DESIGNED SPECIFICALLY 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 bodies.

### 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. Encourage your patients/clients to attend the Myofascial Healing Seminars to enhance their treatment response, cut their healthcare costs and provide a way of helping them to continue to heal.

**THE MYOFASCIAL HEALING SEMINAR WILL GUIDE YOU TO THE DEPTHS OF YOUR ESSENCE FOR AUTHENTIC HEALING.**

*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.*

### LOCATIONS AND DATES

#### WILMINGTON, DE

**APRIL 22-24, 2016**

Doubletree Hilton  
(302) 478-6000

**East Coast!**

#### SEDONA, AZ

**JUNE 20-22, 2016**

Poco Diablo Resort  
(928) 282-7333

#### SEDONA, AZ

**OCTOBER 6-9, 2016 (1/2 DAYS)**

Site: Red Rock Memorial Lodge  
Accommodations: Sky Ranch Lodge  
(928) 282-6400

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

# THE “SANCTUARY”

## 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 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 are all within a short drive.

### THE “SANCTUARY”—MALVERN, PA



#### THE “SANCTUARY”

42 Lloyd Avenue, Malvern, PA, 19355

1-800-FASCIAL (327-2425) ♦ 610-644-0136 tel ♦ 610-644-1662 fax  
malvern@myofascialrelease.com

## OUR MISSION IS TO RETURN YOU

- Back Pain
- Headaches
- Fibromyalgia
- Neurological Dysfunction
- Chronic Fatigue Syndrome
- Neck Pain
- Jaw Pain (TMJ)
- Sports Injuries
- Myofascial Pain Syndrome
- Chronic Pain
- Carpal Tunnel
- Scoliosis
- Disc Problems
- Whiplash
- Infants/Children
- Migraines
- Adhesions
- Sciatica

# “THERAPY ON THE ROCKS”

## WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

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”—SEDONA, AZ



### “THERAPY ON THE ROCKS”

676 North Highway 89A ♦ Sedona, AZ 86336

928-282-3002 ♦ 928-282-7274 fax

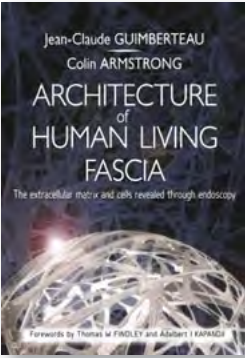
[sedona@myofascialrelease.com](mailto:sedona@myofascialrelease.com) ♦ [therapyontherocks.net](http://therapyontherocks.net)

## TO A PAIN FREE, ACTIVE LIFESTYLE!

- Pelvic Floor Pain & Dysfunction
- Mastectomy Pain
- Vulvodynia
- Interstitial Cystitis
- Menstrual Problems
- Coccydynia (tail bone pain)
- Urinary Incontinence
- Painful Intercourse
- Endometriosis
- Lymphedema
- Urinary Frequency
- Adhesions
- Infertility problems
- Urinary Urgency
- Painful Scars
- Problematic breast implant/reduction scars
- Episiotomy Scars

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

## NEW PRODUCTS!



### ARCHITECTURE OF HUMAN LIVING FASCIA— by JEAN-CLAUDE GUIMBERTEAU

A picture is worth a thousand words! The decades of research by Dr. Guimberteau, French hand surgeon, has just published a new groundbreaking book, *Architecture of Human Living Fascia*, the extracellular matrix and cells revealed through endoscopy. This book is essential for every therapist and physician. The importance of the fascial system is verified utilizing incredibly vivid images and theoretical discussions.

**\$75.00—To order visit ([www.myofascialrelease.com](http://www.myofascialrelease.com))  
or call 1-800-FASCIAL (327-2425)**



### TOUCHING LIGHT—by Ronelle Wood

You have inside of you a cloak of gossamer connective tissue that surrounds and supports *everything* and functions like fiber optics. This tissue is called fascia. My intent in writing this book has been to share my knowledge of what actually works in the prevention and treatment of pain, injury, and joint deterioration. After reading this, you will know the power you have to self-heal and to maintain your vitality.

