

Myofascial Release



The Most *Effective*
Form of Therapy in the History of Healthcare!

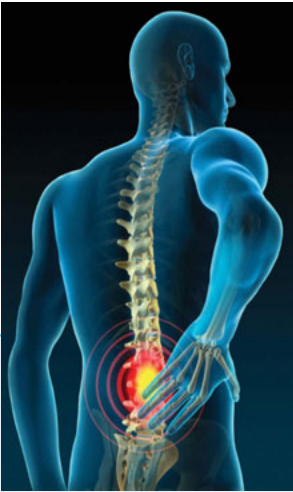
A WORD TO PATIENTS AND THERAPISTS:

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

DEAR PATIENTS:

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

Patients, we welcome you to join us this year at one of our most unique seminars, Myofascial Healing. This seminar was designed over 8 years ago with the patient in mind. Learn self-treatment techniques and the theory behind the John F. Barnes' Myofascial Release Approach®. We are pleased to offer this extraordinary seminar in Sedona, AZ and Chicago, IL in 2015—see page 9 for details.



THERAPISTS:

We encourage you to use this brochure as a teaching tool for your patients and as an incentive to plan your upcoming 2015 schedule. This brochure offers details on Myofascial Release III, “Beyond Technique,” which is scheduled for October 20–25, 2015, in Sedona, AZ and “Quantum Leap!” which is scheduled for January 14–17, 2016 (1/2 days) in fabulous Key West, FL. Remember, a true master continues to learn and attend classes. Revitalize yourself and your career by attending the specialty seminars in this brochure. **Repeat ANY seminar at half price!**

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MYOFASCIAL III “BEYOND TECHNIQUE” & THE EXTRAORDINARY “QUANTUM LEAP!” SEMINAR WILL BE HERE BEFORE YOU KNOW IT!

PLAN AHEAD TO ATTEND THESE SPECIAL SEMINARS!

These two very unique seminars will delve deeply into ancient wisdom and recent scientific discoveries to free our fascial web for a joyful, healthy life.



“**BEYOND TECHNIQUE**”
SEDONA, ARIZONA
OCTOBER 20-25, 2015

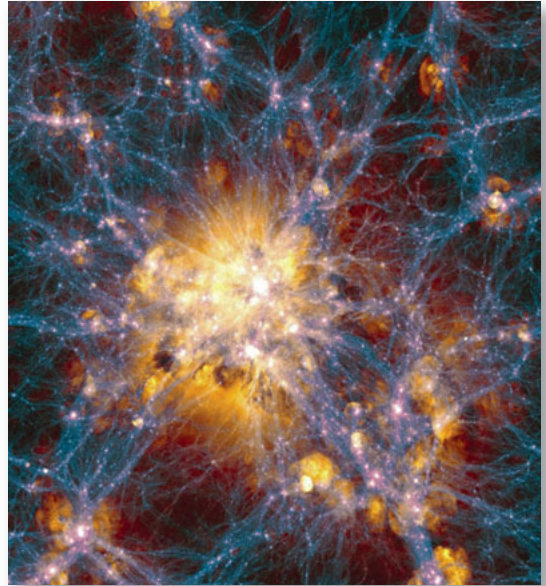


“**QUANTUM LEAP!**”
KEY WEST, FLORIDA
JANUARY 14-17, 2016 (1/2 DAYS)

ANCIENT WISDOM . . . “AS ABOVE, SO BELOW”

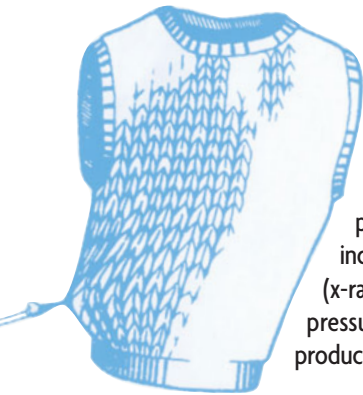
Our beautiful holographic universe and the fascia of our bodies are interconnected fractal structures and have infinitely complex patterns.

- ◆ *John, you are an amazing teacher and have changed my life in so many ways. I have been able to build a lucrative practice using the MFR Approach, and for this I owe you the deepest thanks. Your energy and teachings have affected me in such profound ways, and I am able to transpose this same energy and spirit in facilitating my clients. Looking forward to working with you again soon, my friend! Forever grateful.*
- ◆ *Thank you John . . . We are a web and all connected and thank you for making it all possible!! Feeling the love and sending back out!!*
- ◆ *This is the best I have felt in 8 months John! QL was amazing! I'm so grateful for the opportunity to connect with you & fellow MFR practitioners who have similar goals of bettering themselves both personally & professionally. We love you beyond words!*
- ◆ *Thank you John for creating sacred space. For honoring your gifts, listening to your calling and for SHARING your knowledge, talent and love with us.*
- ◆ *Thank you. Words are not enough. My heart overflows. I see and feel and hear so differently. All of my senses are heightened. I am different. I am better. I have more to give. Thank you.*
- ◆ *All of my goals at Myofascial Release III were met, both in-class and during the outside class experiences. Huge shifts and lots of lessons learned.*



