



LEARN . . .

THE JOHN F. BARNES'

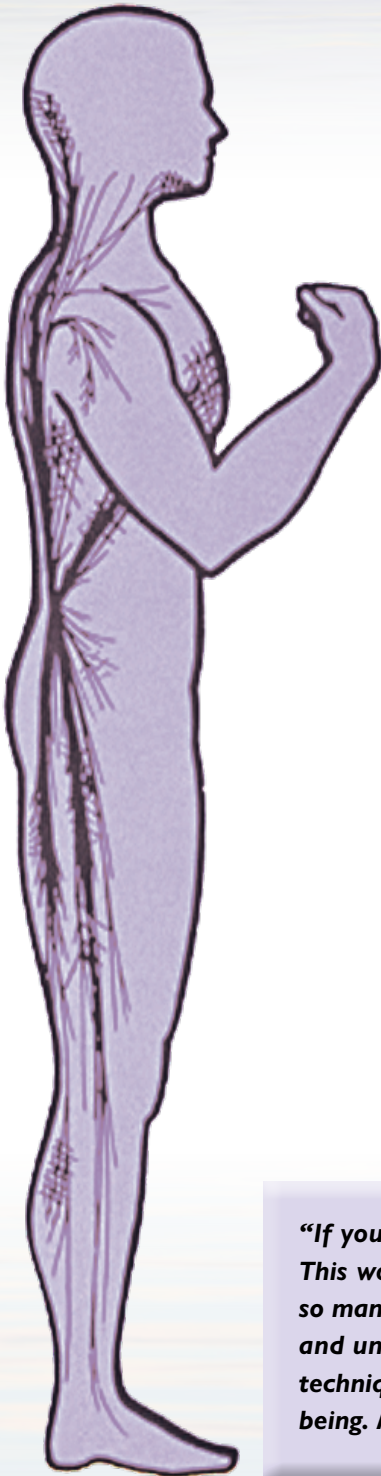
# MYOFASCIAL RELEASE

APPROACH®

# MYOFASCIAL RELEASE

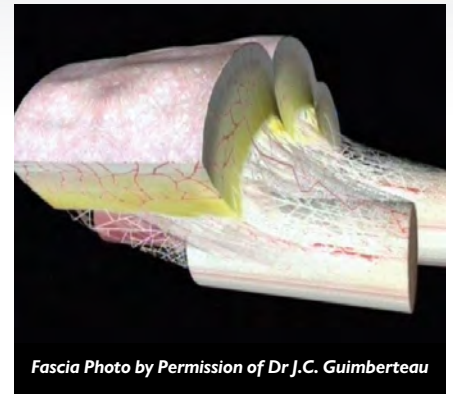
~ ENHANCE YOUR LIFE! ~

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



## WHAT IS FASCIA?

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



Fascia Photo by Permission of Dr J.C. Guimberteau

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

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

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

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

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

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



# MYOFASCIAL RELEASE

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

**John F. Barnes, PT, LMT** is a therapeutic 'icon' considered to be a teacher of the highest caliber. He has been teaching Myofascial Release seminars for over 45 years and has trained over 100,000 therapists.

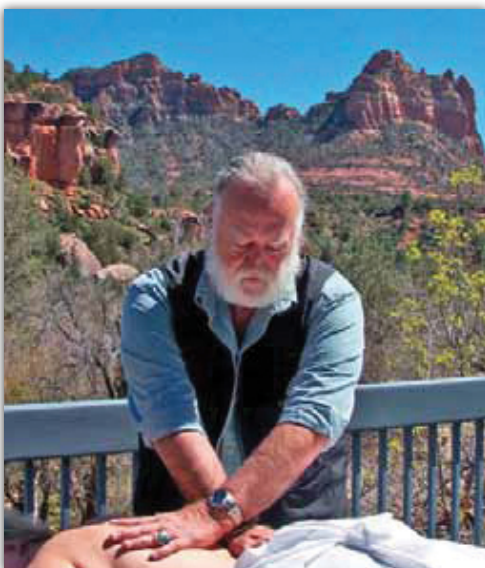
**What we have learned in the past, while logical,  
is riddled with obsolete concepts and beliefs that only yields temporary results.  
Embrace Myofascial Release to be the best therapist you can be!**

## Frustrated with Temporary Results?

We have all been frustrated by temporary results. Of course, our patients/clients have been frustrated as well. There is a very important reason for this occurring and it can be corrected with Myofascial Release.

Every form of therapy that we have been taught is too quick. What do I mean by that?

First, I will teach the art of Myofascial Release by developing your tactile and proprioceptive senses to be able to feel their unique fascial strain patterns. Fascial restrictions are generated by trauma, thwarted inflammatory responses or surgical procedures which can cause crushing pressure on pain sensitive structures.