**\$20.00—To order call 1-800-FASCIAL (327-2425)**

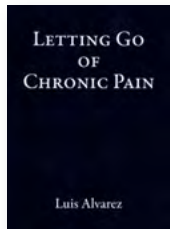
### THE WISDOM OF MYOFASCIAL RELEASE INSPIRATION CARDS— by Karla Quello, LMT



Experience the wisdom of John Barnes brought to life in this deck of inspirational cards. Explore his wisdom through 39 beautifully designed cards. Each one captures

this profound knowledge and principles of Myofascial Release. Discover the wisdom that is shared throughout the John F. Barnes Myofascial Release Seminars. These nuggets of inspiration have become known as "Johnisms" and now for the first time experience them all in the palm of your hands.

**\$25.00—To order call 1-800-FASCIAL (327-2425)**



### LETTING GO OF CHRONIC PAIN—by Luis Alvarez, MT

This inspirational and practical book discusses lessening chronic pain utilizing T'ai Chi and Myofascial Release principles. It is intended for the general public, as well as health practitioners. Luis Alvarez's book can be purchased directly from his website at: ([www.sedonasamurai.com](http://www.sedonasamurai.com)).

### ULTRA-COTTON T-SHIRTS

Colors: Lavender or Teal

Sizes: S, M, L, XL

Price: **\$15.00**

To order visit ([www.myofascialrelease.com](http://www.myofascialrelease.com))  
or call 1-800-FASCIAL (327-2425)





## REACH YOUR FULL POTENTIAL!

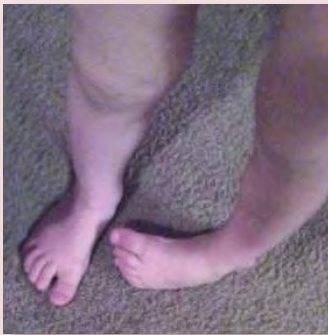
We all spend a lot of time, effort, and money on our education only to find out that unfortunately results from traditional and alternative therapy only produce limited or short term results.

You, your patients/clients and professions deserve so much more! Myofascial Release achieves long term and lasting results.

***“No matter how far you have travelled down the wrong road . . . turn around!”***

I was contacted by a very concerned young mother who had taken her 2 year old son to a few doctors for what looked like club-foot symptoms on his left foot. This was a sudden onset with no known precipitating trauma. Doctors ran many tests and x-rays which all came back negative. The mother was referred for Myofascial Release.

For the first half hour, the 2 year old was very agitated and was clinging to his mom for dear life. His mom offered to help calm him down by breastfeeding him. I asked if I can work on his legs and hips while he was feeding, mother happily agreed. He then started to do some beautiful unwinding; John always says kids are natural unwinders! After about 20 minutes of unwinding and about 5 minutes of structural myofascial release hip work, we were finished. It was one of the most beautiful, therapeutic experiences. When the session was over, there was a slight improvement in the club-foot like symptoms. A few hours later, the mother was thrilled and relieved to report that his foot and leg had returned to their natural position. She is now a strong believer in the power of Myofascial Release! —*Mateo G. LMT., Toledo, Ohio*



**BEFORE**



**AFTER**

“I’m very pleased with the outcome! Levi had suddenly developed a very noticeable pronation onto his outer left foot with it angled inwards almost perpendicular to his right foot and after x-rays determined there were no breaks or fractures we subsequently spent three days unsure of our next step and how it would resolve. Three days after he first developed his gait issue, with no sign of it resolving on its own, he had his first myofascial release treatment with Mateo and within 3–4 hours it was as if he’d never had any issues with his foot. He was back to standing and walking completely normal, feet pointed straight, bearing weight on the entire foot. It has been almost exactly a week since his first appointment and he continues to walk without any issue!” —*Shelley, Levi’s mother*

# THE PHYSIOLOGICAL EFFECTS OF MYOFASCIAL RELEASE



Fascia Photo by Permission of Dr. JC Guimberteau

Science is beginning to catch up to the principles of Myofascial Release that I have been teaching for over 40 years. The art of Myofascial Release is the ability to find the individuals unique restrictions and then incorporating the important time factor so that the phenomena of piezoelectricity, mechanotransduction, phase transition which ultimately leads to resonance or release.