DEAR MYOFASCIAL RELEASE PATIENTS:

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



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

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

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

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

MYOFASCIAL RELEASE UTILIZES THE FRACTAL PRINCIPLES OF NATURE



MYOFASCIAL RELEASE TREATMENT PROGRAMS

COMPREHENSIVE INTENSIVE PROGRAM

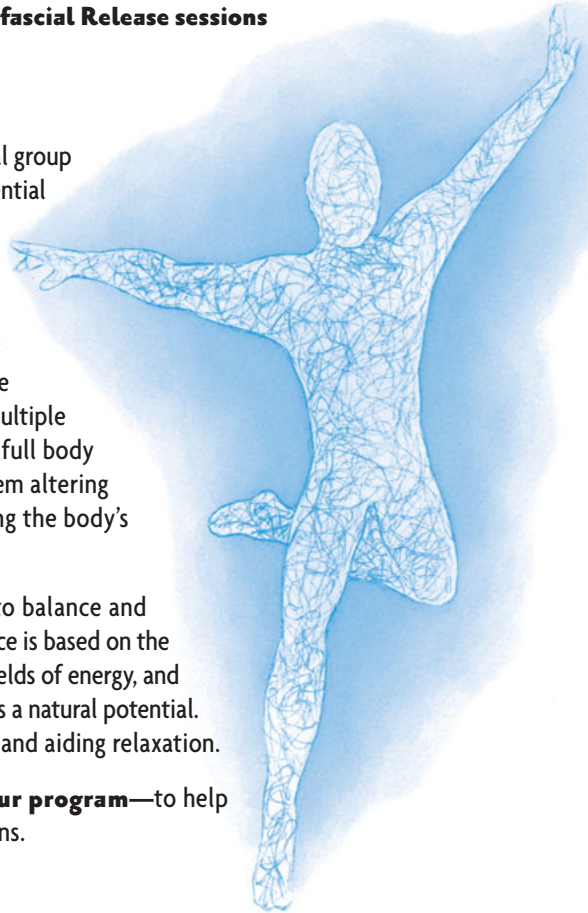
Individualized program specifically designed to overcome chronic pain and mobility issues. The Comprehensive Intensive Program is a two to four week concentrated program that includes three key elements: Evaluation, Hands-on Myofascial Release Treatment and Instruction in our Home Self Treatment Program.

◆ EVALUATION INCLUDES:

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

◆ TREATMENT INCLUDES:

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



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

ADDITIONAL TREATMENT PROGRAMS

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

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 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

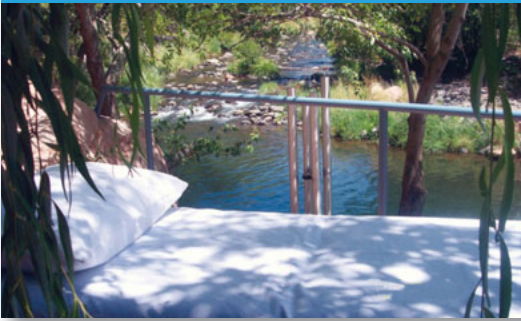
Feeling tired and burned out? Are you always the care-taker?

Do you want to develop skills and confidence to provide consistent results for your patients?
“THERAPY FOR THE THERAPIST” Program is designed specifically for you!

Offered onsite at The “Sanctuary” in Malvern, Pennsylvania and at “Therapy on the Rocks” in Sedona, Arizona, this unique and one-of-a kind program meets the needs of therapists who are experiencing pain, tightness and in desperate need of rejuvenation.

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

“THERAPY ON THE ROCKS”—SEDONA, AZ



THE “SANCTUARY”—MALVERN, PA



THE BEST GIFT I EVER GAVE MYSELF!

Dear John Barnes and all the staff at the Malvern Myofascial Release “Sanctuary”, I want to thank you all for the deeply transformative therapeutic week I spent participating in your ‘Therapy for the Therapist’ program. I found it to be an amazing opportunity for professional and personal growth.

Three sessions of hands on therapy a day with some of the most talented physical therapists in the world has regenerated me! I haven’t felt this good since . . . well, maybe ever!

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

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

*I have been working in physical therapy for 20 years, but never invested 100% of my time and energy toward healing myself, until this ‘Therapy for the Therapist’. **Thanks to Myofascial Release and John, I now know I am worth it. I deserve it. And I need it . . . every year! Everyone does.***

Emily E, LPTA, LMT, Maine

SKILL ENHANCEMENT SEMINAR

PREREQUISITE: MYOFASCIAL RELEASE I

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

To be taken soon
after completing
MYOFASCIAL RELEASE I



Therapists who attend the Skill Enhancement Seminar can incorporate the knowledge and skills learned at our off-site educational seminars in a clinical setting that specializes in Myofascial Release. The

value of individual, private instruction on Myofascial Release techniques with actual patients, as well as receiving private treatment, serves to be a comprehensive and an invaluable instructional experience. Immediate and personal feedback will be offered to the participating therapist. Questions will be addressed in a timely and productive fashion throughout this week long seminar.

