



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

BE THE BEST YOU CAN BE !

A WORD TO PATIENTS AND THERAPISTS:

Our purpose is to assist individuals in their desire to live a pain-free, active lifestyle. We are also highly motivated to educate therapy professionals and patients in this unique and highly effective 'hands-on' Approach. The awareness and acceptance of Myofascial Release over the last several decades has been tremendous. **We can thank John F. Barnes, PT, LMT exclusively for making Myofascial Release a household word.**

DEAR PATIENTS:

This brochure will help you understand the significant benefits of Myofascial Release. John F. Barnes, PT has two treatment facilities to assist patients on their journey to optimum health. Our Myofascial Release Centers in Malvern, PA (suburbs of Philadelphia) and in Sedona, AZ are staffed by the most highly skilled therapists and who have been personally trained by John.



A common theme that we often hear from patients is that they have spent a lot of money and time with other forms of therapy, all to no avail. Let our team of therapists free you from undue pain and alleviate your frustration of finding a healthcare provider that finally offers lasting results. We are here to assist you, guide you, and help you on your journey to a pain-free, active lifestyle.

We welcome and encourage every person to the Myofascial Healing Seminar, a seminar designed specifically for anyone that has an interest in Myofascial Release and who wants to learn and experience self-help techniques. See page 9 for upcoming locations and dates.

The Three C's . . .

*What is missing in traditional healthcare,
yet is the foundation of Myofascial Release? . . .*

“Curiosity, Courage & Compassion”

DEAR THERAPISTS:

We are very excited about our 2017 seminar schedule. **John will be teaching a unique “Seminar Series” in San Francisco, CA presenting the Cervical Thoracic, Fascial-Pelvis and the Women’s Health Seminars.** Register early for this one of a kind series.

John will also be presenting the **Quantum Leap! Seminar** in Wilmington, Delaware on November 30–December 3, 2017. The last Quantum Leap! Seminar sold out so don’t miss out this time. Register Early! See page 18 for details.

Myofascial Release III, “Beyond Technique” in Sedona, AZ will take place November 14–19, 2017. We have added new prerequisites. Why? . . . Because

we have seen over the years such a dramatic difference in therapists that have repeated seminars and those that have taken our ‘Therapy for the Therapist’ program. Some therapists have tried to take as many courses as they could in a very short period of time in order to attend Myofascial Release III. We denied their request to attend this extraordinary seminar because it is not just about taking courses. It is also about the on-going practice of Myofascial Release on a professional and personal level, adding proficiency and seasoning to ones skill level. See page 19 for a complete list of prerequisites for MFR III.



**New
Prerequisites!**



MFR INSIGHT APPROACHING 4,000 MEMBERS!

Consider joining the close to 4,000 therapists and patients that network with one another, share ideas, answer questions, and put forth general information about Myofascial Release. Don't be shy, you can choose to actively participate or you may wish to “lurk” or silently listen to these discussions.

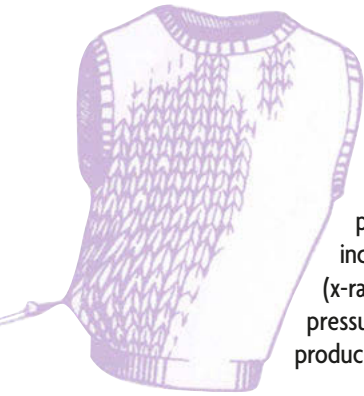
If you are interested in this free service, go to our website (www.myofascialrelease.com) and click on the Resource page to MFR Insight (<https://www.myofascialrelease.com/resources/mfr-talk.aspx>).

**A Quote From John F. Barnes, PT
About Traditional Therapy . . .**

“When the horse is dead, dismount!”