**The following selections were condensed by Val McGraw, Chief Physical Therapist & Clinic Manager of the “Sanctuary” Myofascial Release Treatment Center in Malvern, PA.**

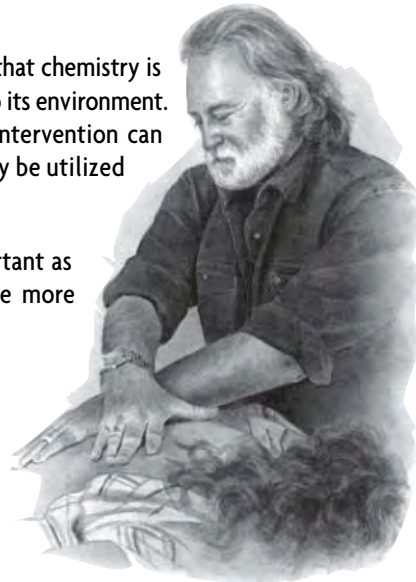
There is an exciting new study that came out on January 25, 2016 that backs up the work pioneered and refined over the past four decades by John F. Barnes, PT, namely the Myofascial Release Approach™. This study, “Newfound Strength in Regenerative Medicine” published in the journal proceedings of the National Academy of Sciences proposes that mechanically-driven therapies (such as Myofascial Release) could one day replace or enhance drug and gene based treatments.

Scientists specializing in mechanobiology at Harvard University are studying how the body’s physical forces and mechanics impact development, health, and the prevention and treatment of disease. Their new study suggests that mechanically-driven therapies that use direct physical stimulation could replace or enhance drug and cell-based regenerative treatments.

Until now, the world of medicine has been dominated by theories that chemistry is the main influential factor in regulating the body and its response to its environment. The results of the new study show how direct and mechanical intervention can influence the biological processes of the body and can potentially be utilized to improve treatment outcomes.

What this all boils down to is that mechanical forces are as important as biological regulators as chemicals and genes and potentially are more expeditious in the treatment of injuries!

Mechanotransduction is the biological process where cells sense and respond to mechanical loads. This process occurs when the body converts mechanical loading into cellular responses. This phenomenon is the important unique factor that separates the John F. Barnes’ Myofascial Release Approach® from all other types of therapeutic interventions, not only by its mechanism, but by its physiologic consequence and the level of effectiveness in creating lasting, beneficial change throughout the body. The manual compressive and shear forces employed by Myofascial Release Approach® therapists are precisely optimal to produce the specific effects that occur with mechanotransduction on a cellular level, specifically creating the environment for signaling to occur within the cells that lead to remodeling of the matrix which eventually allows for restoration of homeostasis and balance within the human body.



Interestingly enough, Mechanotherapy was first defined in 1890 as “the employment of mechanical means for the cure of disease” (Oxford English Dictionary). K M Kahn in the British Journal of Sports Medicine updated this definition in 2009 in an article published on Mechanotherapy to “the employment of mechanotransduction for the stimulation of tissue repair and remodeling.” According to Kahn, a mechanical trigger or catalyst occurs, resulting in communication throughout the tissue to distribute the loading message which causes a response at the cellular level similar to a “tissue factory that produces and assembles the necessary materials in the correct alignment”. The communication at each stage of this process occurs through cell signaling. (<http://bjsm.bmj.com/content/43/4/247.full>). This ties into the concept of piezoelectricity which was first discovered by French physicists Jaques and Pierre Curie in 1880. Simply put, piezoelectricity is mechanical pressure applied into the system which then creates bioelectrical flow. Mechanotransduction takes place by way of the piezoelectric effect. Mechanotransduction and the resulting piezoelectricity are the basis for the positive therapeutic results observed with the manual mechanical pressures that are applied with hands-on Myofascial Release. These two phenomena are closely linked by the common denominator of applying pressure into the system to create biological change that ultimately results in healing.

**Mechanotransduction is the physiological process where cells sense and respond to mechanical loads.**

**Mechanotransduction refers to the process by which the body converts chemical loading into cellular response.**

**These cellular responses in turn promote structural change.**

Carol M. Davis, DPT, EdD, MS, FAPTA. Professor Emerita, University of Miami School of Medicine. Instructor MFR 1 DVD course. Author and Editor: *Complementary Therapies in Rehabilitation, Slack Incorporated* noted the following on our Facebook page, John F Barnes.

*"This work clearly demonstrates that mechanical forces are as important biological regulators as chemicals and genes, and it shows the immense potential of developing mechanotherapies to treat injury and disease,"* said Wyss Institute Founding Director Donald Ingber, M.D., Ph.D., who is a pioneer and leader in the field of mechanobiology. Ingber is also the Judah Folkman Professor of Vascular Biology at Harvard Medical School (HMS) and the Vascular Biology Program at Boston Children's Hospital, as well as Professor of Bioengineering at Harvard SEAS."