*Myofascial Release for Back Pain*

The amount of pressure is also very important. Some therapies use too much pressure which forces the patient/client to tighten and go into protection. Some therapies are too light which only engages the muscular and elastic component, but not the collagenous component of the fascial system. This improvement may last for a short period of time but the symptoms return again and again.

The restrictions must be engaged for a sustained period of time for consistent effectiveness and longevity of your results. Once the restrictive barriers are found and the proper pressures are held for the appropriate amount of time, there is a number of phenomena that only occur after sufficient time has been applied. This is why I say other forms of therapy are too quick. The following phenomena that involve the principles that I have been teaching for over forty years begin to create the positive changes you want for your patients/clients.

## ◆ PIEZOELECTRICITY

Piezoelectricity is a Greek word for pressure electricity. Our cells have a crystalline nature. When pressure is applied to a crystal it generates an electrical flow. In the human body, the pressure we utilize with myofascial release generates a bioelectrical flow which then turns into what is called mechanotransduction.

## ◆ MECHANOTRANSDUCTION

The pressure utilized with Myofascial Release allows the phenomenon of mechanotransduction to allow for a biochemical and hormonal effect at the cellular level. Recent research has now shown that through mechanotransduction, interleukin-8 is produced in the patient's/client's body which is the body's natural anti-inflammatory. It is now thought that the thwarting of the inflammatory response may be the cause of many diseases. All of this is important in authentic healing.

## ◆ PHASE TRANSITION

It is during the phase transition phenomenon when the patient's/client's body becomes capable of reorganizing at a higher level and allows for positive change.

We have all been taught to believe that there are 3 phases of water- ice, water and vapor. The world's leading expert in fluid dynamics, Dr. Gerald Pollack, has discovered a fourth phase of water which is within the facial system, structured water  $H_2O_2$ , which is liquid crystal. From trauma the ground substance of the fascial system which is fluid, becomes more and more viscous until it solidifies into crushing pressure on pain sensitive structures.

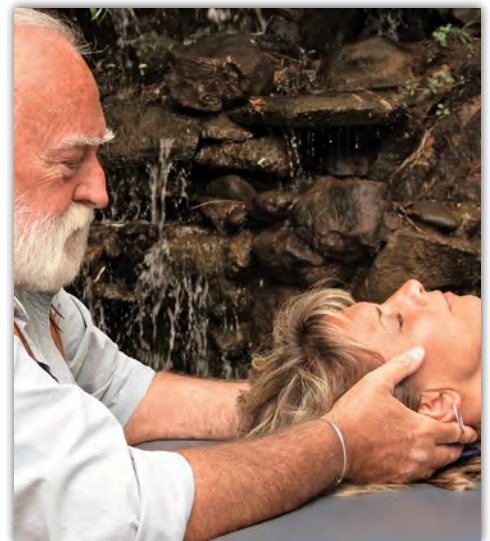
## ◆ RESONANCE

The final phase is resonance (which is another word for release). Resonance allows for that which has solidified to rehydrate allowing the fascial system to glide and release this crushing pressure off the pain sensitive structures for a resolution of our patients'/clients' problems.

Myofascial Release is truly the missing link in therapy and will greatly enhance your effectiveness in a very gentle, safe and compassionate way.



*Myofascial Release for leg pain and enhanced athletic performance*



*Myofascial Release for cervical pain and headaches*

**JOIN US IN THIS IMPORTANT ADVANCEMENT IN HEALTHCARE!**

Sincerely,

# MYOFASCIAL RELEASE I

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



## 20 CONTACT HOURS

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



## MYOFASCIAL RELEASE TECHNIQUES

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

## CRANIAL TECHNIQUES

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

## ENJOY A NEW, EXCITING AND LUCRATIVE CAREER!

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

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

Symptoms are the tip of the iceberg of a much deeper, important problem—myofascial restrictions! Science has now discovered what I have been teaching for over 45 years; i.e., pain, dysfunction and disease are caused by a prolonged inflammatory response. Trauma and the resultant inflammatory response create myofascial restrictions that ultimately create the symptoms.