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

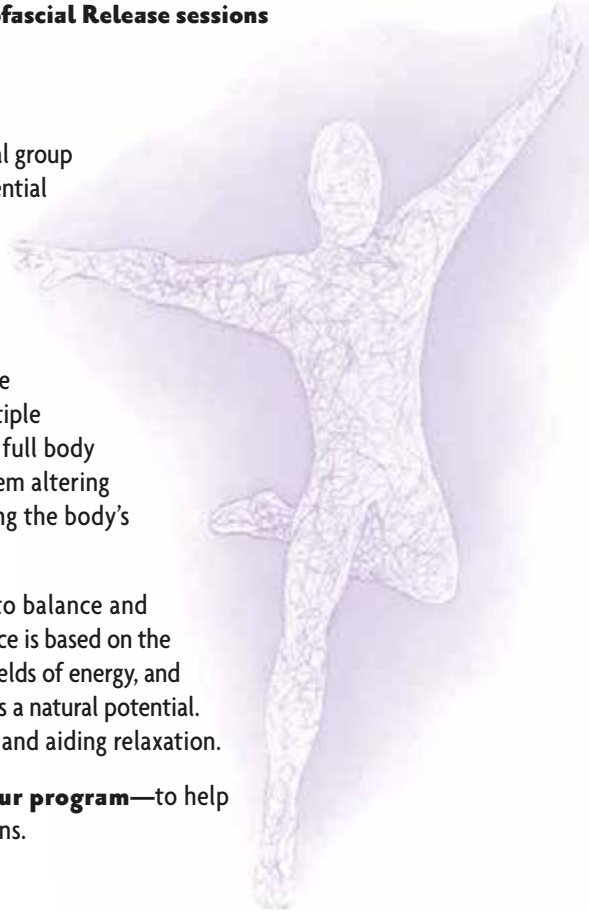
Individualized program specifically designed to overcome chronic pain and mobility issues. The Comprehensive Intensive Program is a two to four week concentrated program that includes three key elements: Evaluation, Hands-on Myofascial Release Treatment and Instruction in our Home Self Treatment Program.

✦ 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. Our team of highly skilled therapists 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 group 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

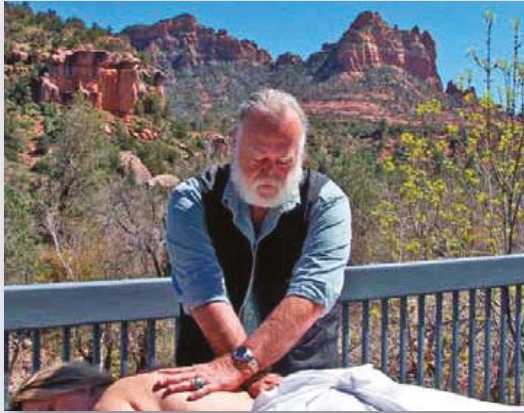
In addition to the Comprehensive Intensive Treatment Program which is two to four weeks in duration, we are pleased to offer several less concentrated programs which allow less involved patients to experience Myofascial Release. We encourage patients that either reside and/or are visiting the Philadelphia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

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.

"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

Prerequisite
for Myofascial
Release III

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



- ◆ Immerse yourself in a therapeutic retreat like no other and witness firsthand the healing effects of this powerful therapeutic approach.
- ◆ Experience the tranquility and flow of a decades-long established cash-based private practice to use as a model to build or enhance your own private practice.
- ◆ Learn how to best position your body to take the work out of treatment and perform Myofascial Release with ease to eliminate strain in your own body.



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

NEW YORK, NY

APRIL 21–23, 2017

The Watson Hotel
(212) 581-8100

East Coast!

SEDONA, AZ

JUNE 19–21, 2017

Poco Diablo Resort
(928) 282-7333

SEDONA, AZ

OCTOBER 26–29, 2017 (1/2 DAYS)

Poco Diablo Resort
(928) 282-7333

**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 care of our Myofascial Release Therapists’ hands-on skills to help you return to a pain-free, active lifestyle!

