



JOHN F. BARNES, PT, LMT

**"ADVANCE YOUR
MYOFASCIAL RELEASE SKILLS!"**

SUCCESS!

- ◆ **Fascia** is a term that has become extremely recognizable not only to healthcare professionals, but also to laypeople, thanks to the last year's National Breaking News about the fascial system. As you know, John has been attacked for decades. The critics/naysayers told John that if the theories he proposed were true, science would have to be wrong. Well it turns out that science was wrong. The researchers discovered that past studies on the fascial system had been wrong all along in studying dead people and smashing the fascial system together. With the advancements of new laser technology, they were able to see the image he saw while treating patients over 50 years ago, the three-dimensional quality of the fascial web and its fluidity. By the way, results do matter!
- ◆ **Incredible Accomplishments by Therapists** trained in the John F. Barnes' Myofascial Release Approach®. Patients/clients are returning to pain-free, active lifestyles. Organic word of mouth marketing occurs naturally when patients/clients become advocates of MFR sharing their experiences, results and enthusiasm.
- ◆ **World Wide Web**—just type in the word 'fascia' or 'Myofascial Release' and John's name can be found in every search. Most of you have websites mentoring that you have been trained by John and exclusively provide the John F. Barnes Myofascial Release® techniques. Thank you.
- ◆ **The MFR Directory** has also contributed to our success. Such an easy way for patients to find MFR trained therapists in their area. Thank you Mark Barnes for developing a powerful resource. To find out more visit <https://www.mfrtherapists.com>
- ◆ **John's determination, diligence, focus and never give up attitude** has kept Myofascial Release in the forefront of hands-on therapy, not to mention his ability to create new and inspiring seminars like the Fascial Cranium and Quantum Leap Seminars.

QUANTUM LEAP!

We are very excited about our 2019 seminar schedule! We are offering the Quantum Leap! Seminar at the wonderful Tan-Tar-A Resort in Lake of the Ozarks, Missouri on August 22–25 (1/2 days). This is a very special seminar given every few years. You the therapist will receive extraordinary treatment and this seminar will assist you with your difficult patients and clients. You will learn advanced myofascial techniques with a focus on the neural and muscular systems, called 'Pandiculation'.

'Pandiculation' is based on the work of somatic educator, Thomas Hanna. Many times after trauma the nervous system is like a thermostat set too high, stuck and not able to reset itself. These Myofascial Release/Pandiculation techniques will help you reset the body's thermostat to its normal rest position and adaptability. It is extremely powerful and effective! See page 19 for more information.

LAKE OF THE OZARKS, MO



The beautiful Lake of the Ozarks is nestled in a premier vacation destination in America's heartland. Because of its size and expanse, the Lake literally offers something for everyone, whether visitors are looking for fast-paced action or a peaceful escape from the rigors of life. Spend the day hiking, boating, and swimming or just lay back and enjoy sunbathing.

A WORD TO PATIENTS AND THERAPISTS:

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

DEAR PATIENTS:

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



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

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

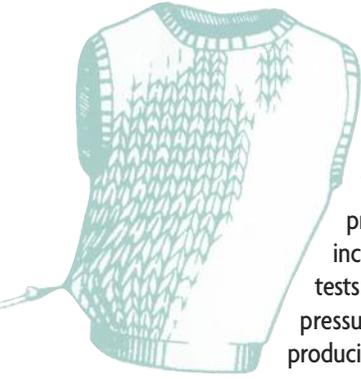
The Three C's . . .