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

## ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS!

# MYOFASCIAL RELEASE I

## LOCATIONS AND DATES

### INDIANAPOLIS, IN

August 13-15, 2021  
Hilton Hotel  
(317) 972-0600

### KNOXVILLE, TN

August 27-29, 2021  
Hilton Hotel  
(865) 523-2300

### VANCOUVER, BC

(Burnaby Area)  
September 10-12, 2021  
Hilton Metrotown  
(604) 438-1200

### MADISON, WI

September 24-26, 2021  
Hilton Garden Inn West  
(608) 831-2220

### DALLAS, TX

(Irving, TX)  
October 8-10, 2021  
Marriott Las Colinas  
(972) 831-0000

### KANSAS CITY, MO

November 5-7, 2021  
Embassy Suites  
(816) 756-1720

### JACKSONVILLE, FL

November 12-14, 2021  
Hyatt Regency  
(904) 588-1234

### ORLANDO, FL

February 25-27, 2022  
Sheraton Orlando North  
(407) 551-7624

### SEDONA, AZ

March 10-13, 2022 (½ Days)  
Poco Diablo Resort  
(928) 282-7333

### SAN DIEGO, CA

March 25-27, 2022  
Handlery Hotel  
(619) 298-0511

### LEXINGTON, KY

April 8-10, 2022  
Embassy Suites  
Lexington/UK Coldstream  
(859) 455-5000

### MISSOULA, MT

April 22-24, 2022  
Doubletree  
Missoula Edgewater  
(406) 728-3100

### CHARLOTTE, NC

April 22-24, 2022  
Embassy Suites  
(704) 527-8400

### BETHANY BEACH, DE

April 28-May 1, 2022  
(½ Days)  
Bethany Beach Ocean Suites  
(302) 539-3200

### ST. PAUL, MN

May 13-15, 2022  
Doubletree Hotel  
(651) 291-8800

### WILMINGTON, DE

May 13-15, 2022  
Doubletree Hotel  
(302) 478-6000

### SPOKANE, WA

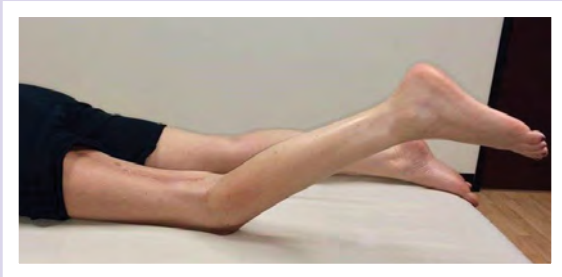
June 3-5, 2022  
Doubletree Hotel  
Spokane City Center  
(509) 455-9600

### CRANBERRY TWP., PA

(Pittsburgh Area)  
June 10-12, 2022  
Marriott North  
(724) 772-3700

*"I was introduced to Myofascial Release at a time in my life when I was considering leaving the profession of massage therapy altogether. My body was in pain from performing traditional massage techniques, such as deep tissue, and I was not helping people as much as I had been led to believe. I was burnt out from trying to force change."*

## PATIENT STATEMENT



ONE YEAR OF PHYSICAL THERAPY & MASSAGE THERAPY



MYOFASCIAL RELEASE RESULTS

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

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

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

Rowena Cua, LMT, BCTMB, Las Vegas, NV

# MYOFASCIAL UNWINDING

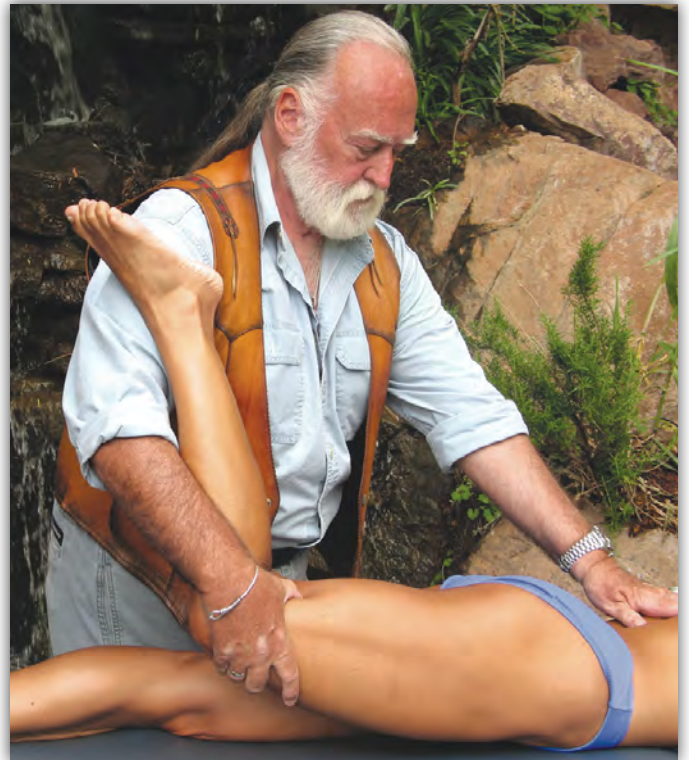
The Myofascial Unwinding seminar is designed to enhance your skill level and sensitivity providing you with a comprehensive treatment regime. Persistent pain and/or structural dysfunction may be perpetuated by “holding or bracing patterns” in the body. You will learn from the patient’s perspective how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