SKILL ENHANCEMENT WITH JOHN F. BARNES, PT

The Skill Enhancement Seminar is also offered during select weeks when John F. Barnes, PT is treating at either the Malvern or Sedona Myofascial Release Treatment Centers. This option allows the therapist to treat patients alongside John F. Barnes and our staff. Personal treatment sessions with John F. Barnes and our staff are all included. **Enrollment in the Skill Enhancement Seminar is limited. We only accept four therapists per week to ensure personal and direct guidance. Booking in advance is recommended.**

“THERAPY ON THE ROCKS”—SEDONA, AZ



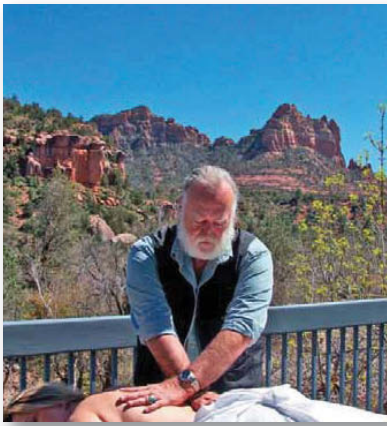
The Skill Enhancement Seminar is a very positive and rewarding experience. I felt very comfortable and welcome. The openness and feedback from the team of therapists was much appreciated. I have a lot more self confidence about practicing Myofascial Release with my clients and about myself.

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

THE “SANCTUARY”—MALVERN, PA



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



MYOFASCIAL HEALING SEMINAR

DESIGNED SPECIFICALLY FOR THE PATIENT

The Myofascial Healing Seminar will teach you how to “treat” yourself and is designed to help those wanting to enhance their progress and take a quantum leap in their healing. Through lectures and workshops, patients will learn how to help eliminate their pain and energize their bodies.

FOR THE THERAPIST: HEAL YOURSELF

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

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

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

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

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

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

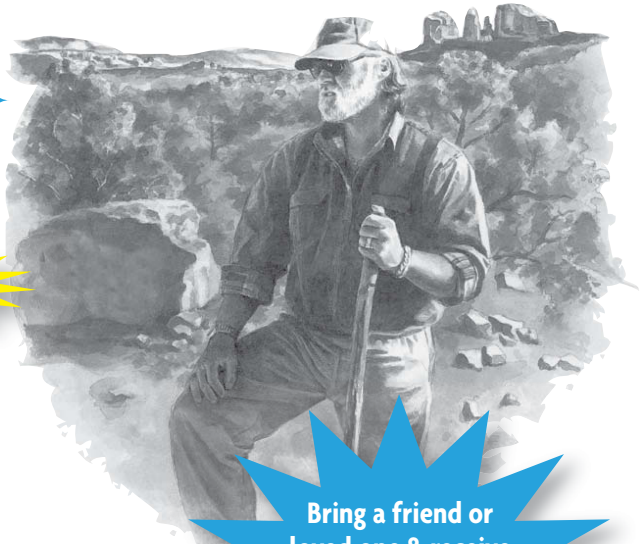
LOCATIONS AND DATES

SEDONA, AZ
JUNE 22–24, 2015
Poco Diablo Resort
(928) 282–7333

Midwest!

CHICAGO, IL
AUGUST 28–30, 2015
Indian Lakes Resort
(630) 529–0200

SEDONA, AZ
OCTOBER 8–11, 2015 (1/2 DAYS)
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282–6400



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

THE “SANCTUARY”

EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

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

THE “SANCTUARY”—MALVERN, PA



THE “SANCTUARY”

42 Lloyd Avenue, Malvern, PA, 19355

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

OUR MISSION IS TO RETURN YOU

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

“THERAPY ON THE ROCKS”

WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

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

“THERAPY ON THE ROCKS”—SEDONA, AZ



“THERAPY ON THE ROCKS”

676 North Highway 89A ♦ Sedona, AZ 86336

928-282-3002 ♦ 928-282-7274 fax

sedona@myofascialrelease.com ♦ therapyontherocks.net

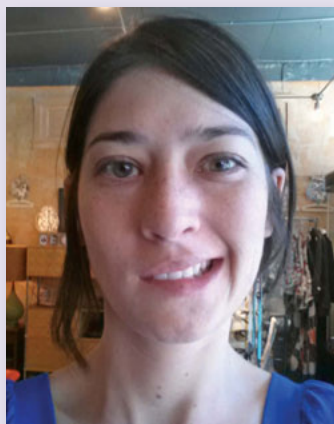
TO A PAIN FREE, ACTIVE LIFESTYLE!

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

1-800-FASCIAL (327-2425)

TESTIMONIAL

“I was diagnosed with Bell’s Palsy three months after giving birth to my first child. I could not close my eye, smile, or raise my eyebrow on the affected side of my face. My face was literally frozen, and I had trouble speaking, eating, and drinking—even playing with my baby!”



