



# Myofascial Release

# A Word to Patients and Therapists

**A**t the **Myofascial Release Treatment Centers and Seminars** our 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 get better 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 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!

## Dear Therapists:

We encourage you to use this brochure as a teaching tool for your patients and as an incentive to plan your upcoming 2012 schedule. This brochure offers details on Myofascial Release III, "Beyond Technique", which is scheduled for October 23-28, 2012, 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.

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# An Exciting Announcement!

## Introducing our new Eastern Myofascial Release Treatment Center

# The Myofascial Healing Sanctuary



**The Myofascial Healing Sanctuary** is a therapeutic retreat that will be a haven for patients and therapists who desire the utmost care.

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.

Healthcare professionals can continue to refine and hone their Myofascial Release training and skills by enrolling in the 'Therapy for the Therapist' treatment program and the Skill Enhancement Seminar. The Myofascial Healing Sanctuary is also the international headquarters for the John F. Barnes' Myofascial Release Seminars where countless seminars are developed and implemented worldwide.

The effectiveness and importance of the John F. Barnes' Myofascial Release Approach® has exploded on the healthcare field with unprecedented acceptance. The awareness and impact of this highly effective Approach has spread like no other form of treatment and to accommodate this tremendous growth we have expanded into this incredible new Treatment Retreat.

# Dear Myofascial Release Patients and Potential 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<sup>®</sup> 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.



## Our Goal is to Help You Return to a Pain Free Active Lifestyle!

### Myofascial Release Can Help

- Back Pain
- Neck Pain
- Chronic Pain
- Headaches
- Jaw Pain (TMJ)
- Carpal Tunnel
- Fibromyalgia
- Pelvic/Menstrual Problems
- Migraines
- Scoliosis
- Neurological Dysfunction
- Urinary Leakage/Frequency
- Chronic Fatigue Syndrome
- Myofascial Pain Syndrome
- Sports Injuries
- Infants/Children
- Restriction of Motion
- Infertility

# 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 of soft tissue restriction

### 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.

### Home Self Treatment Includes:

- Personalized self treatment program will be demonstrated and practiced so that patients can continue on with their treatment success when returning home. Simple tools such as a small ball, foam cylinder, and wooden roller can give the patient the ability to reproduce the techniques that were helpful to healing and gives the patient a sense of empowerment over discomfort. This component of our program empowers patients to truly make a positive change in how they feel.
- If available and if needed, a recommendation will be provided for a myofascial release trained therapist near your residence to continue with your healing process.
- Our staff of therapists are available after discharge to answer questions regarding self treatment exercises and to address any concerns that may arise.



## Additional Treatment Programs

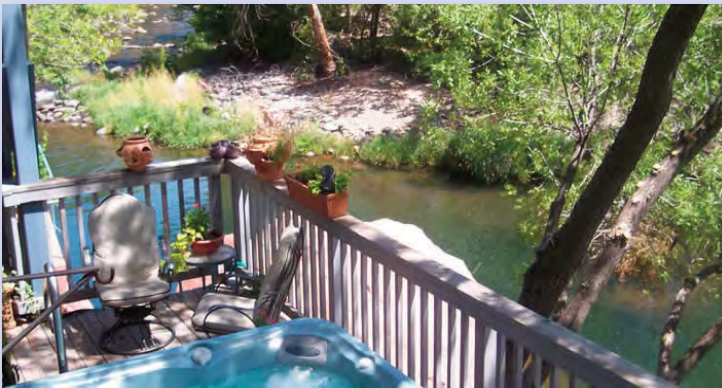
In addition to the Comprehensive Intensive Treatment Program which is two to four weeks in duration, we are pleased to offer several less concentrated programs which allow less involved patients to experience Myofascial Release. We encourage patients that either reside and/or are visiting the Philadelphia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

### MYOFASCIAL HEALING 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 sauna and whirlpool. This program is designed to help our patients return to a pain free, active lifestyle.