**20 Contact Hours—Prerequisite: Myofascial Release I™**

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

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

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



## LOCATIONS AND DATES

### INDIANAPOLIS, IN

August 17-19, 2021  
Hilton Hotel  
(317) 972-0600

### SEDONA, AZ

March 14-16, 2022  
Poco Diablo Resort  
(928) 282-7333

### BETHANY BEACH, DE

May 2-4, 2022  
Bethany Beach Ocean Suites  
(302) 539-3200

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



# MYOFASCIAL RELEASE II

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

**20 Contact Hours—Prerequisite: Myofascial Release I™**

## LEARN ADVANCED MYOFASCIAL TECHNIQUES FOR:

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

## LOCATIONS AND DATES

### INDIANAPOLIS, IN

August 20-22, 2021  
Hilton Hotel  
(317) 972-0600

### SEDONA, AZ

March 17-20, 2022 (½ Days)  
Poco Diablo Resort  
(928) 282-7333

### BETHANY BEACH, DE

May 5-8, 2022 (½ Days)  
Bethany Beach Ocean Suites  
(302) 539-3200



## YEARNING FOR A SIGNIFICANT TRANSFORMATION?



### LEAP !!!

*practice, with very little advertising (only Facebook ads and a listing in the MFR Directory). The demand for Myofascial Release exceeds what I can physically supply. People NEED this work. For the first time in my life, I'm making enough to support my kids without relying on anyone else. Best of all, we have been able to take a few memorable family vacations before my kids are all grown up. John says, "Life is meant to be enjoyed," and we are enjoying it so much more now, thanks to him. Love you, John F. Barnes!"*

*"I love talking about how John F. Barnes Myofascial Release has transformed my financial circumstances! I grew up very poor and continued to cycle below the poverty line throughout my 20's and 30's. I was 40, newly divorced, and financially devastated when I graduated from massage school five years ago. My area is saturated with massage therapists and I had no idea how difficult it is to make a steady, sustainable living from bodywork in my town."*

*"About 3 years ago, I was introduced to John Barnes' Myofascial Release by an amazing therapist and I started taking MFR Seminars. It was a tremendous stretch to come up with the seminar money, but I could feel with every fiber of my being that I needed to pursue this work. In just three years, I've built a thriving Myofascial Release*



# MYOFASCIAL MOBILIZATION

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

**12 Contact Hours**

## LOCATIONS AND DATES



### SACRAMENTO, CA

August 28 & 29, 2021  
Holiday Inn Downtown  
(916) 446-0100

### OKLAHOMA CITY, OK

September 11 & 12, 2021  
Sheraton Hotel  
(405) 235-2780

### ROCHESTER, MN

September 25 & 26, 2021  
Kahler Hotel  
(507) 280-6200

### KALAMAZOO, MI

October 9 & 10, 2021  
Radisson Plaza  
(269) 343-3333

### AKRON, OH

November 13 & 14, 2021  
Hilton Fairlawn  
(330) 867-5000

### LOS ANGELES, CA

March 5 & 6, 2022  
Doubletree Hotel  
(213) 629-1200

### DEERFIELD BEACH, FL

April 2 & 3, 2022  
Embassy Suites Resort & Spa  
(954) 426-0478

### LONG ISLAND, NY

April 23 & 24, 2022  
Hyatt Regency Long Island  
(631) 784-1234

### MEMPHIS, TN

May 14 & 15, 2022  
Holiday Inn Univ. of Memphis  
(901) 678-8200

### OMAHA, NE

June 11 & 12, 2022  
Doubletree Hotel  
(402) 346-7600

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

# PEDIATRIC MYOFASCIAL RELEASE

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

**12 Contact Hours**

## LOCATIONS AND DATES

### ST. LOUIS, MO

September 18 & 19, 2021  
Sheraton Westport Chalet  
(314) 878-1500

### INDIANAPOLIS, IN

October 2 & 3, 2021  
Embassy Suites North  
(317) 872- 7700

### ORANGE COUNTY, CA

(Garden Grove, CA)  
November 6 & 7, 2021  
Hyatt Regency  
(714) 750-1234

### MOUNT LAUREL, NJ

(S. Jersey/Phila Area)  
November 13 & 14, 2021  
Westin Hotel  
(856) 778-7300

### CORPUS CHRISTI, TX

March 19 & 20, 2022  
Omni Hotel  
(361) 887-1600

### SAVANNAH, GA

June 4 & 5, 2022  
Embassy Suites  
(912) 721-6900



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

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

# VACATION SERIES & SPECIALTY SEMINARS

save  
**\$300**

By registering for any  
three seminars!



**INDIANAPOLIS, IN**—Blessed with glistening waterways and waterfront restaurants, Indianapolis is a picturesque city.

**Myofascial Release I**  
August 13-15, 2021

**Myofascial Unwinding**  
August 17-19, 2021

**Myofascial Release II**  
August 20-22, 2021

**HILTON HOTEL**  
(317) 972-0600



**LAS VEGAS, NV**—Enjoy the incredible shows and the tasty variety of gourmet foods from top chefs and cornucopian buffets. Visit the sea life at the Mandalay Bay Shark Reef and hike the spectacular Red Rock Canyon!