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

“Curiosity, Courage & Compassion”

DEAR MYOFASCIAL RELEASE PATIENTS:

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



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

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

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

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

MYOFASCIAL RELEASE UTILIZES THE FRACTAL PRINCIPLES OF NATURE



MYOFASCIAL RELEASE TREATMENT PROGRAMS

COMPREHENSIVE INTENSIVE PROGRAM

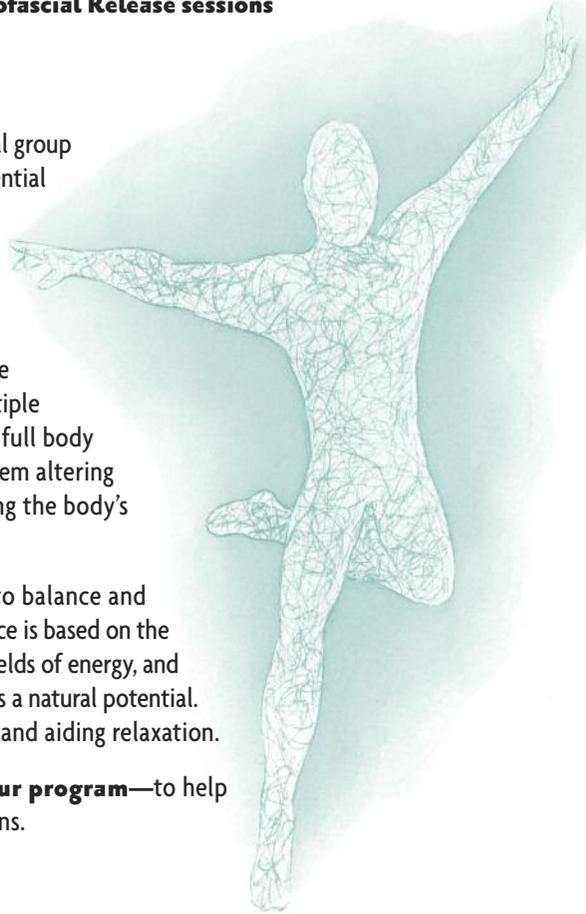
Individualized program specifically designed to overcome chronic pain and mobility issues. The Comprehensive Intensive Program is a two to four week concentrated program that includes three key elements: Evaluation, Hands-on Myofascial Release Treatment and Instruction in our Home Self Treatment Program.

◆ EVALUATION INCLUDES:

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

◆ TREATMENT INCLUDES:

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



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

1-800-FASCIAL (327-2425)

ADDITIONAL TREATMENT PROGRAMS

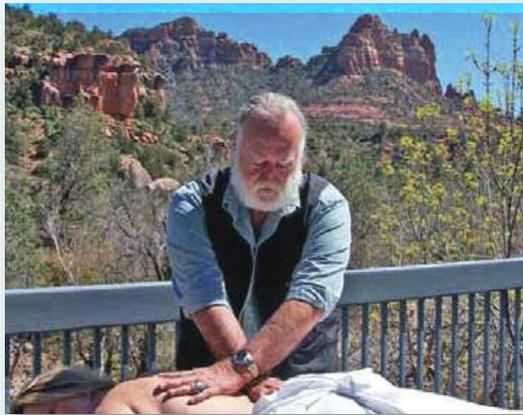
In addition to the Comprehensive Intensive Treatment Program which is two to four weeks in duration, we are pleased to offer several less concentrated programs which allow less involved patients to experience Myofascial Release. We encourage patients that either reside and/or are visiting the Philadelphia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

The “Sanctuary”—Malvern, PA



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

"Therapy on the Rocks"—Sedona, AZ



Experience Myofascial Release on one of our spectacular decks!

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

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

THERAPY FOR THE THERAPIST

Prerequisite
for Myofascial
Release III

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

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

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

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

"THERAPY ON THE ROCKS"—SEDONA, AZ



THE "SANCTUARY"—MALVERN, PA



THE BEST GIFT I EVER GAVE MYSELF!

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

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

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

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

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

Emily E, LPTA, LMT, Maine

SKILL ENHANCEMENT SEMINAR

PREREQUISITE: MYOFASCIAL RELEASE I

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

To be taken soon
after completing
MYOFASCIAL RELEASE I



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

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

SKILL ENHANCEMENT WITH JOHN F. BARNES, PT

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

“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.

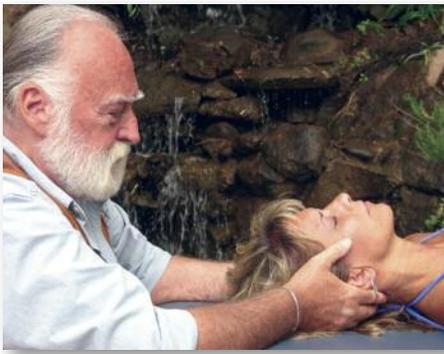
What an enjoyable and significant learning experience. There was no pressure and it was so important to receive the personal supervision for refinement of my skills.