### "THERAPY ON THE ROCKS" MYOFASCIAL RELEASE TREATMENT CENTER—SEDONA, AZ



At "Therapy on the Rocks" you can also make an appointment for a relaxing whirlpool session and the very powerful group experience, "On the Rocks."

**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.

# Therapist Testimonial Posted on MFR Talk

**Myofascial Rebounding and Fibromyalgia**— I wanted to share an amazing experience I had this week. I have been treating a woman with extremely debilitating fibromyalgia. She has been suffering terribly for over two years. I have been treating her 2x/wk for 3 weeks. Most txs put her into a terrible healing crisis and it is excruciating for her. Therefore, I started to do more gentle work with her and for only about 40 min vs. the hour I was seeing her. She was getting very mild pain relief, but her pain was still 8/10 and was taking huge amounts of OTC pain relievers. She responded fairly positively to rebounding, stating that while we were doing the actual rebounding on the table, her pain was gone, but came back when we were done. That gave me an idea, I thought she was in too much pain to do 'jiggling' standing up, so I suggested that she get a therapy ball and 'rebound' on that at home and see if it helps. She came back a week later almost in tears. She could not stop saying how much she LOVES her ball! After 2+ years of 6-10/10 pain, for the first time is down to 2/10 pain. She looked absolutely radiant and states that she feels 'human' again. I was absolutely flabbergasted and overjoyed! Last week I was having serious doubts if I was ever going to be able to help her and asked her if she felt it was beneficial for her to continue tx. I'm so glad she wanted to keep trying; I feel like it's a miracle!

I LOVE, LOVE, LOVE this work, I have found my home, my hope, and my path. Thank you John and all the amazing instructors/therapists that have so expertly and patiently shown me the way and continue to shine the light for all of us!

Gratefully,

**Sandy K. OTR/L**

MFR I, UW, II, REB, MOBS, T4T

## Patient Testimonial

February 6, 2012



Myofascial Release was an unexpected blessing in my life. Before discovering Myofascial Release, I had spent the bulk of 10 years unable to sit because of pain and limited standing and walking ability. If I wanted to spend time out in the world, I had to do it from a reclining wheelchair. I tried many different approaches to healing with little to no success—two lumbar surgeries, physical therapy, chiropractic, acupuncture, tens unit, back brace, and more. The doctors had run out of suggestions, telling me my pain was most likely based on depression and saying I should go to a pain management clinic. I knew my body needed help; I just didn't have any guidance. Over time, I continued to mourn activities I thought I would never do again.

In 2009 my husband and I moved to a small town on the northern coast of California. I figured that I was giving up on healthcare by moving to such a remote area, but then healthcare had already pretty much given up on me. Then I was introduced to a local Myofascial Release practitioner. I actually went to see this therapist because I had hurt my knee during our move. At this point, I didn't expect to have much success with my back pain. In just one session, the improvement of my knee pain and movement was remarkable. It was recommended that I sign up for an Intensive Program at 'Therapy on the Rocks' in Sedona, Arizona to help with my back pain.

After just three days into the John F. Barnes' Myofascial Release® Intensive Program at 'Therapy on the Rocks', I could sit through dinner. This seemed like a miracle. To sit for an hour without being in incredible pain was amazing. I continued on the journey in the Intensive with not only treatments, but also a new approach to understanding pain and new tools to help me work with my body. By the end of the Intensive, I helped drive home after years of not being able to drive. I have since gone back to 'Therapy on the Rocks' for two additional Intensives. I have so much more movement and freedom in my life. I was even able to take a cruise in Europe with my husband—a thank you to great man who met me in a wheelchair and has supported me through so much. Now we hope to adopt a child and I look forward to being an active parent and playing with my child. Thanks to the John F. Barnes' Myofascial Release Approach®, we can now venture through life in ways that we only dreamed of before.

**Christine—California**

# Eastern and Western Myofascial Release Treatment Centers

EXPERIENCE THE EXPERT GUIDANCE OF OUR MYOFASCIAL RELEASE THERAPISTS' HANDS-ON HEALING SKILLS SO THAT YOU CAN RETURN TO A PAIN FREE, ACTIVE LIFESTYLE!