The Sanctuary is an impressive stone and wood edifice immersed in the healing energy of an ancient, lush forest. Patients enjoy the benefits of Myofascial Release treatments, a soothing complimentary infrared sauna and whirlpool, and the tranquil woodland environment.



NURSE BETTY WELCOMES YOU TO HER HOME FOR ONLY \$35/NIGHT! With her home less than a mile from The Sanctuary, Nurse Betty offers lodging at very reasonable rates to therapists and patients who visit us. Those who have stayed there have loved it! Lodging includes a private bedroom and use of the house, including a full kitchen. There are 4 bedrooms with 2 shared bathrooms including a private entrance on the lower level. Nurse Betty is a highly respected and dedicated nurse who works long hours, so guests often have the place to themselves. For those interested in these comfortable accommodations within a 2 minute drive or 20 minute walk, you can't beat the rate and the comradery of sharing a home with other MFR enthusiasts!

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 ♦ 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

MYOFASCIAL RELEASE— THE HEALTHCARE OF THE FUTURE!

THE AWARENESS OF THE EFFECTIVENESS OF MYOFASCIAL RELEASE HAS SPREAD ACROSS OUR COUNTRY LIKE WILDFIRE!

To enhance your confidence in Myofascial Release there has been an important new discovery which can be found in a recently published article *The Strings That Bind Us: Cytofilaments Connect Cell Nucleus to Extracellular Microenvironment*. The Berkeley Lab study provides first visual evidence of physical mechanism controlling gene expression. (<http://newscenter.lbl.gov/2017/01/25/images-show-cytofilament-link-nucleus-and-extracellular-matrix>)



For a long time I have been teaching how tiny little threads or filaments connect the inside of the cell to the outside of the fascial extracellular matrix. This explains how the phenomenon of mechano-transduction produced by the Myofascial Release therapist finding the fascial restriction, waiting and applying the appropriate pressure explains how we are able to connect with the totality of the human being!

As you know there are trillions of cells in our body and it turns out that they are all interconnected by these tiny little filaments. The renowned and distinguished scientist Mina Bissell of the Berkeley Lab's Biological Systems and Engineering Division has said that since the early 1980's that there is a direct connection via tiny filaments to the nucleus of the cell and our through the membrane to connect with the fascia's extracellular matrix. A new article with incredible images in the Journal of Cell Science wrote a special piece on cell biology.

Dr. Bissell goes on to express *'that the cell is dependent upon the physical surroundings the extracellular matrix'*, in other words, the fascial system is vitally important to the proper function and health of every one of the trillions of cells in our body. These new images give visual evidence of the new postulated physical link where genes can receive mechanical clues from their natural environment. Dr. Bissell states *"When the shape changes, biology changes."*

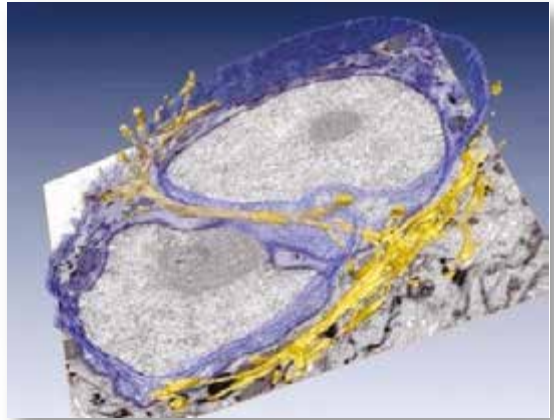
The following excerpts are taken from my recently revised book, *Myofascial Release Healing Ancient Wounds*.