BEFORE



AFTER

“The doctor’s protocol for me was to take high doses of a steroid in hopes that I would not suffer any long-term nerve damage. This path would have required that I stop breastfeeding my little girl who would have had to go on formula until I had finished rounds of steroids; and there was no guarantee that the steroids would actually help.”

“Luckily, I had previous, successful, experience with Myofascial Release treatments after a car wreck in 2008, which left me unable to sit or walk without pain. So rather than filling the prescription for the steroid and buying formula for my baby (especially after we had worked so hard learning how to breastfeed), I turned to my MFR therapist, Julie.”

“I saw Julie within 24 hours of being diagnosed, and after one treatment session, I was able to move my face more freely! Most Bell’s Palsy sufferers progressively get worse over the first few days, and I was already seeing movement in my cheek. I was given ‘homework’ that included a myriad of different exercises to help soften my tight face.”

“It’s now been almost a month, and I can smile and play with my little girl again with no problems at all. Most people who didn’t see me during that time don’t even know I ever had Bell’s Palsy. And I am indescribably happy that I did not take the stint of steroids, for both my daughter’s and my benefit. “

Julie W.—Memphis TN

MYOFASCIAL RELEASE IS SO INCREDIBLY IMPORTANT!

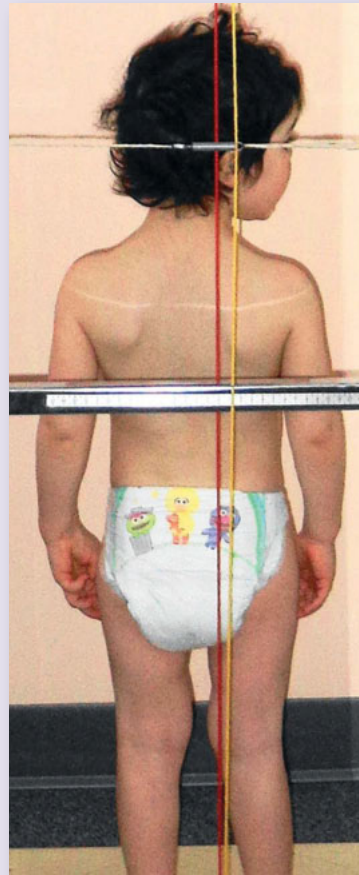
Three year old Serena lived in China and was limping at age 15 months. The U.S. Embassy Medical Unit said she was fine, that there was no problem. Upon returning home to the United States, doctors at Children's National Hospital in Washington, D.C. examined her, ran x-rays, and found that her left hip was completely dislocated. The surgeons rebuilt her hip socket. Four months later, this little girl was facing further aggressive surgery because her hip was moving out of the socket again.

Upon the recommendation of her hometown therapist, her parents brought Serena to our Myofascial Release Treatment Center, "The Sanctuary", in Malvern, PA where she underwent a two week intensive treatment program, including a combination of Myofascial Release, Neurodevelopmental training, and various movement re-education and facilitation techniques. Her treatment was such a success that aggressive surgery was avoided! Her orthopedic surgeon was extremely impressed. See her before and after pictures below:

BEFORE



AFTER



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

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

TURN AROUND!

Our education was logical, but terribly flawed and incomplete. We were taught linear principles and techniques for nonlinear systems that only produced temporary results.

We were given the wrong road map to reality. Our body is not linear! The fascial, neuronal, and vascular systems instead have a fractal structure. Every cell of our body is a fractal, interconnected to the trillions of other cells, all acting instantaneously together.



This beautiful illustration to the left is a dry river bed in a desert that demonstrates the fractal nature of the universe and every human being. It also looks remarkably like a tree, doesn't it?

It is time to let go of the old, obsolete linear principles and techniques that we were taught in school that unfortunately only produce short-lived results.

Consider this ancient proverb:

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

Myofascial Release principles are so incredibly effective because they utilize and enhance the fractal nature of the human being for profound, consistent and enduring results.

“SPIRIT WHISPERER”

My ancient warrior had been dormant for a while, however, a series of events have occurred over the past few months and he's back! At three separate seminars, we had a couple of people whose only purpose was to agitate. They seemed to forget that there were other people in the room, as they tried to dominate the conversation and criticize every answer I gave. I waited for a long time, until it was obvious that they had an agenda and it was getting in the way of the other therapists' seminar experience. All of a sudden, the force of the Ancient Warrior came through me; I turned toward them and stopped them in their tracks!

Many of you just starting on your Myofascial Release journey may be surprised at the resistance and fearful negativity you may encounter by doing something different. The fact that Myofascial Release helps others doesn't seem to matter to those that oppose change and growth.

For most of us, when we start Myofascial Release there is an inward struggle. Myofascial Release holds up a mirror for us to see our fears and limitations imposed upon us by the flawed paradigm thrust upon us by our education. You have all heard the computer analogy: garbage in, garbage out!