The full article entitled *"The Newfound Strength in Regenerative Medicine"* can be found here: (<http://www.sciencedaily.com/releases/2016/01/160125185041.htm>).

As Dr. Carol Davis pointed out in our Facebook group, MFR Insight, it is important to read this article carefully. It describes how the principles that John Barnes teaches, pressure and shear on the gel, are a non-pharmaceutical way to heal. John makes this point continually—mechanical pressure of an object does not resonate energetically with the tissue like human pressure and energy from our hands does—nor can a mechanical pressure connect with the consciousness of the living, vibrating web of fascia. It is the beginning of science finally waking up to what is happening under our hands!

**YOU ARE THE PIONEERS OF THE NEW HEALTHCARE  
THAT IS SPREADING ACROSS THE COUNTRY LIKE WILD FIRE.**

**LEARN IT WELL!**

## LOCATIONS AND DATES

### SEDONA, AZ

**JUNE 16–19, 2016** (1/2 DAYS)

Poco Diablo Resort  
(928) 282-7333

### WILMINGTON, DE

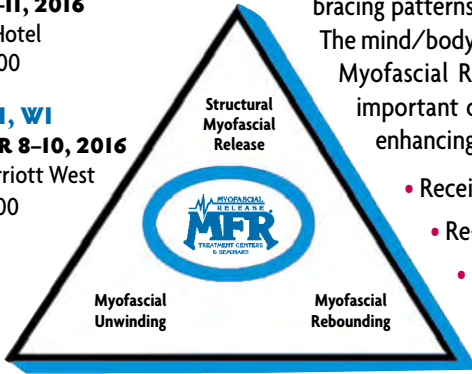
**AUGUST 9–11, 2016**

Doubletree Hotel  
(302) 478-6000

### MADISON, WI

**NOVEMBER 8–10, 2016**

Madison Marriott West  
(608) 831-2000



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

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

## 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.

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

## LOCATIONS AND DATES

### SEDONA, AZ

**JUNE 23–26, 2016** (1/2 DAYS)

Poco Diablo Resort  
(928) 282-7333

### WILMINGTON, DE

**AUGUST 12–14, 2016**

Doubletree Hotel  
(302) 478-6000

East Coast

## SUBTLE ENERGY SEMINAR

### EXPAND YOUR SENSITIVITY & 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.

## LOCATION AND DATE

### SEDONA, AZ

**OCTOBER 16–17, 2016**

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, PT, LMT



**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 18–23, 2016

**TIMES:** Full-day October 18<sup>th</sup>, Half-days October 19<sup>th</sup> through October 23<sup>rd</sup>. 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 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.

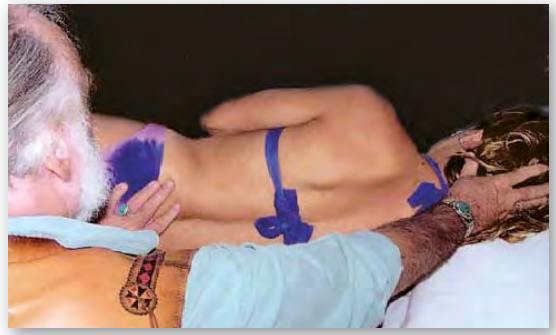
Since it is essential to have a compatible group in attitude, openness and skill level, we reserve the right to accept only those that we feel are functioning at the proper level at this time.

## 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 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

## 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. You will learn advanced skills to 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