**Fascial Pelvis**  
October 18-20, 2021

**Women's Health**  
October 21-24, 2021

**John F. Barnes**  
will be teaching Fascial  
Pelvis in Las Vegas!

**ALEXIS PARK RESORT**  
(702) 796-3300



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

**Cervical Thoracic**  
November 5-7, 2021

**Myofascial Rebounding**  
November 9-11, 2021

**Fascial Cranium**  
November 12-14, 2021

**MARRIOTT HOTEL**  
(630) 986-4100



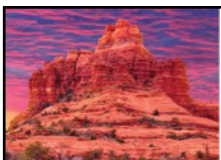
**KEY WEST, FL**—Explore the clear waters, savor a Key West sunset or take a stroll down Duvall Street and enjoy fun nightclubs and music. Relax and enjoy Key West's laid-back attitude!

**Cervical Thoracic**  
January 6-9, 2022 (½ Days)

**Myofascial Rebounding**  
January 10-12, 2022

**Fascial Cranium**  
January 13-16, 2022 (½ Days)

**DOUBLETREE RESORT**  
(305) 293-1818



**SEDONA, AZ**—Enjoy the warmth of the Arizona sun this winter! Sedona is one of the most gorgeous places in the world!

**Women's Health**  
February 10-13, 2022

**Myofascial Healing**  
February 14-16, 2022

**Cervical Thoracic**  
February 17-20, 2022 (½ Days)

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



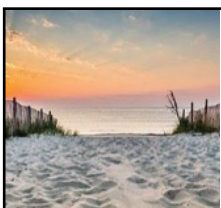
**SEDONA, AZ**—Sedona is alive with energy and awash with spectacular beauty. Enjoy hiking and exploring amid the pine forests of Oak Creek in the Red Rock Canyons.

**Myofascial Release I**  
March 10-13, 2022 (½ Days)

**Myofascial Unwinding**  
March 14-16, 2022

**Myofascial Release II**  
March 17-20, 2022 (½ Days)

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



**BETHANY BEACH, DE**—Bethany has embraced its own unique, quiet style – smaller and more serene than other beach resorts. Enjoy the beautiful beach, boating, fishing and excellent restaurants!

**Myofascial Release I**  
April 28–May 1, 2022 (½ Days)

**Myofascial Unwinding**  
May 2-4, 2022

**Myofascial Release II**  
May 5-8, 2022 (½ Days)

**BETHANY BEACH  
OCEAN SUITES**  
(302) 539-3200



**SEDONA, AZ**—Sedona is known for its extraordinary beauty, powerful healing energy, hiking trails and unique southwestern shopping and cuisine.