- ◆ *30 years of research on the fascial system. Dr. Alfred Pischinger, professor of Histology and Embryology in Vienna, showed that the fascia's extracellular fluids which are called the matrix are the keys to health. His research showed that while cells are certainly important, they are not a separate entity because they cannot exist without being nurtured in the fascial matrix.*
- ◆ *Another one of the important points in Dr. Pischinger's book is that there is no nerve or blood vessel that touches any one of the trillions of cells in our body. This completely obliterates the fundamental theory called the Neuronal Doctrine which traditional healthcare has been based upon.*
- ◆ *The fascial system and its ground substance is the main transport medium of our body. Therefore, no matter what food you may ingest, it does not become nutrition until it enters the cell. Hydration does not occur when water goes down our throat, but only when it is capable of entering the cell. If the fascial ground substance has solidified from trauma, then all of the nutrition, fluid, oxygen, biochemistry, hormones, information, and energy that are needed by our cells cannot be absorbed. This ultimately means that the cells are in the process of dying.*

A picture is worth a thousand words. This image shows the cytofilament bundles in 'gold' that travel through the cell's nucleus. The nuclear membrane is shown in blue.

A direct explanation from Dr. Manfred Auer *"These filaments are actin and intermediate filaments, and the cytoskeleton never enters the nucleus, but remains outside with respect to the nucleus space, it is like a gigantic donut hole through which the cytoskeleton - tunnels from one side of the cytoplasm to the other side of the cytoplasm."*

Bissell goes on to say *'how force and tension could be playing a role with biochemical signals to bring about huge changes in the cell.'*



Courtesy of Dr. Manfred Auer, Molecular Biophysics and Integrated Bioimaging Division, Lawrence Berkeley National Laboratory and please cite our J. Cell Science paper (Jorgen's et al. 2017) where this image appeared as the cover.

Myofascial Release should be utilized after every trauma, surgery, and delivery. Surgery and medicine may be necessary for some at times, however, except in an emergency . . . except in an emergency, always receive Myofascial Release first.

FUTURE MYOFASCIAL RELEASE III SEMINARS—“SEASONING”

A few therapists have tried to take as many courses as they could in a very short period of time in order to attend Myofascial Release III. We denied their request to attend this extraordinary seminar because it is not just about taking courses. It is also about the on-going practice of Myofascial Release on a professional and personal level, adding proficiency and seasoning to achieve a higher level of therapeutic artistry.

Starting in 2017, there will be new prerequisites for MFR III. We have seen over the years such a dramatic difference in therapists that have repeated seminars and those that have taken our ‘Therapy for the Therapist’ program. These programs deepen the therapists’ skill level and their ability to ‘center’ themselves so significantly that we will be adding new requirements.

Many people say, *“Oh, I have done that before”*, which is a Channel 5 statement, totally missing the point of Myofascial Release. Each seminar is an opportunity for the therapist to deepen their awareness and move into a much higher skill level and confidence.

NEW PREREQUISITES FOR MYOFASCIAL RELEASE III

In addition to the usual prerequisites of MFR III, therapists also need to repeat three classes—Myofascial Release I, Myofascial Unwinding and another 20 hour Myofascial Release course of their choosing. In addition to this a one or two week ‘Therapy for the Therapist’ program, preferably for 2 weeks. ‘Therapy for the Therapist’ program is an extraordinary experience that will enhance every therapist’s skill level exponentially. The ‘Therapy for the Therapist’ program will address your own pain and personal health concerns. Receiving treatment from some of the best therapists in the world will enhance your journey to become an exceptional Myofascial Release therapist. For more details on these exciting experiences, please reach out to ‘The Sanctuary’ at 1-800-FASCIAL (Malvern@myofascialrelease.com) or ‘Therapy on the Rocks’ at (928) 282-3002 (Sedona@myofascialrelease.com).

We hope that you will enjoy these experiences and we all look forward to interacting with you in the future. Join us in this important evolution of healthcare.