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.**

THE “SANCTUARY”—MALVERN, PA



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



MYOFASCIAL HEALING SEMINAR

DESIGNED SPECIFICALLY FOR THE PATIENT

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

FOR THE THERAPIST: HEAL YOURSELF

The Myofascial Healing Seminar is also for you, the therapist, and your friends and family, providing all of you an inexpensive way to lift your spirits, soothe your mind and eliminate your pain while enhancing your healing journey. Encourage your patients/clients to attend the Myofascial Healing Seminars to enhance their treatment response, cut their healthcare costs and provide a way of helping them to continue to heal.

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

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

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

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

LOCATIONS AND DATES

SEDONA, AZ
JUNE 17-19, 2019
Poco Diablo Resort
(928) 282-7333

LAKE OF THE OZARKS, MO
CENTRAL MISSOURI
AUGUST 19-21, 2019
Tan-Tar-A Resort
(573) 348-3131

Midwest!

WILMINGTON, DE
DECEMBER 6-8, 2019
Doubletree Hotel
(302) 478-6000

East Coast!

Bring a friend or loved one
and receive a discount of
\$100 EACH!

1-800-FASCIAL (327-2425)

THE "SANCTUARY"

EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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



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

THE "SANCTUARY"—MALVERN, PA



THE "SANCTUARY"

42 Lloyd Avenue, Malvern, PA, 19355

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

OUR MISSION IS TO RETURN YOU

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

"THERAPY ON THE ROCKS"

WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

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

"THERAPY ON THE ROCKS"—SEDONA, AZ



"THERAPY ON THE ROCKS"

676 North Highway 89A • Sedona, AZ 86336

928-282-3002 • 928-282-7274 fax

sedona@myofascialrelease.com • therapyontherocks.net

TO A PAIN FREE, ACTIVE LIFESTYLE!

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

1-800-FASCIAL (327-2425)



LIQUID LIGHT FLOWS THROUGH FASCIA'S CRYSTALLINE WEB!

SNAP YOUR FINGERS TOGETHER . . .

The time it took you to do this, light circled the earth 7 times!

It is my strong belief from years of experience that the light that flows through the fascial system, its ground substance and structured water within the microtubules is our primary form of communication. The nervous system being an important but secondary, slower form of communication. My experience is being validated by an important article in *Discover Magazine* called “Down the Quantum Rabbit Hole” whose focus was to disseminate information on the latest discoveries. I am going to summarize and provide excerpts from this article which was published on February 22, 2018.

The incredible mind of Albert Einstein demonstrates the extreme value of utilizing our intuitive wisdom. He said a long time ago that all of his amazing insights and discoveries had nothing to do with his intellect (Channel 5). It came to him as a visual image in its totality (Channel 3). He then used his intellect to break it into pieces so he could communicate his insights to others.

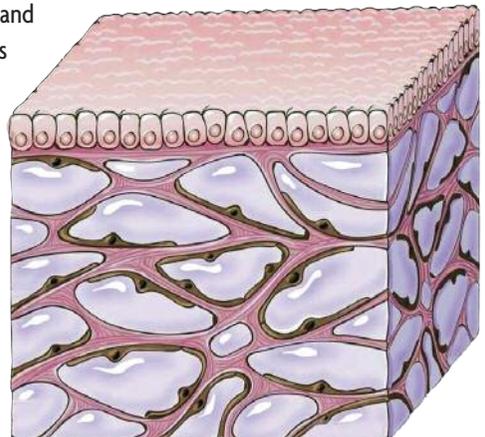
Similar to Einstein, anesthesiologist Dr. Stuart Hammeroff's intuition showed him that there were tiny structures in our cells called microtubules, which could explain consciousness. He was joined by Sir Roger Penrose, one of the most esteemed figures in mathematical physics. Through years of work they developed a theory called “Orchestrated Objective Reduction”, which suggests that structures called microtubules could transport materials and chemicals inside cells and underlies our conscious thinking. They believe quantum physics might be vital to our cognition and even memory.