**Myofascial Rebounding**  
June 16-19, 2022 (½ Days)

**Myofascial Healing**  
June 20-22, 2022

**Advanced Unwinding**  
June 23-26, 2022 (½ Days)

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

# FASCIAL-PELVIS



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

**20 Contact Hours**

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

## LOCATIONS AND DATES

**APPLETON, WI**  
August 27-29, 2021  
Red Lion Hotel  
(920) 733-8000

**ROCHESTER, NY**  
August 27-29, 2021  
Doubletree Hotel  
(585) 475-1510

**EDMONTON, ALBERTA**  
October 8-10, 2021  
Delta Hotel  
(780) 429-3900

**NAPLES, FL**  
October 8-10, 2021  
Doubletree Hotel  
(239) 593-8733

**NASHUA, NH**  
October 22-24, 2021  
Courtyard by Marriott  
(603) 880-9100

**PORTLAND, OR**  
(Vancouver, WA)  
November 12-14, 2021  
The Heathman Lodge  
(360) 254-3100

**LAS VEGAS, NV**  
October 18-20, 2021  
Alexis Park Resort  
(702) 796-3300

**PENSACOLA BEACH, FL**  
March 4-6, 2022  
Hilton Hotel  
(850) 916-2999

**COLUMBIA, MD**  
March 25-27, 2022  
Doubletree Hotel  
(410) 997-1060

**CHATTANOOGA, TN**  
April 1-3, 2022  
Embassy Suites  
(423) 602-5103

**SANTA CRUZ, CA**  
April 29-May 1, 2022  
Hilton Santa Cruz/  
Scotts Valley  
(831) 440-1000

**TEMPE, AZ**  
May 6-8, 2022  
Embassy Suites  
(480) 897-7444

**CEDAR RAPIDS, IA**  
May 20-22, 2022  
DoubleTree Hotel  
(319) 731-4444

**SCHENECTADY, NY**  
May 20-22, 2022  
Doubletree Hotel  
(518) 393-4141

# CERVICAL-THORACIC



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

**20 Contact Hours—**  
**Prerequisite: Myofascial Release I™**

## CERVICAL THORACIC TECHNIQUES

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

## LOCATIONS AND DATES

**CHICAGO, IL**  
(Burr Ridge, IL – Suburbs)  
November 5-7, 2021  
Marriott Hotel  
(630) 986-4100

**KEY WEST, FL**  
January 6-9, 2022 (½ Days)  
Doubletree Resort  
Grand Key  
(305) 293-1818

**SEDONA, AZ**  
February 17 - 20, 2022 (½ Days)  
Poco Diablo Resort  
(928) 282-7333

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

# HOW IS MYOFASCIAL RELEASE BENEFITTING YOU?

## THERAPIST TESTIMONIALS

“When I attended my 1st Myofascial Release Seminar, I was pretty skeptical – the approach was so different than everything else I had been taught, but I did try some of the techniques on my patients right after the seminar, and every patient said something like, “I don’t know what that was, but it helped more than anything else I’ve done – please do more!”

“It didn’t take me long to fully embrace Myofascial Release because of the great response I was getting with my patients, as well as how much the Myofascial Release helped me personally. It’s all that I do now. I now get many patients seeking MFR specifically. My schedule is booked way out, and the demand for Myofascial Release continues to grow. I can’t imagine doing anything else for the rest of my career, the rest of my life really!”

*Mike J., MA, LAT, LMT  
Wisconsin*

“Following John F. Barnes’ Myofascial Release principles as a primary therapeutic approach has brought me into the 21st century with skills to create highly effective and consistent results. Understanding the significant role of our fascial system for vital, healthy functioning has shifted the paradigm for those who were suffering from a failing, antiquated healthcare model. Therapists and patients who have experienced the profound reduction of pain and the restoration of mobility using Myofascial Release are the trailblazers and innovators of healthcare.”

“There is a very real and profound effectiveness that is seen and felt as one follows the Myofascial Release principles which are now fully substantiated by current research.”

*Sheila W., PT  
Vermont*

“Here I am, at my treatment center, Atlanta Myofascial Release with a steady flow of clients, typically booked out a few weeks in advance, with people seeking out John F. Barnes’ Myofascial Release®, getting great results, feeling better. In my personal life as well, MFR has saved my son. After a repair for a lung collapse, with residual heart problems, a two-week Myofascial Release intensive treatment program at ‘The Sanctuary’ in Malvern with the fantastic team of therapists literally saved his quality of life. I am eternally grateful for this work, for the MFR community, for the life changing skills I have learned, and of course, for John Barnes. Every time I see him, I say “thank you for changing my life”, and I mean it with all of my essence.”

*Celia M., PTA, LMT  
Georgia*

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

*Julie L, OTR/L  
Tennessee*

## PATIENT TESTIMONIALS

Today is the LAST DAY of my intensive Myofascial Release Therapy Program at ‘Therapy on the Rocks’ in Sedona, Arizona. I just completed the most important weeks in my life.

### My Headache

I have suffered from crippling headaches that have had a devastating impact on my life, my family, and my friendships. Due to my headaches, I sold my car, I no longer drive, and I only leave home for major family functions, to see doctors, and for physical therapy.

### My Headache Relates to Medical History

I have had a rib removed, 12 epidurals, 6 nerve blocks, 7 MRIs, a spinal tap, 3 CTs, X-Rays, ultra sounds, nerve tests, acupuncture, cupping, traditional physical therapy. Five doctors recommended neck surgery on two discs, and I was actually scheduled to have a dual replacement. Luckily, I backed out the day before surgery. I have seen doctors at the Mayo Clinic, UCLA, UCI, San Francisco, Los Angeles, Irvine, New Port Beach, Fullerton and in Anaheim. My therapist gave me a few books written by John F. Barnes, PT. After reading several chapters, I did further research, on his Myofascial Release Approach®, and I decided to make a commitment to my health, and my family. I ultimately enrolled in an intensive therapy Myofascial Release Program at ‘Therapy on the Rocks’ in Sedona, Arizona.

### Life Changer

Since coming to Sedona, I have noticed numerous positive changes in my health. My whole mind and body had significant changes, not just my headaches. My posture, stride, and energy level all improved dramatically. I feel younger, more energetic, stronger, and most importantly, I now see life as a positive. I want to live; I am so much happier and optimistic. My mind-body awareness is at levels unseen before. Myofascial Release therapy at ‘Therapy on the Rocks’ in Sedona, Arizona changed my life, and it can change yours too.

*Christopher F.  
California*

“I was experiencing recurring lower abdominal/back tightness and pelvic discomfort during menstruation, on November 2013, I was sent for an initial ultrasound examination to determine whether I had Polycystic Ovarian Syndrome. Instead, the specialists found a 2cm fibrous Left ovarian cyst, as well as a thickened endometrium, measuring 2.2 cm with fundal fibroid 7 x 6.6 x 7.5 cm. Upon consultation with my physician, I requested and was granted a Myofascial Release therapy prescription to ‘Therapy on the Rocks.’”