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

OVERLAND PARK, KS MAY 5-7, 2017

Site: Overland Park CC
Accommodations: Sheraton Hotel
(913) 234-2100

BURLINGTON, VT MAY 5-7, 2017

Doubletree Hilton
(802) 658-0250

RALEIGH, NC JUNE 2-4, 2017

Hampton Inn
(919) 881-7080

SPOKANE, WA JUNE 9-11, 2017

Mirabeau Park Hotel
(509) 924-9000

NEW ORLEANS, LA JUNE 23-25, 2017

Hilton St. Charles
(504) 328-2800

SAN FRANCISCO, CA JULY 10-12, 2017

Holiday Inn Golden Gateway
(415) 441-4000

PALM BEACH GARDENS, FL AUGUST 25-27, 2017

Doubletree Hotel
(561) 622-2260

MILWAUKEE, WI SEPTEMBER 8-10, 2017

Hyatt Regency
(414) 276-1234

TIGARD, OR (PORTLAND AREA) OCTOBER 27-29, 2017

Embassy Suites
(503) 644-4000

WHITE PLAINS, NY NOVEMBER 3-5, 2017

Crowne Plaza
(914) 682-0050

SEDONA, AZ NOVEMBER 9-12, 2017 (1/2 DAYS)

Poco Diablo Resort
(928) 282-7333

ASHEVILLE, NC NOVEMBER 17-19, 2017

Doubletree Hotel
(828) 274-1800

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

DALLAS, TX JUNE 2-4, 2017

Marriott Las Colinas
(972) 831-0000

SAN FRANCISCO, CA JULY 7-9, 2017

Holiday Inn Golden Gateway
(415) 441-4000

CAPE COD, MA SEPT. 7-10, 2017 (1/2 DAYS)

Ocean Edge Resort
(508) 896-9000

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

BETHANY BEACH, DE MAY 15–17, 2017

Bethany Beach Suites
(302) 539–3200

AUSTIN, TX JULY 25–27, 2017

Doubletree by Hilton
(512) 454–3737

NEW YORK, NY AUGUST 15–17, 2017

The Watson Hotel
(212) 581–8100

LOCATIONS AND DATES

BETHANY BEACH, DE MAY 18–21, 2017

(1/2 DAYS)
Bethany Beach Suites
(302) 539–3200

AUSTIN, TX JULY 28–30, 2017

Doubletree by Hilton
(512) 454–3737

NEW YORK, NY AUGUST 18–20, 2017

The Watson Hotel
(212) 581–8100

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.

LOCATIONS AND DATES

SAN FRANCISCO, CA

JULY 13-16, 2017

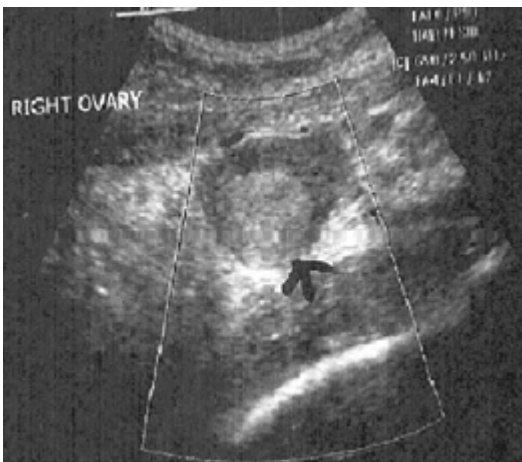
Holiday Inn Golden Gateway
(415) 441-4000

CAPE COD, MA

SEPT. 14-17, 2017

Ocean Edge Resort
(508) 896-9000

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!"