## The Myofascial Healing Sanctuary Eastern Myofascial Release Treatment Center



Located in Malvern, Pennsylvania, the Main Line suburbs of Philadelphia, our Eastern Myofascial Release Treatment Center, the Myofascial Healing Sanctuary is a therapeutic retreat located on beautiful, lush grounds, surrounded by an ancient forest with magnificent 300 year old oak trees. 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.

### MYOFASCIAL HEALING SANCTUARY

42 Lloyd Avenue, Malvern, PA, 19355

1-800-FASCIAL (327-2425), 610-644-0136, 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. Our Western Center is nestled on a cliff along side a fifty foot waterfall cascading into the pristine water of Oak Creek Canyon. 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 silver mining town of Jerome, built on the precipice of Mingus Mountain, with unique shopping available and spectacular views of the Sedona valley.

### **THE THERAPY ON THE ROCKS**

**676 North Highway 89A, Sedona, AZ 86336**

**928-282-3002, 928-282-7274 fax**

**Sedona@myofascialrelease.com**

**www.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

# Therapy for the Therapist

The Therapy for the Therapist Program is designed specifically to meet the needs of therapists who are experiencing pain, tightness, feeling burned out, and in need of rejuvenation.

Sessions are multiple times per day for a total of 15 hours per week. Concentrated treatment with our team of highly skilled therapists acts as a catalyst in promoting efficient and deep healing and release of bracing patterns that perpetuate pain. Home self treatment instruction is included.



Therapists who participate in the Therapy for the Therapist Program will experience quantum leaps in health, inner calmness, concentration, therapeutic intuition, and proprioceptive awareness. Overall, enhancement of well-being will be achieved ultimately resulting in powerful and enhanced treatment care for patients.

## The Skill Enhancement Seminar

The Skill Enhancement Seminar is offered on-site in our Paoli, Pennsylvania and Sedona, Arizona Treatment Centers. The Skill Enhancement Seminar allows anyone who has taken at least Myofascial Release I to work alongside our highly trained and skilled Myofascial Release staff as we treat patients and therapists from around the world. We accept up to four therapists per week in this program to maximize our ability to provide individual attention.

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 regarding Myofascial Release techniques with actual patients, as well as receiving private treatment serves to be a comprehensive and an invaluable instructional experience. Immediate personal feedback will be offered by our staff in terms of skill level and ability of the participating Skill Enhancement Seminar therapist. Questions will be addressed in a timely and productive fashion throughout this week long seminar.



- 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 one's own distinct therapeutic abilities.

Enrollment in the Skill Enhancement Seminar is limited since we only accept four therapists per week at either of our Treatment Centers. Thus, booking in advance is recommended.

# Myofascial Healing Seminars

## 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.

### Locations and Dates

SEDONA, AZ • June 18–20, 2012  
Site: Red Rock Memorial Lodge  
Accommodations: Sky Ranch Lodge  
(928) 282-6400

KAUAI, HI • July 19–22, 2012 (½ days)  
Sheraton Kauai  
(808) 742-1666

SEDONA, AZ • October 11-14, 2012  
(½ days)  
Site: Red Rock Memorial Lodge  
Accommodations: Sky Ranch Lodge  
(928) 282-6400

**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.

## REGISTER NOW!

Call 1-877-637-4325

Charge your Visa/MasterCard or send the form below with your Visa/Master Card information via fax to (928) 282-7274, or send a check or money order with the form below to: **Myofascial Healing Seminars, c/o Therapy on the Rocks, 676 N. Highway 89A, Sedona, AZ 86336.**

TAKE THE THERAPEUTIC VACATION OF A LIFETIME!

Name \_\_\_\_\_ Occupation \_\_\_\_\_

Address \_\_\_\_\_

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

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Charge to:  Visa  MasterCard Expiration Date \_\_\_\_\_

Card # \_\_\_\_\_ 3-digit security code \_\_\_\_\_

Signature \_\_\_\_\_

### Please check:

- June 2012
- July 2012
- October 2012

### Prices:

\$550 or \$495 if registered two weeks prior to seminar date.