Years ago, as I was going through multiple attacks, I was reminded of an old Asian saying, “The nail that sticks out gets hammered.” I thought about that for a while. The Ancient Warrior broke through one night and said “be stronger than the hammer!”

You're all capable of being much stronger than any fear or attack that you may be going through. There's an awakening happening and it's our responsibility to discover our power to help others discover their power!

- ♦ *This could not have been more perfectly timed. I'm sitting here, with tears in my eyes, overwhelmed by the gifts bestowed upon me in this life. At the same time terrified of what that means, of who I am and the potential that lies within. I'm so grateful to be shined upon by your light.*
- ♦ *Thank you for sharing this amazing information John. Besides being a personal experience for you, it is also a universal experience for all of us and validates things that we experience as well. Spirit Whisperers' United!!*
- ♦ *What a great picture . . . the light that opened the mountain . . . That is you John. Thank you for being the voice . . . the mountain that never wavers . . . Bless you brother.*

At MFR III, there was a group of therapists at my home. One of the therapists was taking pictures of the sheer mountain peaks that surround me. When she checked, all of the pictures were in color except this one. Take notice of the shaft of light that came through the mountains at that moment. Is it possible that's what happened?



My ancient warrior has been communicating with me very strongly and commented “John, go deeply into stillness and listen . . .” I slowed my breathing, allowed my body to soften . . . time slowed, then stopped. I felt a powerful energy flow through me and saw a flash of brilliant light and heard clearly . . . “You are a “Spirit Whisperer!” . . .

The Ancient Warrior went on to say “Many have been going through turmoil lately, but know turmoil leads to a breakthrough. Stay disciplined, be patient and receive treatment as much as you can. Many that you have taught are becoming quite seasoned and developing amazing skills, and are moving into the realm of “Spirit Whisperers” with you.

The tide turned a couple of years ago in favor of Myofascial Release. Most aren't aware of it yet, but there has been a quantum shift of the Myofascial Release paradigm and it's happening in a very deep way now.

When the principles of Myofascial Release are performed skillfully with love by a deeply centered therapist, a very special, important communication occurs that is beyond mental or verbal communication. In other words, the therapist and patient become entangled in the emotional vibration of love resonating or whispering to their “spirit” or “essence” for profound, authentic healing!

As we engage the barrier, wait and then move into the phenomenon of piezoelectricity, mechanotransduction, then into the chaotic period of phase transition; the vibrational frequency of resonance occurs. Resonance is another word for release and opens a channel to the vibratory communication that allows us to access universal wisdom that flows between and enhances the two beings.

Let's all help each other grow!

I wish you the best.

Love, John
“Spirit Whisperer”

- ♦ *Thank you again John for your wisdom, forward thinking, wonderful energy and strength! Life is so much more since I've been studying and applying MFR! Thanks from the bottom of my heart.*
- ♦ *Many blessings as you continue your awakening of society!! Those of us honored enough to be taught by you know the true power of your touch!!*
- ♦ *Thank you John for all I have learned from you. I have had the blessing of experiencing and seeing firsthand the healing power of MFR when I am at work. I look forward to learning more and more, because at this point I feel like a little baby, but I'm open to the learning and growing process. You are paving a wonderful path for the rest of us.*

“QUANTUM LEAP!” SEMINAR

PREREQUISITES: MYOFASCIAL RELEASE I, MYOFASCIAL UNWINDING, MYOFASCIAL RELEASE II, AND MYOFASCIAL REBOUNDING

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

**Plan Ahead
for 2016!**

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!

LOCATION AND DATE

KEY WEST, FL

JANUARY 14-17, 2016 (1/2 DAYS)

Doubletree Hilton

(305) 293-1818

LOCATIONS AND DATES

SEDONA, AZ

JUNE 18-21, 2015 (1/2 DAYS)

Poco Diablo Resort

(928) 282-7333

OCEAN CITY, MD

JULY 13-15, 2015

Carousel Resort

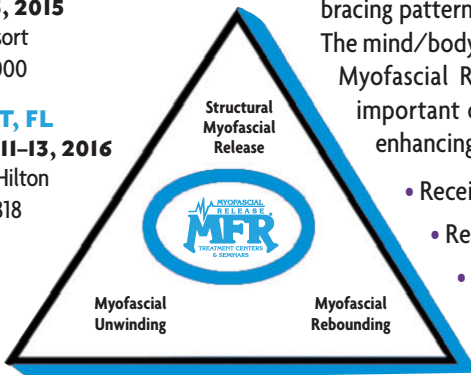
(410) 524-1000

KEY WEST, FL

JANUARY 11-13, 2016

Doubletree Hilton

(305) 293-1818



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

Midwest!