LOCATIONS AND DATES

SEDONA, AZ

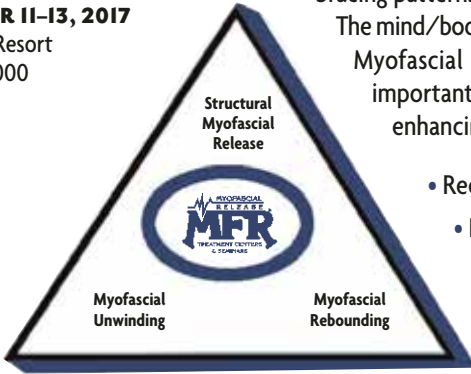
JUNE 15-18, 2017 (1/2 DAYS)

Poco Diablo Resort
(928) 282-7333

CAPE COD, MA

SEPTEMBER 11-13, 2017

Ocean Edge Resort
(508) 896-9000



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 22-25, 2017 (1/2 DAYS)

Poco Diablo Resort
(928) 282-7333

ST. PAUL, MN

OCTOBER 13-15, 2017

Doubletree Hotel
(651) 291-8800

Midwest!

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

NOVEMBER 12-13, 2017

Poco Diablo Resort
(928) 282-7333

QUANTUM LEAP! SEMINAR

PREREQUISITES: MYOFASCIAL RELEASE I™, MYOFASCIAL UNWINDING, MYOFASCIAL RELEASE II™ AND MYOFASCIAL REBOUNDED

THIS ONE-OF-A-KIND SEMINAR IS PRESENTED EVERY FEW YEARS AND SELLS OUT QUICKLY. YOU WILL EXAMINE 30 YEARS OF RESEARCH ON THE FASCIAL SYSTEM.

Incredible micro-videography reveals tensegrity, piezoelectricity, mechanotransduction in action, and the fractal nature of the fascial system allowing you to see what you have been feeling in your hands!

The Quantum Leap! Seminar is going to be an exciting event. Bring your fellow therapists and make this an unforgettable experience!

- Advanced Myofascial Release Techniques
- Advanced Fascial Cranial Techniques
- Exaggeration of the Lesion Procedures
- Compression Unwinding
- Oscillation & Rebounding Techniques
- Myofascial & Pandiculation Techniques
- Myofascial “Crunch” Techniques
- Multiple Person Unwinding Techniques
- Centering Exercises that will Enhance Your Quest for Mastery

LOCATION AND DATE

WILMINGTON, DE
NOV. 30—DEC. 3, 2017 (1/2 DAYS)
Doubletree Hilton
(302) 478-6000

SCHEDULE TREATMENT TIME AT THE ‘THE SANCTUARY’

Therapists attending the Quantum Leap! Seminar in Wilmington, Delaware will also have the opportunity to take advantage of the close proximity to our Eastern Myofascial Release Treatment Center, “The Sanctuary”.

We are scheduling appointment times after class on Friday and Saturday. Located in Malvern, PA, “The Sanctuary” is an easy 30 minute drive from the Quantum Leap! Seminar where you can receive personalized Myofascial Release Treatment from our team of highly skilled therapists at our therapeutic retreat. You will also be able to enjoy the various other amenities at “The Sanctuary” such as our Infrared Sauna, Hot Tub, and NeuroSpa Chair at no additional charge while connecting and relaxing with other Myofascial Release therapists from the Quantum Leap! Seminar. It is an opportunity that is sure to enhance your experience at the Quantum Leap! Seminar. Since space



is limited, it is recommended that therapists interested in this option should schedule their treatment at “The Sanctuary” in advance by calling Andrea at 1-800-327-2425 ext. 227.

A Must See . . . While you are visiting the area, don't miss out on visiting Longwood Gardens in Kennett Square, a mere 11 miles from the seminar site. Outside, illuminated stars twinkle above, colorful fountains dance to holiday music, and a half-million lights brighten the night. (www.longwoodgardens.org)

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



An Exciting Adventure!



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



DATES: November 14–19, 2017

TIMES: Full-day November 14th, Half-days November 15th through November 19th. 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: Paco Diablo Resort (928) 282-7333—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 RELEASE I™

ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS.

Repeat any Seminar at 1/2 price!

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.