**Only \$395 when 2 or more register together!**

Myofascial Healing Seminars, Inc. is dedicated to helping people help themselves and is owned and conducted by Myofascial Healing Seminars, Inc., an Arizona Corporation. Myofascial Healing Seminars is not owned or operated by Rehabilitation Services, Inc., and this information is provided merely for your convenience at the request of Myofascial Healing Seminars, Inc.

1-800-FASCIAL (327-2425)

# Fascia the Environment of Every Cell of our Body is a Liquid Crystalline Matrix — By John F. Barnes, PT



**Fascia Photo**—permission of Dr. JC Guimberteau

## MY JOURNEY

One moment I was powerful. The next moment I felt myself falling backward and the things I loved the most, motion and challenge were taken from me in a blinding flash!

I felt crushing force as my sacrum hit the floor with 300 pounds on my back. Everything went quiet as I lay there stunned. As my awareness

flickered back into my body, I felt numb. I couldn't move my legs. Eventually, the numbness wore off and the pain began. Horrible pain in my back, pelvis and legs developed. I couldn't move my legs! I lay there for quite a long time gasping for air followed by some motion which was slow and agonizing. In that moment, my beliefs were also shattered radically expanding my mind and my view of healing.

I was training for an upcoming weight lifting and karate competition and went to the gym to work out. There was no one else there to help “spot” me. I was doing high repetition squats with over 300 pounds and I got to the point where I couldn't get up from my last repetition. I had been a gymnast when I was younger, so I decided to do a “back roll” to get out from under the weight, forgetting that when your hands are grasping a bar with over 300 pounds on it, your hands can't let go. I crashed on the ground with tremendous force, herniating the disc at L5 and ripping my lumbar ligaments. I lay on the ground stunned and unable to move. After the numbness and the shock subsided, the pain began to run through my body. My body shook violently. As I said, in that horrible instant, the things that I loved the most, motion and competition were taken from me!

Life became a struggle. I tried every form of therapy available only to be disappointed with temporary results. No one wanted to get better more than me, but I felt trapped by the pain. I was in worse shape than most of my clients. An orthopedist recommended spinal surgery and fused my L5 area. The surgery helped decrease the intensity of the pain, but I still had constant pain, fatigue, and limited motion.

There was a point when I realized that nobody was going to help me, but me! I started to lie on my living room floor and treat myself. I found that if I put pressure into the areas that hurt or felt hard, that it helped to relieve the pain. But, I was still very strong and was trying to “force” my way through the restrictions. Over time, I learned to be gentler and more patient. I learned that the problems were not at the “end range” as we were taught. The real problems were in the Fascial restrictions that lie before the “end range” which created symptoms, limitation of “end range” and the resultant pain.

As I continued to treat myself, I made such a dramatic recovery that I realized that I had stumbled onto something very important! I had to share this knowledge with my clients and my fellow therapists. I found as I put sustained pressure into the tightness, I started to have strange sensations that went far beyond the origin and insertion of a particular muscle. I eventually realized that the principles that I was developing must be releasing the connective tissue, the fascia. It was during this time that I also fully realized how vital the mind/body connection is in the healing process.

While I certainly would not have chosen all the pain, I realized it was nature's way of encouraging me to look deeper into myself. That trauma, so long ago, initiated a journey. This fascinating "inner journey", continues at this moment, into a deep level of consciousness.



**John F. Barnes, PT** internationally recognized icon, therapist, author and authority on Myofascial Release

Healing is awakening. I had to be broken to awaken. I have realized that our training as therapists was erroneous since it was based on the anatomy of dead people. Cadavers are brittle. No attention was given to the Fascial system, the fluidity of our body or our consciousness. The outdated and flawed traditional paradigm we were taught is that we are mindless machines and/or bags of chemicals.