#### MINNEAPOLIS, MN

**APRIL 5-7, 2016**

Best Western  
(952) 854-8200

#### VIRGINIA BEACH, VA

**MAY 9-11, 2016**

Holiday Inn North Beach  
(757) 428-1711

#### MYRTLE BEACH, SC

**JULY 11-13, 2016**

Hilton Resort  
(843) 449-5000

#### CHICAGO, IL

**SEPTEMBER 20-22, 2016**

Indian Lakes Resort  
(630) 529-0200

### LOCATIONS AND DATES

#### MINNEAPOLIS, MN

**APRIL 8-10, 2016**

Best Western  
(952) 854-8200

#### VIRGINIA BEACH, VA

**MAY 12-15, 2016 (1/2 DAYS)**

Holiday Inn North Beach  
(757) 428-1711

#### MYRTLE BEACH, SC

**JULY 14-17, 2016 (1/2 DAYS)**

Hilton Resort  
(843) 449-5000

#### CHICAGO, IL

**SEPTEMBER 23-25, 2016**

Indian Lakes Resort  
(630) 529-0200



## VACATION SERIES & SPECIALTY SEMINARS

# BY REGISTERING FOR ANY THREE SEMINARS!



**Virginia Beach, VA**—You'll be amazed at the variety for everyone in the family—historic parks, water sports and motorsports, plus zoos and aquariums. Don't forget the sandy beach and the world-renowned Virginia Beach boardwalk!

**Myofascial Release I**  
May 5–8, 2016  
(1/2 days)

**Myofascial Unwinding**  
May 9–11, 2016

**Myofascial Release II**  
May 12–15, 2016  
(1/2 days)

**HOLIDAY INN NORTH BEACH**  
(757) 428-1711



**Sedona, AZ**—Red Rock country is a gorgeous four season playground for everyone.

**Myofascial Rebounding**  
June 16–19, 2016  
(1/2 days)

**Myofascial Healing**  
June 20–22, 2016

**Advanced Unwinding**  
June 23–26, 2016  
(1/2 days)

**POCO DIABLO RESORT**  
(928) 282-7333



**Myrtle Beach, SC**—Sixty miles of soft sandy beach, entertainment for everyone, endless shopping, exquisite dining, thrilling water sports, and so much more—Myrtle Beach is the place where you belong.

**Myofascial Release I**  
July 7–10, 2016  
(1/2 days)

**Myofascial Unwinding**  
July 11–13, 2016

**Myofascial Release II**  
July 14–17, 2016  
(1/2 days)

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



**Wilmington, DE**—Wilmington and the Brandywine Valley blends the arts, dining and entertainment amenities of the city with the history and beauty of the surrounding countryside.

**Cervical–Thoracic**  
August 5–7, 2016

**Myofascial Rebounding**  
August 9–11, 2016

**Advanced Unwinding**  
August 12–14, 2016

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



**Chicago, IL**—Indian Lakes Resort is 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.

**Myofascial Release I**  
September 16–18, 2016

**Myofascial Unwinding**  
September 20–22, 2016

**Myofascial Release II**  
September 23–25, 2016

**INDIAN LAKES RESORT**  
(630) 529-0200



**Madison, WI**—From the family-friendly activities to the natural beauty of Olbrich Botanical Gardens and the University of Wisconsin Arboretum, there is something for everyone in Madison! Venture out of Madison and you'll encounter fascinating artistic communities and rolling green landscapes.

**Myofascial Release I**  
November 4–6, 2016

**Myofascial Rebounding**  
November 8–10, 2016

**Cervical–Thoracic**  
November 11–13, 2016

**MARRIOTT WEST**  
(608) 831-2000

## 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 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

#### LEARN TECHNIQUES FOR THE FASCIAL-PELVIS:

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



## LOCATIONS AND DATES

### CALGARY, ALBERTA

**APRIL 15-17, 2016**

Holiday Inn Macleod  
(403) 287-2700

### MORRISTOWN, NJ

(NORTHERN NJ)

**SEPTEMBER 9-11, 2016**

Hyatt Regency  
(973) 647-1234

### SEDONA, AZ

**OCTOBER 13-16, 2016 (1/2 DAYS)**

Site: Red Rock Memorial Lodge  
Accommodations: Sky Ranch Lodge  
(928) 282-6400

### CHICAGO AREA

(EVANSTON, IL)

**NOVEMBER 18-20, 2016**

Hilton Garden Inn  
(847) 475-6400

### CINCINNATI, OH

**MAY 13-15, 2016**

Radisson Riverfront  
(859) 491-1200

### MINNEAPOLIS, MN

(BLOOMINGTON, MN)

**SEPTEMBER 23-25, 2016**

Best Western  
(952) 854-8200

### BOSTON AREA

(DEDHAM, MA)

**OCTOBER 28-30, 2016**

Holiday Inn  
(781) 329-1000

### NASHUA, NH

**JUNE 10-12, 2016**

Crowne Plaza  
(603) 886-1200

### ANCHORAGE, AK

**SEPT. 30-OCT. 2, 2016**

Hilton Hotel  
(907) 272-7411

### DALLAS, TX

**NOVEMBER 18-20, 2016**

Magnolia Hotel  
(214) 750-6060

*"This work speaks for itself!*

*We have never marketed or even created a website.  
Our patients and their family members advertise for us."*