LOCATIONS AND DATES

BELLEVUE, WA (SEATTLE SUBURBS)
MARCH 31—APRIL 1, 2, 2017
Sheraton Hotel
(425) 455-3330

SAN FRANCISCO, CA
APRIL 7-9, 2017
Holiday Inn Golden Gateway
(415) 441-4000

ST, LOUIS, MO
APRIL 7-9, 2017
Magnolia Hotel
(314) 436-9000

OMAHA, NE
APRIL 21-23, 2017
Doubletree Hilton
(402) 346-7600

MANCHESTER, NH
APRIL 21-23, 2017
Best Western Executive
(603) 627-2525

BETHANY BEACH, DE
MAY 11-14, 2017 (1/2 DAYS)
Bethany Beach Suites
(302) 539-3200

KALAMAZOO, MI
MAY 12-14, 2017
Radisson Plaza
(269) 343-3333

AUSTIN, TX
JULY 21-23, 2017
Doubletree by Hilton
(512) 454-3737

NEW YORK, NY
AUGUST 11-13, 2017
The Watson Hotel
(212) 581-8100

SAN DIEGO, CA
AUGUST 18-20, 2017
Handlery Hotel
(619) 298-0511

NAPERVILLE, IL (CHICAGO SUBURBS)
AUGUST 25-27, 2017
Embassy Suites
(630) 799-5900

TORONTO, ONTARIO
SEPT. 29—OCT. 1, 2017
Holiday Inn Yorkdale
(416) 789-5161

PENSACOLA, FL
OCTOBER 13-15, 2017
Pensacola Grand Hotel
(850) 433-3336

LOUISVILLE, KY
OCTOBER 27-29, 2017
Galt House Hotel
(502) 589-5200

RENO, NV
NOVEMBER 3-5, 2017
Silver Legacy Resort
(775) 329-4777

CHATTANOOGA, TN
NOVEMBER 10-12, 2017
Embassy Suites
(423) 602-5100

**SAVE
\$300**

VACATION SERIES & SPECIALTY SEMINARS

**BY REGISTERING FOR
ANY THREE SEMINARS!**



Bethany Beach, DE—Bethany has embraced its own quiet style—smaller and more serene than some beach resorts, Bethany is beloved for its balance of family-friendly peacefulness and fun-loving diversions. Delight in sunny days filled with an endless array of beach and ocean activities.

Myofascial Release I
May 11–14, 2017
(1/2 days)

Myofascial Unwinding
May 15–17, 2017

Myofascial Release II
May 18–21, 2017
(1/2 days)

**BETHANY BEACH
SUITES**
(302) 539–3200



Sedona, AZ—Red Rock country is a gorgeous four season playground for everyone. Sedona is the true 'wild west.' Enjoy the high energy vortexes and spectacular cliffs of indescribable beauty.

Myofascial Rebounding
June 15–18, 2017
(1/2 days)

Myofascial Healing
June 19–21, 2017

Advanced Unwinding
June 22–25, 2017
(1/2 days)

**POCO DIABLO
RESORT**
(928) 282–7333



San Francisco, CA—Experience Fisherman's Wharf, Union Square, the beautiful Golden Gate Park and the bustling District of Chinatown.

Cervical–Thoracic
July 7–9, 2017

Fascial–Pelvis
July 10–12, 2017

Women's Health
July 13–16, 2017

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



Austin, TX—Legendary live music, burgeoning restaurant scene and unique culture. Austin is also home to a wonderful ballet, world-class museums, one-of-a-kind shopping and beautiful outdoor spaces.

Myofascial Release I
July 21–23, 2017

Myofascial Unwinding
July 25–27, 2017

Myofascial Release II
July 28–30, 2017

**DOUBLETREE
HOTEL**
(512) 454–3737



New York, NY—Visit all of the famous New York attractions. Carnegie Hall, Lincoln Center, the fabulous Theater District, or catch a Broadway show.