## This intriguing illustration of the feline luminous crystalline web demonstrates the importance of our Fascial Matrix.

The latest research has demonstrated that the fascial system acts as a fiber optic, capable of carrying enormous amounts information at incomprehensible speeds to the over 50 trillion cells of our body.

The John F. Barnes' Myofascial Release Approach® recognizes the multi-dimensional aspects of the human being; fascia, tensegrity, quantum physics, piezoelectricity, chaos theory, consciousness and the 'fractal' nature of the Fascial system.

(See page 21 for DVD's by Dr. JC Guimberteau that clearly demonstrates this amazing phenomena.)

Join us as we explore the new important emerging Myofascial Paradigm that will be the fundamental basis of therapy and authentic healthcare in the future.



This is an exciting time of growth

# Myofascial Rebounding

**Prerequisite: Myofascial Release I**

## Locations and Dates

### SEDONA, AZ

June 14–17, 2012 (½ days)

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

### KAUAI, HI

July 16–18, 2012

Sheraton Kauai  
(808) 742–1666

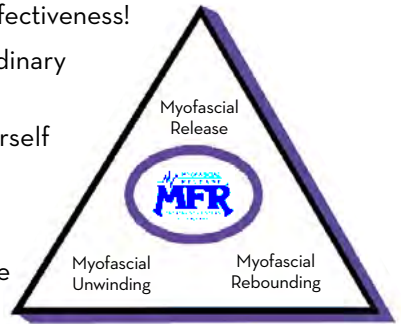
### NEW YORK, NY

August 20–22, 2012

Holiday Inn Midtown  
(212) 581–8100

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**

## Location and Date

### SEDONA, AZ

June 21–24, 2012 (1½ Days)

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

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

# 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.

## Location and Date

### SEDONA, AZ

October 21–22, 2012

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

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™**

# 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.

## An Exciting Adventure!



**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 23–28, 2012

**TIMES:** Full-day October 23rd, Half-days October 24th through October 28th. 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.

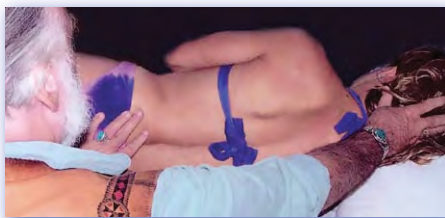
Mail to MFR Seminars, 222 West Lancaster Avenue, Suite 100, Paoli, PA 19301-1742, along with a \$500 deposit. Those not accepted will receive a full refund.

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 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

### Locations and Dates

**CHICAGO, IL**  
(Bloomington, IL)  
April 17–19, 2012  
Indian Lakes Resort  
(630) 529–0200

**LAKE OF THE OZARKS, MO**  
July 30–August 1, 2012  
Tan Tar A Resort  
(573) 348–3131

**ATLANTA, GA**  
May 15–17, 2012  
Westin Perimeter North  
(770) 395–3900

**CAPE COD, MA**  
September 10–12, 2012  
Ocean Edge Resort  
(508) 896–9000

**LAS VEGAS, NV**  
June 4–6, 2012  
Alexis Park Resort  
(702) 796–3300

**MINNEAPOLIS, MN**  
November 13–15, 2012  
Hyatt Regency  
(612) 370–1234

## 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**

### Locations and Dates

**CHICAGO, IL**  
(Bloomington, IL)  
April 20–22, 2012  
Indian Lakes Resort  
(630) 529–0200

**LAKE OF THE OZARKS, MO**  
August 2–5, 2012 (½ days)  
Tan Tar A Resort  
(573) 348–3131

**ATLANTA, GA**  
May 18–20, 2012  
Westin Perimeter North  
(770) 395–3900

**CAPE COD, MA**  
September 13–16, 2012  
(½ days)  
Ocean Edge Resort  
(508) 896–9000

**LAS VEGAS, NV**  
June 7–10, 2012 (½ days)  
Alexis Park Resort  
(702) 796–3300

**MINNEAPOLIS, MN**  
November 16–18, 2012  
Hyatt Regency  
(612) 370–1234

### 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



**SAVE  
\$300**

# Vacation Series & Specialty Seminars

**BY REGISTERING FOR ANY THREE SEMINARS!**



**Chicago, IL**—The Indian Lake Resort in Bloomingdale is a grand Chicago resort which offers lush greenery, gardens, golf, spa, and fabulous dining without ever leaving the grounds. Located on 260 rolling acres in DuPage County, only 30 minutes from downtown Chicago and O'Hare International Airport.