“The single-cell Paramecium is evidence of consciousness beyond the nervous system. The Paramecium has no central nervous system, no brain, no neurons but it swims around, finds food, finds a mate and avoids danger. It definitely seems to process information. Microtubules are the paramecium's cyto-skeleton.”

Nobel Prize winner, Sir Charles Scott Sherrington, renowned English physician, neurophysiologist, histologist, bacteriologist, and pathologist, spent his life studying, teaching, and writing about the nervous system. Dr. Sherrington stated that he considered the cell's cyto-skeleton functioned as its nervous system.

My intuition (Channel 3) guided me both through visual images and instinctive ‘felt sense’ revealing to me how the fascial system is not an insulator, but a semi-conductor and how every fascial fiber down to the tiniest of levels is actually a microtubule with a hollow core. Within the hollow core is fluid, and within the fluid flows photons which are the primary communication of our body at the cellular level.

“Anirban Bandyopadhyay is a physicist studying the work of Dr. Penrose and Dr. Hammeroff on the microtubules. Microtubules conduct information and energy much faster than the neurons. A bundle of microtubules resonate like a guitar string firing a thousand times faster than the normal activity for neurons which is contrary to all previous



New laser technology has clearly shown the image of fascia that John F. Barnes saw while treating patients over 50 years ago.

scientific understanding. Neuroscientists need to go deeper into the microtubules. Bandyopadhyay has stated that modern brain science's emphasis on the neuron is misguided."

Anirban Bandyopadhyay's research has also interestingly stated that *"Microtubules have been considered by traditional science as basically insulators, incapable of conducting energy. Bandyopadhyay found something very different; **applying energy to the fascia's microtubules increased the flow by a factor of one billion!** Instead microtubules have been now shown to be acting like a semi-conductor, capable of carrying enormous amounts of information and energy at an incredible speed, one of the most important developments in electronics!"*

Returning to Albert Einstein, he said that 'everything is energy, different frequencies and vibrations of energy!' If you go back even further in time, to another one of the world's greatest geniuses' Nicola Tesla, who said "everything is energy, different frequencies and vibrations of energy!" Tesla is the scientist that developed light; no small achievement!

Applying energy to the fascia's microtubules increased the flow by a factor of one billion!



Fascia Photo by Permission of Dr. JC Guimberteau

Einstein's famous quote $E=mc^2$ means solidity is an illusion. We are frequencies of light/energy.

When we are traumatized, have a surgical procedure or endure a thwarted inflammatory response, the flow and vibration of our energy is altered. The ground substance of the fascia which should be fluid begins to solidify producing crushing pressure into pain sensitive structures creating the symptoms of pain, restriction of motion and/or physiological chaos.

So, many of the world's most prestigious scientists have theorized what you and I have been able to intuitively and instinctively feel and see in our patients/clients with our hands and heart.

For years I was attacked with the critics telling me that results do not matter and if what I said was true, science would have to be wrong. Many of you saw that the fascial system received national exposure in early 2018. They discovered that past research on the fascial system had been wrong all along in studying dead people and smashing the fascial system together. So that with the advancements of new laser technology they were able to see the image I saw while treating patients over 50 years ago the three-dimensional quality of the fascial web and its fluidity. And by the way, results do matter!

It is important for us to understand that Myofascial Release enhances the flow of liquid light through the crystalline fascial web to decrease pain, increase motion, and enhance physiological health.

Most therapists who have been performing Myofascial Release for any length of time really don't need science to tell them what they are accomplishing is important, but doing anything different you are apt to run into critics whose main goal in life is to criticize. So if you believe in your heart that Myofascial Release is important to you, don't let anyone ever stop you.

To quote the brilliant writer and father of American Literature, Mark Twain, "I have never let my schooling interfere with my education." Isn't it time to let go of the antiquated, obsolete paradigm of traditional therapy and science? To be blunt, when the horse is dead dismount!