Myofascial Release I
August 11–13, 2017

Myofascial Unwinding
August 15–17, 2017

Myofascial Release II
August 18–20, 2017

**THE WATSON
HOTEL**
(212) 581–8100



Cape Cod, MA—Rejoice in the freedom of being able to do exactly what you love- golf, tennis, swimming, dining, biking and relaxing on Cape Cod's beautiful beaches.

Cervical–Thoracic
Sept. 7–10, 2017
(1/2 days)

Myofascial Rebounding
September 11–13, 2017

Women's Health
September 14–17, 2017

**OCEAN EDGE
RESORT**
(508) 896–9000

1-800-FASCIAL (327-2425)

MYOFASCIAL RELEASE MERCHANDISE



MYOFASCIAL RELEASE—HEALING ANCIENT WOUNDS: THE RENEGADE'S WISDOM®

BY: JOHN F. BARNES

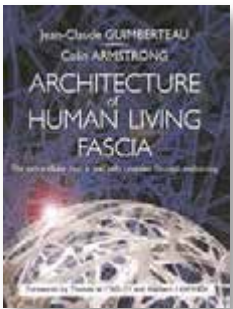
John F. Barnes, PT, world-renowned therapist, author, visionary, and authority on Myofascial Release, weaves a fascinating story, taking you into his highly charged and intriguing world of authentic healing. This enjoyable and important book explores the intuitive awareness and dynamic mind/body healing principles of Myofascial Release.

NEW EPILOGUE!

Since the year 2000, when Healing Ancient Wounds, the Renegade's Wisdom was first published, there have been massive advances in research and attitudes on Myofascial Release. So much information has emerged verifying the scientific principles that John F. Barnes, PT has been teaching over the last 40 years that he has written a new chapter or epilogue.

He has synthesized all the important material on Myofascial Release to provide a clear, comprehensive vision for all of us to move forward in healthcare. The Epilogue starts out with the scientific principles of Myofascial Release, and then takes a sharp turn into a tragedy that John endured and his response to it. This new chapter is filled with inspirational and insightful messages that will benefit and uplift all therapists. **This informative, touching, and inspirational epilogue is A MUST READ!**
\$49.00

NEW BOOKS!



ARCHITECTURE OF HUMAN LIVING FASCIA®

BY: JEAN-CLAUDE GUIMBERTEAU & COLIN ARMSTRONG

French surgeon has published a richly illustrated and historic book. A picture is worth a thousand words. This book and accompanying DVD clearly shows the fascia system of a living person which reveals piezoelectricity, mechanotransduction, phase transition and resonance; the essence of Myofascial Release. His outstanding work is a must for MFR therapists and is the book of the century!

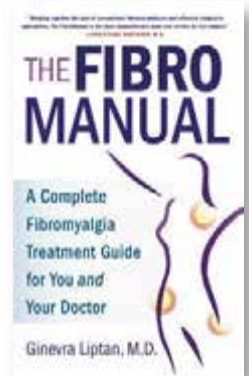
\$75.00

THE FIBROMANUAL: A COMPLETE FIBROMYALGIA TREATMENT GUIDE FOR YOU AND YOUR DOCTOR

BY: GINEVRA LIPTAN, MD

Ten million Americans experience the widespread pain, profound fatigue, and fuzzy brain ("fibrofog"). Ginevra Liptan, MD, shares a cutting-edge new approach that includes the John F. Barnes' Myofascial Release Approach®, which she calls by far the most effective treatment I have found to reduce fibromyalgia pain.

\$20.00



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
QUANTUM LEAP!**

\$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 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

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"/> Quantum Leap! |
| <input type="checkbox"/> Fascial-Pelvis | <input type="checkbox"/> Myofascial Release III |
| <input type="checkbox"/> Cervical-Thoracic | <input type="checkbox"/> Subtle Energy I |
| <input type="checkbox"/> Myofascial Rebounding | <input type="checkbox"/> Myofascial Healing |

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