**Myofascial Release I**  
April 13–15, 2012

**Myofascial Unwinding**  
April 17–19, 2012

**Myofascial Release II**  
April 20–22, 2012

**Indian Lakes Resort**  
(630) 529-0200



**Atlanta, GA**—The Westin Atlanta Perimeter North is less than 20 minutes from downtown Atlanta and 15 minutes from Buckhead. Major attractions await you at this facility which is situated on a beautiful private lake.

**Myofascial Release I**  
May 11–13, 2012

**Myofascial Unwinding**  
May 15–17, 2012

**Myofascial Release II**  
May 18–20, 2012

**Westin Perimeter North**  
(770) 395-3900



**Las Vegas, NV**—The Alexis Park Resort is the premiere all-suite resort and unrivaled in its proximity to the Las Vegas Strip. Fabulously low room rates are being offered to our students! Take advantage of the low prices and visit Las Vegas while learning Myofascial Release!

**Myofascial Release I**  
May 31–June 3, 2012  
(1/2 days)

**Myofascial Unwinding**  
June 4–6, 2012

**Myofascial Release II**  
June 7–10, 2012  
(1/2 days)

**Alexis Park Resort**  
(702) 796-3300



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

**Myofascial Rebounding**  
June 14–17, 2012  
(1/2 days)

**Myofascial Healing**  
June 18–20, 2012

**Advanced Myofascial Unwinding**  
June 21–24, 2012  
(1/2 days)

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



**Kauai, HI**—Take the ultimate vacation and experience Hawaii's exquisite beauty, spectacular sunrises, and miles of secluded beaches, waterfalls and hiking trails.

**Myofascial Release I**  
July 12–15, 2012  
(1/2 days)

**Myofascial Rebounding**  
July 16–18, 2012

**Myofascial Healing**  
July 19–22, 2012  
(1/2 days)

**Sheraton Kauai**  
(808) 742-1666



**Lake of the Ozarks**—Lake of the Ozarks is the Midwest's premier lake resort destination, offering world-class boating, golfing, shopping and fishing. Lake of the Ozarks vacations are defined by the Lake and its many waterfront activities.

**Myofascial Release I**  
July 26–29, 2012  
(1/2 days)

**Myofascial Unwinding**  
July 30–August 1, 2012

**Myofascial Release II**  
August 2–5, 2012  
(1/2 days)

**Tan Tar A Resort**  
(573) 348-3131



**New York, NY**—Visit all of the famous New York attractions, museums, Central Park, Carnegie Hall, Lincoln Center, and the fabulous Theatre District where you can catch a Broadway show.