Instead, embrace Myofascial Release fully allowing a return of vitality, passion and joy to your life and the life of others!

Let's all resonate and evolve together!

Love,
John

MYOFASCIAL UNWINDING

PREREQUISITE: MYOFASCIAL RELEASE I™

The Myofascial Unwinding seminar is designed to enhance your skill level and sensitivity providing you with a comprehensive treatment regime. Persistent pain and/or structural dysfunction may be perpetuated by “holding or bracing patterns” in the body. You will learn from the patient’s perspective how unresolved emotional issues or mental concepts that are outdated and are no longer relevant may impede progress. The Myofascial Unwinding™ seminar will also improve your mental clarity, focus, sensitivity of touch and expand your abilities to achieve consistent results. **20 CONTACT HOURS**



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

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

LOCATIONS AND DATES

PORTLAND, OR (Vancouver, WA)
APRIL 9–11, 2019
Heathman Lodge
(360) 254–3100

BURR RIDGE, IL (Chicago Suburb)
JULY 16–18, 2019
Marriott Southwest
(630) 986–4100

CLEARWATER BEACH, FL
JANUARY 13–15, 2020
Sheraton Sand Key Resort
(727) 595–1611

BETHANY BEACH, DE
MAY 13–15, 2019
Bethany Beach Ocean Suites
(302) 539–3200

ATLANTA, GA (Buckhead Area)
NOVEMBER 12–14, 2019
Doubletree Hotel
(404) 231–1234

MYOFASCIAL RELEASE II

PREREQUISITE: MYOFASCIAL RELEASE I™

Myofascial Release I developed a fascinating framework of concepts and techniques. Myofascial Release II completes this conceptual framework with important, advanced, whole body Myofascial Release techniques and newly refined cranial advancements. You will learn advanced skills to greatly enhance your vital “feel” via development of the tactile and proprioceptive senses which will allow you to achieve a higher level of expertise. These exciting techniques have been carefully developed and selected for their outstanding, consistent results. **20 CONTACT HOURS**

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

PORTLAND, OR (Vancouver, WA)
APRIL 12–14, 2019
Heathman Lodge
(360) 254–3100

BURR RIDGE, IL (Chicago Suburb)
JULY 19–21, 2019
Marriott Southwest
(630) 986–4100

CLEARWATER BEACH, FL
JANUARY 16–19, 2020 (1/2 DAYS)
Sheraton Sand Key Resort
(727) 595–1611

BETHANY BEACH, DE
MAY 16–19, 2019 (1/2 DAYS)
Bethany Beach Ocean Suites
(302) 539–3200

ATLANTA, GA (Buckhead Area)
NOVEMBER 15–17, 2019
Doubletree Hotel
(404) 231–1234

**SAVE
\$300**

VACATION SERIES & SPECIALTY SEMINARS

BY REGISTERING FOR ANY THREE SEMINARS!



Portland, OR Area (Vancouver, WA)—The natural wonder of the Pacific Northwest meets a culture of unique, personalized service at The Heathman Lodge. Relax & rejuvenate in this rustic Northwest mountain lodge setting, near the beautiful Columbia River.

Myofascial Release I
April 5–7, 2019

Myofascial Unwinding
April 9–11, 2019

Myofascial Release II
April 12–14, 2019

**THE HEATHMAN
LODGE**
(360) 254–3100



Bethany Beach, DE—Bethany has embraced its own quite style—smaller and more serene than other beach resorts; Bethany is beloved for its balance of family–friendly peacefulness. Enjoy the beautiful beach, boating, fishing and great restaurants!

Myofascial Release I
May 9–12, 2019
(1/2 days)

Myofascial Unwinding
May 13–15, 2019

Myofascial Release II
May 16–19, 2019
(1/2 days)

**BETHANY BEACH
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 13–16, 2019
(1/2 days)

Myofascial Healing
June 17–19, 2019

Advanced Unwinding
June 20–23, 2019
(1/2 days)

**POCO DIABLO
RESORT**
(928) 282–7333



Chicago, IL/Burr Ridge Area—Visit Chicago without the downtown pricing. The Marriott is near the Burr Ridge Village Center featuring a mix of upscale boutiques, restaurants and the Kohler Waters Spa. Visitors will enjoy the lush green space.