LOCATIONS AND DATES

SEDONA, AZ

JUNE 25-28, 2015 (1/2 DAYS)

Poco Diablo Resort

(928) 282-3002

KANSAS CITY, MO

SEPTEMBER 25-27, 2015

Embassy Suites

(816) 756-1720

MYOFASCIAL RELEASE III—“BEYOND TECHNIQUE”

DEAR FRIENDS:

The contents of this fascinating seminar will include Advanced Myofascial Release, Cranial and Myofascial Unwinding techniques, visualization, guided imagery and subtle energy techniques; emphasizing the development of your proprioceptive senses for whole body evaluation and treatment.

Bond with fellow therapists as you treat one another to help clear yourself mentally, physically, and emotionally so that you can become true healers.

This powerful and enjoyable experience will allow your essence to re-emerge in a healthy, positive, balanced fashion. This will be done in a supportive, loving environment designed to bring out your full potential to become authentic healers.

I look forward to being with you.



Sincerely,
John F. Barnes, PT, LMT



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

DATES: October 20–25, 2015

TIMES: Full-day October 20th, Half-days October 21st through October 25th. Times will vary.

LOCATION: Red Rock Memorial Lodge, Sedona, Arizona—Nestled like a diamond in the foothills of towering red cliffs, Sedona is considered to be one of the natural wonders of the world. Its sheer red walls and pinnacles reach heights of 2,500 feet with the waterfalls of Oak Creek cutting their way through majestic pine forests. It is a landscape masterpiece that has taken nature’s architect millions of years to sculpt.

HOTEL: Sky Ranch Lodge (928) 282-6400—Reserve Early!

PRICE: \$1800 or \$1495 if registered 2 weeks prior to the seminar date.

TO APPLY: Please send your picture, resume and a letter stating what the Myofascial Release Approach has done for you personally and professionally, why you feel you are ready for this seminar and what your goals are for this 6 day retreat.

Mail to MFR Seminars, 42 Lloyd Avenue, Malvern, PA 19355, along with a \$500 deposit. Those not accepted will receive a full refund.

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

SUBTLE ENERGY SEMINAR

EXPAND YOUR SENSITIVITY & AWARENESS!

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

We will be using the system of Therapeutic Touch as an energetic healing approach. You will expand your sensitivity and awareness by exploring new levels of stillness, listening, awareness, focus and intentionality, energetic perception, interconnection and intuitive knowing as they relate to our own healing and thus to the deepening healing of patients.

LOCATION AND DATE

SEDONA, AZ

OCTOBER 18–19, 2015

Site: Red Rock Memorial Lodge

Accommodations: Sky Ranch Lodge

(928) 282–6400

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

KANSAS CITY, MO

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

CINCINNATI, OH

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

CAPE COD, MA

SEPTEMBER 14-16, 2015
Ocean Edge Resort
(508) 896-9000

ATLANTIC CITY, NJ

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

NIAGARA FALLS, NY

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

DESTIN, FL

NOVEMBER 9-11, 2015
Hilton Sandestin
(850) 267-9500

LOCATIONS AND DATES

KANSAS CITY, MO

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

CINCINNATI, OH

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

CAPE COD, MA

SEPTEMBER 17-20, 2015
(1/2 days)
Ocean Edge Resort
(508) 896-9000

ATLANTIC CITY, NJ

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

NIAGARA FALLS, NY

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

DESTIN, FL

NOVEMBER 12-15, 2015
(1/2 days)
Hilton Sandestin
(850) 267-9500

**SAVE
\$300**

VACATION SERIES & SPECIALTY SEMINARS

BY REGISTERING FOR ANY THREE SEMINARS!



Kansas City, MO—A dynamic city with a vibrant arts scene, great restaurants, and an eclectic mix of shops. Take time to discover a blend of new and traditional favorites.

Myofascial Release I
April 10–12, 2015

Myofascial Unwinding
April 14–16, 2015

Myofascial Release II
April 17–19, 2015

EMBASSY SUITES
(816) 756-1720



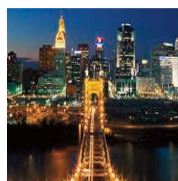
Atlantic City, NJ—Centered on the famous four-mile boardwalk, AC offers excitement of the casinos and the piers, as well as, many kid-friendly amusement rides and carnival games.

Myofascial Release I
May 8–10, 2015

Myofascial Unwinding
May 12–14, 2015

Myofascial Release II
May 15–17, 2015

**TROPICANA
HOTEL & CASINO**
(609) 340-4000



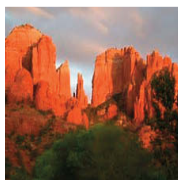
Cincinnati, OH—One of the nation's most walkable cities. Enjoy the exciting nightlife, entertainment and fabulous riverside restaurants of the 'Queen City.'

Myofascial Release I
May 29–31, 2015

Myofascial Unwinding
June 2–4, 2015

Myofascial Release II
June 5–7, 2015

HYATT REGENCY
(513) 579-1234



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

Myofascial Rebounding
June 18–21, 2015
(1/2 days)

Myofascial Healing
June 22–24, 2015

Advanced Unwinding
June 25–28, 2015
(1/2 days)

POCO DIABLO RESORT
(928) 282-7333



Ocean City, MD—Offers entertainment for everyone. Whether it's strolling along our world-famous Boardwalk, riding a thrilling roller coaster or relaxing on the beach, Ocean City is a wonderful destination.