**Cervical—Thoracic**  
August 17–19, 2012

**Myofascial Rebounding**  
August 20–22, 2012

**Women's Health**  
August 23–26, 2012

**Holiday Inn Midtown**  
(212) 581-8100

## Future Seminar Series



### Cape Cod, MA

Myofascial Release I, Unwinding,  
Myofascial Release II  
September 6-16, 2012



### Minneapolis, MN

Myofascial Release I, Unwinding,  
Myofascial Release II  
November 9-18, 2012

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

# 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



## Locations and Dates

**TROY, MI**  
(Detroit Suburbs)  
April 27–29, 2012  
Somerset Inn  
(248) 643–7800

**INDIANAPOLIS, IN**  
September 7–9, 2012  
Sheraton Hotel  
(317) 635–2000

**SPOKANE, WA**  
November 16–18, 2012  
Davenport Hotel  
(509) 455–8888

**BLOOMINGTON, MN**  
(Minneapolis Area)  
May 4–6, 2012  
Best Western Hotel  
(952) 854–8200

**MIAMI, FL**  
September 28–30, 2012  
Doubletree Biscayne Bay  
(305) 372–0313

**ALLENTOWN, PA**  
November 30–December 2, 2012  
Holiday Inn  
(610) 433–2221

**HAMILTON, ONTARIO**  
(Toronto Suburbs)  
May 25–27, 2012  
Sheraton Hamilton  
(905) 529–5515

**SEDONA, AZ**  
October 18–21, 2012 (1/2 days)  
Site: Red Rock Memorial Lodge  
Accommodations:  
Sky Ranch Lodge  
(928) 282–6400

**ST. LOUIS, MO**  
November 30–December 2, 2012  
Millennium Hotel  
(314) 241–9500

**NEW ORLEANS, LA**  
June 8–10, 2012  
Hilton Hotel  
(504) 524–8890

**KEENE, NH**  
November 2–4, 2012  
Marriot Courtyard  
(603) 354–7900

# 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**

## Location and Date

**NEW YORK, NY**  
August 17–19, 2012  
Holiday Inn Midtown  
(212) 581–8100

**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

# 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 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!

## Location and Date

**NEW YORK, NY**  
August 23–26, 2012  
Holiday Inn Midtown  
(212) 581–8100

**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.**

*"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 part of a significant shift in the healthcare field."*

# Myofascial Release I

ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS.

I have had the opportunity of training over 75,000 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; 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.



## Locations and Dates

**CHICAGO, IL**  
(Bloomingdale, IL)  
April 13–15, 2012  
Indian Lakes Resort  
(630) 529–0200

**HARTFORD, CT**  
April 13–15, 2012  
Hilton Hotel  
(860) 728–5151

**SASKATOON, SK**  
May 4–6, 2012  
Saskatoon Inn  
(306) 242–1440

**ATLANTA, GA**  
May 11–13, 2012  
Westin Perimeter North  
(770) 395–3900

**LAS VEGAS, NV**  
May 31–June 3, 2012  
(1/2 days)  
Alexis Park Resort  
(702) 796–3300

**PITTSBURGH, PA**  
June 1–3, 2012  
Best Western Parkway  
(412) 922–7070

**SYRACUSE, NY**  
June 8–10, 2012  
Sheraton University  
(315) 475–3000

**KAUAI, HI**  
July 12–15, 2012 (1/2 days)  
Sheraton Kauai  
(808) 742–1666

**ST. JOHNS, NEW  
FOUNDLAND**  
July 13–15, 2012  
Delta Hotel  
(709) 739–6404

**LAKE OF THE  
OZARKS, MO**  
July 26–29, 2012 (1/2 days)  
Tan Tar A Resort  
(573) 348–3131

**TALLAHASSEE, FL**  
August 24–26, 2012  
Doubletree by Hilton  
(850) 224–5000

**PHOENIX, AZ**  
August 24–26, 2012  
Sheraton Hotel  
(602) 262–2500

**CAPE COD, MA**  
September 6–9, 2012  
(1/2 days)  
Ocean Edge Resort  
(508) 896–9000

**COLUMBUS, OH**  
September 28–30, 2012  
Doubletree by Hilton  
(614) 885–3334

**BILLINGS, MT**  
October 12–14, 2012  
Crowne Plaza  
(406) 252–7400

**HOT SPRINGS, AR**  
November 9–11, 2012  
Arlington Resort  
(501) 623–7771

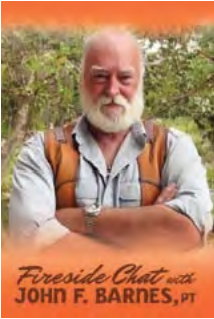
**MINNEAPOLIS, MN**  
November 9–11, 2012  
Hyatt Regency  
(612) 370–1234