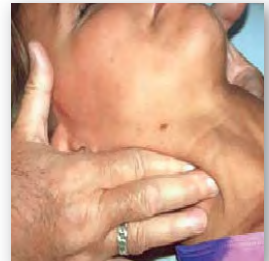
## CERVICAL-THORACIC PREREQUISITE: MYOFASCIAL RELEASE I™

This fascinating 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

#### LEARN TECHNIQUES FOR THE CERVICAL-THORACIC:

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



## LOCATIONS AND DATES

### WILMINGTON, DE

**AUGUST 5-7, 2016**

Doubletree Hilton  
(302) 478-6000

### MADISON, WI

**NOVEMBER 11-13, 2016**

Madison Marriott West  
(608) 831-2000

# WOMEN'S HEALTH MYOFASCIAL RELEASE SEMINAR

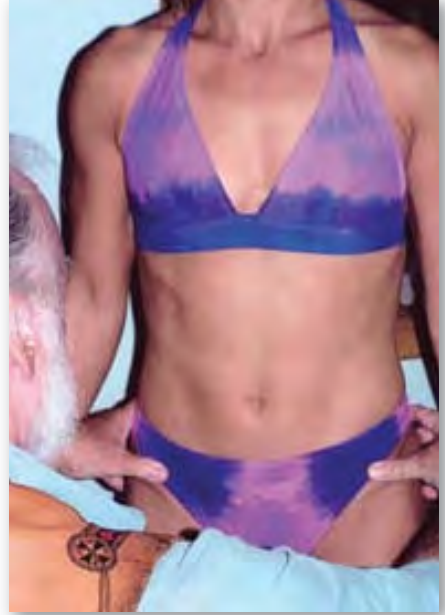
PREREQUISITES: MYOFASCIAL RELEASE I™, FASCIAL-PELVIS, MYOFASCIAL UNWINDING

Increase your knowledge, skill and income by adding this important dimension to your practice or start your own women's healthcare facility.

**THIS FASCINATING NEW 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

**Find the  
Pain,  
Look  
Elsewhere  
for the  
Cause!**



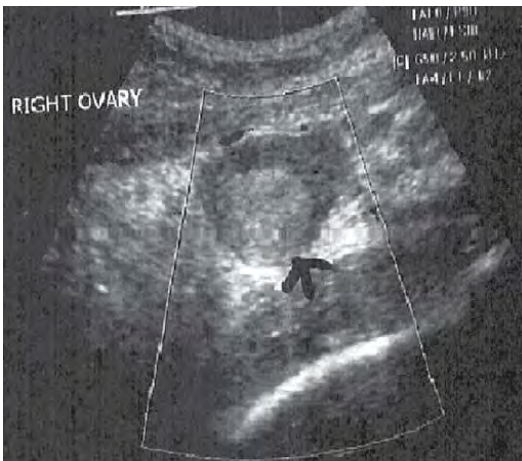
**In this seminar you will receive extensive treatment for your own pelvic problems. Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.**

## LOCATION AND DATE

**NEW YORK, NY**  
**AUGUST 25-28, 2016**  
Holiday Inn Midtown  
(212) 581-8100

**East Coast**

## SOLID RIGHT OVARIAN MASS



“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 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!”

## MYOFASCIAL RELEASE I™

ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS.

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 standard 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; chronic pain, dysfunction and disease can be caused by a prolonged thwarted 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.

Repeat any Seminar at 1/2 price!



### LOCATIONS AND DATES

#### WARWICK, RI

APRIL 1-3, 2016

Crowne Plaza  
(401) 732-6000

#### PITTSBURGH, PA

APRIL 8-10, 2016

Doubletree by Hilton  
(412) 281-5800

#### DENVER, CO

JUNE 3-5, 2016

Hilton Garden Inn  
(303) 603-8000

#### ASHEVILLE, NC

SEPTEMBER 9-11, 2016

Doubletree Hotel  
(828) 274-1800

#### TIGARD, OR (PORTLAND AREA)

OCTOBER 28-30, 2016

Embassy Suites  
(503) 644-4000

#### CHARLOTTESVILLE, VA

NOVEMBER 11-13, 2016

Holiday Inn University  
(434) 977-7700

#### BAY CITY, MI (NORTH OF SAGINAW)

APRIL 1-3, 2016

Doubletree by Hilton  
(989) 891-6000

#### VIRGINIA BEACH, VA

MAY 5-8, 2016 (1/2 DAYS)