“I had a follow up ultrasound examination. Results showed my endometrium now measured half the thickness of its previous depth from 2.2 to 1.1 cm and absence of the Left ovarian cyst with significantly reduced fundal fibroid of 5.7 x 5.4 x 6.5 cm. I no longer experience cramping during menstruation and have less pain throughout the abdomen and back with self-treatments. I look forward to continuing my treatments in Sedona.”

*Kate S.  
Arizona*

# MYOFASCIAL REBOUNding



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

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

**Prerequisite: Myofascial Release I™**

## LOCATIONS AND DATES

**CHICAGO, IL**  
(Burr Ridge, IL – Suburbs)  
November 9-11, 2021  
Marriott Hotel  
(630) 986-4100

**KEY WEST, FL**  
January 10-12, 2022  
Doubletree Resort  
Grand Key  
(305) 293-1818

**SEDONA, AZ**  
June 16-19, 2022  
(½ Days)  
Poco Diablo Resort  
(928) 282-7333

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

# ADVANCED MYOFASCIAL UNWINDING



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

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

## LOCATION AND DATE

**SEDONA, AZ**  
June 23-26, 2022 (½ Days)  
Poco Diablo Resort  
(928) 282-7333

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

# QUANTUM LEAP! SEMINAR

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!

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

- ◆ Advanced Fascial Cranial Techniques
- ◆ Exaggeration of the Lesion Procedures
- ◆ Compression Unwinding
- ◆ Oscillation & Rebounding Techniques
- ◆ Myofascial & Pandiculation Techniques
- ◆ Myofascial “Crunch” Techniques
- ◆ Multiple Person Unwinding Techniques

## LOCATION AND DATE

**WILMINGTON, DE**  
December 3-5, 2021  
Doubletree Hilton  
(302) 478-6000



# FASCIAL CRANIUM



The Fascial Cranium Seminar is one of our newest and most popular seminars!

You will explore and learn unique Myofascial Release principles for the fascial cranium and intra-oral structures to increase physiological function, enhance cognition, and decrease headaches, cervical, sinus and TMJ pain.

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

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

## LOCATIONS AND DATES

### CHICAGO, IL

(Burr Ridge, IL- Suburbs)  
November 12-14, 2021  
Marriott Hotel  
(630) 986- 4100

### KEY WEST, FL

January 13-16, 2022 (½ Days)  
Doubletree Resort  
Grand Key  
(305) 293-1818

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

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

# WOMEN'S HEALTH SEMINAR

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

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

**25 Contact Hours**

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

## LOCATIONS AND DATES

### LAS VEGAS, NV

October 21-24, 2021  
Alexis Park Resort  
(702) 796-3300

### SEDONA, AZ

Feb. 10-13, 2022  
Poco Diablo Resort  
(928) 282-7333



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

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

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

# SKILL ENHANCEMENT SEMINAR

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

## Prerequisite: Myofascial Release I™

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

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



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

## SKILL ENHANCEMENT WITH JOHN F. BARNES, PT

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



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



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

## ENROLLMENT IS LIMITED!

Only 4 Therapists per week—thereby maximizing & personalizing your learning experience!

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

# "THERAPY FOR THE THERAPIST"

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

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



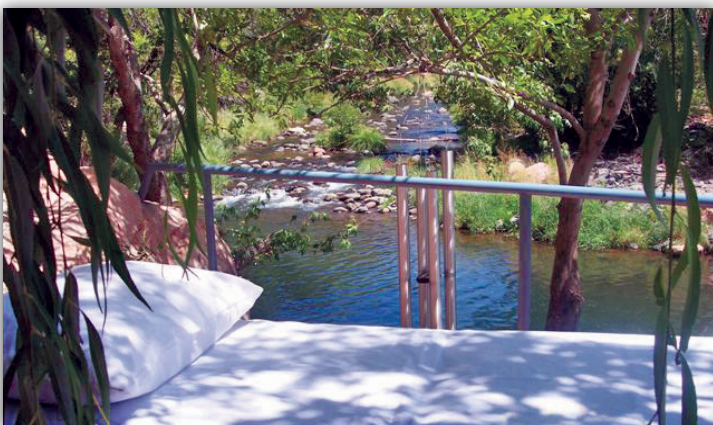
**"THERAPY FOR THE THERAPIST"  
IS A NEW PREREQUISITE FOR  
MYOFASCIAL RELEASE III**

## THE BEST GIFT I EVER GAVE MYSELF!

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

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

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



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



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

**ENROLLMENT IS LIMITED!**



# EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

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



## “THE SANCTUARY”

42 LLOYD AVENUE ♦ MALVERN, PA 19355

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

Malvern@myofascialrelease.com

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

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

# OUR MISSION IS TO RETURN YOU TO

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

## WOMEN’S HEALTH PROBLEMS:

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

# WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

Sedona, Arizona is truly a unique destination spot where visitors can enjoy a multitude of activities: hiking trails leading into the heart of the Red Rocks, jeep and helicopter tours, horseback riding, train and balloon rides await visitors. Beautiful and varied art galleries, Southwest and eclectic shopping opportunities, ancient Native American ruins, golf on the rocks, Slide Rock State Park and a multitude of high quality restaurants, incredibly beautiful resorts and housing options, even cozy suites for \$40 a night are minutes away.