**CUMBERLAND, MD**  
(Western MD)  
November 16–18, 2012  
Holiday Inn  
(301) 724–8800

**LONG BEACH, CA**  
December 7–9, 2012  
Hilton Hotel  
(562) 983–3400

# Myofascial Release Merchandise

## Educational DVD's that Every Patient and Therapist Should View!



### “FIRESIDE CHAT” – by John F. Barnes, PT

**A rare opportunity to experience therapy's 'icon' in an intimate fireside chat.**

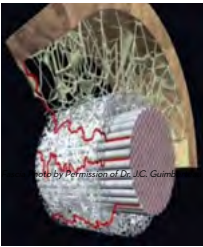
The importance of Myofascial Release has emerged as a highly effective treatment for the reduction of pain, headaches and the restoration of function. This 75 minute Fireside Chat DVD with John F. Barnes will give the viewer a chance to gain an inside look at John F. Barnes' perspective on the principles and methods employed in his Myofascial Release Approach. **Exploring such topics as:** The Missing Link in Therapy, Why Myofascial Release is Critical in Quality Care, The Scientific Rationale, Myofascial Release ...The most important advance in the history of healthcare!

### MYOFASCIAL RELEASE & MYOFASCIAL FREEDOM DVD SET – by John F. Barnes, PT

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. This fascinating DVD is designed to educate patients, therapists, referring physicians and insurance companies and is an ideal presentation tool for in-service education. 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.



**SEEING IS BELIEVING!—These fascinating DVD's contain some of the most vivid images of living fascia supporting the important information that John F. Barnes, PT has been teaching for over 30 years.**



### “STROLLING UNDER THE SKIN” LIVING FASCIA DVD

This incredible DVD represents over 20 years of research on the “fascial system” by surgeon and researcher, Dr. JC Guimberteau. It is amazing to be able to see what we have been feeling under our hands with Myofascial Release; tensegrity, mechanotransduction and the fiber-optic aspect of the fascial system in action, the fluidity of the fascial system and liquid flowing through the microtubules, to see the nodal points actually moving when pressure was applied and the changes in the hydrostatic pressure!

### “MUSCLE ATTITUDES” DVD

This incredible DVD by Dr. JC Guimberteau demonstrates that muscle is a contractile structure completely included in the meshwork of the fascial system and all the sheaths around and inside the muscle, epimysium, perimysium or endomysium are in fact, one unique fascial tissue. Incredible micro-videography reveals tensegrity, piezoelectricity, mechanotransduction in action in a living person.



### “INTERIOR ARCHITECTURES” DVD

This brand new DVD by Surgeon JC Guimberteau combines new scenes that show that the internal architecture of the body is a fractal network made up of fibres, fibrils and microfibrils, and microvacuolar spaces. Therefore, form can be described as a global system. The fascial system provides shape, form, and confers important dynamic properties to the body.



REGISTERING 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 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 or \$895 if registered  
2 weeks prior to seminar date**

### Myofascial Release III

**\$1,800 or \$1,495 if registered  
2 weeks prior to seminar date**  
*(See page 15 for details on applying)*

### Subtle Energy: Level 1

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

#### 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)

[Malvern@myofascialrelease.com](mailto:Malvern@myofascialrelease.com)

## SEMINAR LOCATION

### CITY/STATE

\_\_\_\_\_

## REGISTRATION FORM

Check the appropriate box(es)

- Myofascial Release I
- Myofascial Unwinding
- Myofascial Release II
- Fascial-Pelvis
- Cervical-Thoracic

- Myofascial Rebounding
- Advanced Myofascial Unwinding
- Women's Health Seminar
- Myofascial Release III
- Subtle Energy

Charge to:  Visa  MasterCard Ex. Date \_\_\_\_\_ 3-Digit Security Code \_\_\_\_\_

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

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

Signature \_\_\_\_\_

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

Name \_\_\_\_\_

Prof. Initials for Seminar Certificate: \_\_\_\_\_

Address \_\_\_\_\_

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

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

Email \_\_\_\_\_