Holiday Inn North Beach  
(757) 428-1711

#### MYRTLE BEACH, SC

JULY 7-10, 2016 (1/2 DAYS)

Hilton Resort  
(843) 449-5000

#### INDIANAPOLIS, IN

SEPTEMBER 9-11, 2016

Sheraton City Centre  
(317) 635-2000

#### MADISON, WI

NOVEMBER 4-6, 2016

Madison Marriott West  
(608) 831-2000

#### WILMINGTON, DE

DECEMBER 2-4, 2016

Doubletree Hotel  
(302) 478-6000

#### MINNEAPOLIS, MN

APRIL 1-3, 2016

Best Western  
(952) 854-8200

#### ALBUQUERQUE, NM

MAY 20-22, 2016

Sheraton Uptown  
(505) 881-0000

#### FAYETTEVILLE, AR

AUGUST 19-21, 2016

The Chancellor Hotel  
(479) 442-5555

#### CHICAGO, IL

SEPTEMBER 16-18, 2016

Indian Lakes Resort  
(630) 529-0200

#### DAYTONA BEACH, FL

NOVEMBER 11-13, 2016

Daytona Beach Resort  
(386) 672-3770

# REGISTER FOR ANY THREE SEMINARS CALL TODAY! 1-800-FASCIAL



**SAVE  
\$300**

## Prices:

**MYOFASCIAL RELEASE I  
FASCIAL-PELVIS MYOFASCIAL RELEASE  
CERVICAL-THORACIC MYOFASCIAL RELEASE  
MYOFASCIAL UNWINDING**

**MYOFASCIAL RELEASE II  
MYOFASCIAL REBOUNDED  
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 the seminar or  
**\$895** if registered 2 weeks prior to seminar date

**MYOFASCIAL RELEASE III —“BEYOND TECHNIQUE”**

**\$1,800** for the seminar or  
**\$1,495** if registered 2 weeks prior to seminar date  
*(See page 17 for details on applying)*

**SUBTLE ENERGY**

**\$450** for the seminar or  
**\$395** if registered 2 weeks prior to seminar date

**MYOFASCIAL HEALING SEMINAR**

**\$550** for the seminar 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.

### Registration Fee and Cancellation Policy:

Full payment is required to reserve a space. Enrollment is limited. Fee includes workbook and materials, seminar instruction, hands-on workshop training, continental breakfast, afternoon refreshments, and seminar certificate. 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.

**Pay by credit card or check.  
Make check (U.S. Funds only) payable to:**

**MFR SEMINARS**

**42 Lloyd Avenue  
Malvern, PA 19355**

**1-800-FASCIAL (327-2425)  
610-644-1662 (Fax)**

**[seminars@myofascialrelease.com](mailto:seminars@myofascialrelease.com)**

## REGISTRATION FORM

*Please check the appropriate box(es)*

**Seminar Location—City/State:**

\_\_\_\_\_

- |  |  |
|--|--|
| <input type="checkbox"/> Myofascial Release I  | <input type="checkbox"/> Advanced Myofascial Unwinding |
| <input type="checkbox"/> Myofascial Unwinding  | <input type="checkbox"/> Women's Health Seminar        |
| <input type="checkbox"/> Myofascial Release II | <input type="checkbox"/> Myofascial Release III        |
| <input type="checkbox"/> Fascial-Pelvis        | <input type="checkbox"/> Subtle Energy I               |
| <input type="checkbox"/> Cervical-Thoracic     | <input type="checkbox"/> Myofascial Healing            |
| <input type="checkbox"/> Myofascial Rebounding |  |

Charge to:  Visa  MasterCard Ex. Date \_\_\_\_\_

3-Digit Security Code \_\_\_\_\_

Card # \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Signature \_\_\_\_\_

Enclosed is my check for: \$ \_\_\_\_\_

Name \_\_\_\_\_

Prof. Initials (PT,OTR/LMT,etc.) \_\_\_\_\_

Healing Seminar Participant's Occupation \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

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

Email \_\_\_\_\_

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

**23**