## “THERAPY ON THE ROCKS”

676 NORTH HIGHWAY 89A ♦ SEDONA, AZ 86336

928-282-3002 ♦ 928-282-7274 (fax)

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

## A PAIN FREE, ACTIVE LIFESTYLE!

- ♦ Neurological Dysfunction
- ♦ Chronic Pain
- ♦ Migraines

- ♦ Chronic Fatigue Syndrome
- ♦ Carpal Tunnel
- ♦ Adhesions

- ♦ Neck Pain
- ♦ Scoliosis
- ♦ Sciatica

- ♦ Interstitial Cystitis
- ♦ Lymphedema
- ♦ Problem Breast Implant/Reduction Scars

- ♦ Menstrual Problems
- ♦ Urinary Frequency
- ♦ Adhesions

- ♦ Coccydynia (tail bone pain)
- ♦ Adhesions
- ♦ Sciatica

# MYOFASCIAL HEALING SEMINAR



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

## FOR THE PATIENT

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

## FOR THE THERAPIST: HEAL YOURSELF

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

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



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

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

## LOCATIONS AND DATES

### WILMINGTON, DE

August 6-8, 2021  
Doubletree Hotel  
(302) 478-6000

### SEDONA, AZ

February 14-16, 2022  
Poco Diablo Resort  
(928) 282-7333

### COVINGTON, KY

(Cincinnati, OH)  
April 8-10, 2022  
Radisson Hotel  
(859) 491-1200

### SEDONA, AZ

June 20-22, 2022  
Poco Diablo Resort  
(928) 282-7333



# REGISTRATION INFORMATION

save  
**\$300**

By registering for any  
three seminars!

- ◆ Myofascial Release I
- ◆ Myofascial Unwinding
- ◆ Myofascial Release II
- ◆ Fascial-Pelvis Seminar
- ◆ Cervical-Thoracic Myofascial Release
- ◆ Advanced Myofascial Unwinding
- ◆ Myofascial Rebounding
- ◆ Quantum Leap!
- ◆ Fascial Cranium

**\$750** for each seminar or

**\$695** if registered 2 weeks prior to seminar date

- ◆ Women's Health Seminar

**\$1,000** for the seminar or

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

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

**\$450** for each seminar or

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

- ◆ Myofascial Healing Seminar

**\$550** for each seminar or

**\$495** if registered 2 weeks prior to seminar date

**\$395** per person if 2 or more register together\*

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

## CONTINUING EDUCATION:

Myofascial Release Seminars are approved by many state and national associations. Please visit our website at [myofascialrelease.com](http://myofascialrelease.com) for a complete listing and to determine the number of hours granted by your association.

## DISCOUNTS:

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

## REGISTRATION FEE AND CANCELLATION POLICY:

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

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

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

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

### IMPORTANT

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

#### Check the appropriate box(es)

- |   |   |
|---|---|
| <input type="checkbox"/> Myofascial Mobilization      | <input type="checkbox"/> Myofascial Rebounding                |
| <input type="checkbox"/> Pediatric Myofascial Release | <input type="checkbox"/> Quantum Leap!                        |
| <input type="checkbox"/> Myofascial Release I         | <input type="checkbox"/> Fascial Cranium                      |
| <input type="checkbox"/> Myofascial Unwinding         | <input type="checkbox"/> Women's Health Seminar               |
| <input type="checkbox"/> Myofascial Release II        | <input type="checkbox"/> Myofascial Healing                   |
| <input type="checkbox"/> Fascial-Pelvis               | <input type="checkbox"/> Subtle Energy                        |
| <input type="checkbox"/> Advanced Unwinding           | <input type="checkbox"/> Myofascial Release III-\$500 deposit |
| <input type="checkbox"/> Cervical-Thoracic            |   |

Charge to:  VISA  MASTERCARD Expiration Date: \_\_\_\_\_

Card #: \_\_\_\_\_ 3 Digit Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

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

Email: \_\_\_\_\_

Address: \_\_\_\_\_

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

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

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

MFR Seminars  
42 Lloyd Avenue  
Malvern, PA 19355

Fax Form to 610-644-1662



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