Women's Health
July 9–12, 2015

Myofascial Rebounding
July 13–15, 2015

Cervical-Thoracic
July 16–19, 2015
(1/2 days)

CAROUSEL RESORT
(410) 524-1000



Niagara Falls, NY—A North American natural wonder, Niagara Falls flows with scenic views, thrilling attractions, family-friendly and interactive exhibits, miles of hiking trails and delectable dining options.

Myofascial Release I
August 6–9, 2015
(1/2 days)

Myofascial Unwinding
August 10–12, 2015

Myofascial Release II
August 13–16, 2015
(1/2 days)

SHERATON AT THE FALLS
(716) 285-3361



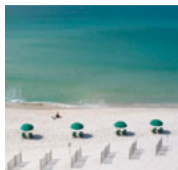
Cape Cod, MA—Rejoice in the freedom of being able to do exactly what you love- golf, tennis, swimming, dining, biking and relaxing on Cape Cod's beautiful beaches.

Myofascial Release I
September 10–13, 2015
(1/2 days)

Myofascial Unwinding
September 14–16, 2015

Myofascial Release II
September 17–20, 2015
(1/2 days)

OCEAN EDGE RESORT
(508) 896-9000



Destin, FL—Enjoy Northwest Florida's emerald-green water and the powdery sand. Inspirational walks along the beach, swimming in the Gulf, relaxation and incredible dining experiences await you.

Myofascial Release I
November 5–8, 2015
(1/2 days)

Myofascial Unwinding
November 9–11, 2015

Myofascial Release II
November 12–15, 2015
(1/2 days)

HILTON SANDESTIN RESORT
(850) 267-9500

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

BEDFORD, PA (CUMBERLAND MD)

APRIL 17-19, 2015
Omni Bedford Springs
(814) 623-8100

SAN FRANCISCO, CA MAY 1-3, 2015

Holiday Inn Golden Gateway
(415) 441-4000

LAKEWOOD CO (DENVER SUBURBS)

MAY 15-17, 2015
Holiday Inn
(303) 980-9200

MADISON, WI JUNE 12-14, 2015

Radisson Hotel
(608) 833-0100

CLEVELAND, OH JUNE 12-14, 2015

Doubletree by Hilton
(216) 241-5100

SACRAMENTO, CA AUGUST 21-23, 2015

Crowne Plaza NE
(916) 338-5800

NORWALK, CT SEPTEMBER 18-20, 2015

Doubletree by Hilton
(203) 853-3477

DEARBORN, MI SEPTEMBER 25-27, 2015

Adoba Hotel
(313) 592-3622

SEDONA, AZ OCTOBER 15-18, 2015 (1/2 DAYS)

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

SAN DIEGO, CA NOVEMBER 6-8, 2015

Handlery Hotel
(619) 298-0511

NASHVILLE, TN NOVEMBER 13-15, 2015

Hilton Garden Inn
(615) 369-5900

BUFFALO, NY NOVEMBER 20-22, 2015

Adam's Mark Hotel
(716) 845-5100

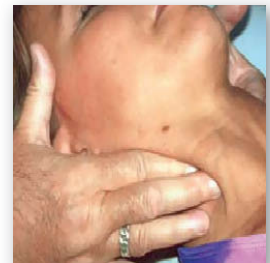
CERVICAL-THORACIC PREREQUISITE: MYOFASCIAL RELEASE I

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

**OCEAN CITY, MD
JULY 16-19, 2015 (1/2 DAYS)**
Carousel Resort
(410) 524-1000

**KEY WEST, FL
JANUARY 7-10, 2016 (1/2 DAYS)**
Doubletree Hilton
(305) 293-1818

WOMEN'S HEALTH MYOFASCIAL RELEASE SEMINAR

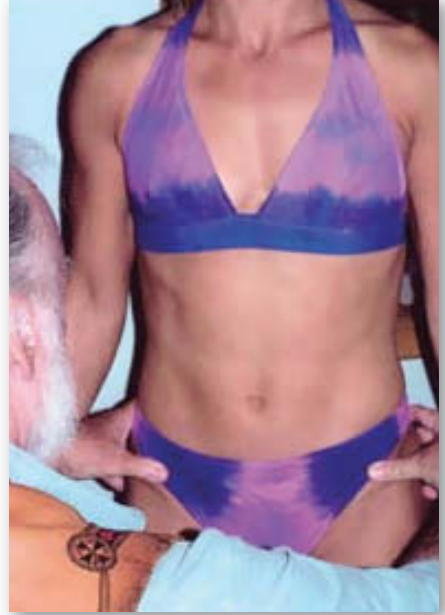
PREREQUISITES: MYOFASCIAL RELEASE I, FASCIAL-PELVIS, MYOFASCIAL UNWINDING

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

THIS FASCINATING NEW SEMINAR WILL TEACH YOU IMPORTANT MYOFASCIAL RELEASE, VISCERAL RELEASE AND MYO/GYNO-FASCIAL RELEASE:

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

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



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

LOCATION AND DATE

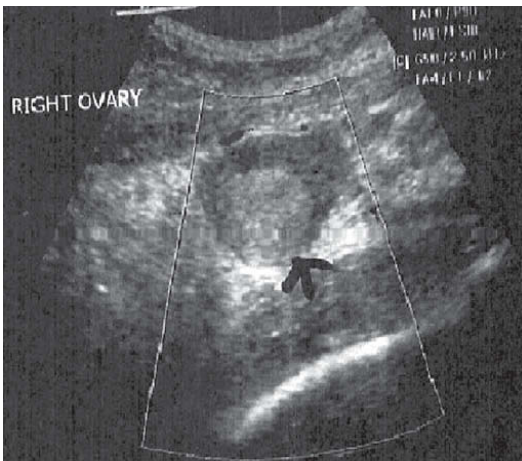
OCEAN CITY, MD

JULY 9-12, 2015

Carousel Resort

(410) 524-1000

SOLID RIGHT OVARIAN MASS



“My wife told me that she has a cyst on her right ovary and “ it does not look good”. During her routine ultrasound it was discovered that she had a dermoid cyst. The doctor suggested surgery to remove the whole right ovary. He warned us that solid cysts do not go away and that my wife would need surgery. My wife saw an advanced John F. Barnes’ Myofascial Release therapist the following day and subsequently completed 10 Myofascial Release sessions. When my wife had her second ultrasound performed, the cyst was completely gone! “No surgery” the doctor said. What a relief! Thank you John for bringing Myofascial Release to our lives!”

MYOFASCIAL RELEASE I

ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS.

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

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

Symptoms are the tip of the iceberg of a much deeper, important problem—myofascial restrictions! Science has now discovered what I have been teaching for over 40 years; chronic pain, dysfunction and disease can be caused by a prolonged thwarted inflammatory response. Trauma and the resultant inflammatory response create myofascial restrictions that ultimately create the symptoms.

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

Repeat any Seminar at 1/2 price!



LOCATIONS AND DATES

HARRISBURG, PA

APRIL 10–12, 2015

Crowne Plaza
(717) 234–5021

ATLANTIC CITY, NJ

MAY 8–10, 2015

Tropicana Hotel
(609) 340–4000

WORCESTER, MA

JUNE 5–7, 2015

Beechwood Hotel
(508) 754–5789

NEW ORLEANS, LA

AUGUST 21–23, 2015

Hilton Hotel
(504) 524–8890

EVANSTON, IL (CHICAGO AREA)

SEPTEMBER 25–27, 2015

Hilton Garden Inn
(847) 475–6400

MORRISTOWN, NJ (NORTHERN NJ)

NOVEMBER 13–15, 2015

Hyatt Hotel
(973) 647–1234

KANSAS CITY, MO

APRIL 10–12, 2015

Embassy Suites
(816) 756–1720

MISSOULA, MT

MAY 29–31, 2015

Holiday Inn
(406) 721–8550

LONG ISLAND, NY

JUNE 19–21, 2015

Hyatt Regency
(631) 784–1234

ORANGE, CA (DISNEYLAND AREA)

AUGUST 28–30, 2015

Doubletree by Hilton
(714) 634–4500

BURLINGTON, VT

SEPTEMBER 25–27, 2015

Sheraton Hotel
(802) 865–6600

GREENSBORO, NC

NOVEMBER 20–22, 2015

Marriott Hotel
(336) 379–8000

OTTAWA, ONTARIO

APRIL 24–26, 2015

Courtyard by Marriott
(613) 241–1000

CINCINNATI, OH

MAY 29–31, 2015

Hyatt Regency
(513) 579–1234

NIAGARA FALLS, NY

AUG. 6–9, 2015 (1/2 DAYS)

Sheraton at the Falls
(716) 285–3361

CAPE COD, MA

SEPT. 10–13, 2015 (1/2 DAYS)

Ocean Edge Resort
(508) 896–9000

DESTIN, FL (EMERALD COAST)

NOVEMBER 5–8, 2015 (1/2 DAYS)

Hilton Sandestin
(850) 267–9500

COLUMBIA, MD

DECEMBER 4–6, 2015

Sheraton Town Center
(410) 730–3900

--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 REBOUNDING
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"/> Myofascial Release III |
| <input type="checkbox"/> Fascial-Pelvis | <input type="checkbox"/> “Quantum Leap!” |
| <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



“As Above, So Below”

The holographic, fractal universe that you see in this image remarkably looks like the fractal structure of the fascial system in our bodies. For more details visit ‘Turn Around!’ on pages 14 & 15.



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STANDARD
U.S. POSTAGE
PAID
JENKINTOWN, PA
PERMIT NO. 58

Visit MFR Talk on



DARE TO BE GREAT!
DEEPEN YOUR MYOFASCIAL RELEASE SKILLS