Myofascial Release I
July 12–14, 2019

Myofascial Unwinding
July 16–18, 2019

Myofascial Release II
July 19–21, 2019

**MARRIOTT
SOUTHWEST**
(630) 986–4100



Lake of the Ozarks, MO—On 420 scenic acres, Tan–Tar–A Resort is a refuge for endless recreation. Tee off on two golf courses or set out on a lake cruise with jet–ski, and power boat rentals at the resort's full–service marina. Spend the day cooling off at Timber Falls Indoor Waterpark, or explore local trails on horseback.

Women's Health
August 15–18, 2019

Myofascial Healing
August 19–21, 2019

Quantum Leap!
Aug. 22–25, 2019
(1/2 days)

**TAN–TAR–A
RESORT**
(573) 348–3131



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

Cervical Thoracic
September 5–8, 2019
(1/2 days)

Myofascial Rebounding
September 9–11, 2019

Fascial Craniocervical
Sept. 12–15, 2019
(1/2 days)

**OCEAN EDGE
RESORT**
(508) 896–9000



Atlanta, GA—A must–visit for the chic and savvy. Things to do in Atlanta's Buckhead area include legendary shopping and entertainment, decadent dining, engaging art galleries and more! Known as "The Beverly Hills of the East," the luxurious neighborhood of Buckhead is a must–visit!

Myofascial Release I
November 8–10, 2019

Myofascial Unwinding
November 12–14, 2019

Myofascial Release II
November 15–17, 2019

**GRAND HYATT
BUCKHEAD**
(404) 237–1234

1–800–FASCIAL (327–2425)

FASCIAL-PELVIS

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

20 CONTACT HOURS

LEARN TECHNIQUES FOR THE FASCIAL-PELVIS:

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



LOCATIONS AND DATES

MISSOULA, MT MARCH 29-31, 2019

Doubletree Hotel
(406) 728-3100

DENVER, CO APRIL 26-28, 2019

Courtyard by Marriott
(303) 757-8797

SANTA CLARA, CA (San Jose/Silicon Val.) AUGUST 16-18, 2019

Hilton Hotel
(408) 330-0001

CORPUS CHRISTI, TX SEPTEMBER 13-15, 2019

Omni Hotel
(361) 887-1600

OAK BROOK, IL (Chicago Suburbs) NOVEMBER 15-17, 2019

Doubletree Hotel
(630) 472-6000

TORONTO, ONTARIO APRIL 5-7, 2019

Novotel Toronto North
(416) 733-2929

TOLEDO, OH MAY 17-19, 2019

Renaissance Hotel
(419) 244-2444

PITTSBURGH, PA AUGUST 23-25, 2019

Omni Hotel North
(412) 281-7100

ROCHESTER, MN OCTOBER 18-20, 2019

The Kahler Hotel
(507) 280-6200

RENO, NV APRIL 12-14, 2019

Silver Legacy Resort
(775) 329-4777

LOUISVILLE, KY MAY 31-JUNE 2, 2019

Galt House
(502) 589-5200

NAPLES, FL SEPTEMBER 6-8, 2019

LaPlaya Beach Resort
(239) 597-3123

MEMPHIS, TN NOVEMBER 8-10, 2019

Holiday Inn University
(901) 678-8200

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



LOCATION AND DATE

CAPE COD, MA SEPTEMBER 5-8, 2019 (1/2 DAYS)

Ocean Edge Resort
(508) 896-9000

MYOFASCIAL RELEASE III— "BEYOND TECHNIQUE"



DEAR FRIENDS:

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

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

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

I look forward to being with you.

Sincerely,
John F. Barnes, PT, LMT

An Exciting Adventure!



PREREQUISITES:

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

New!

DATES:

September 24–29, 2019

TIMES:

Full-day September 24th, Half-days September 25–29, 2019. Times will vary.

LOCATION:

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:

Poco Diablo Resort (928) 282-7333—Reserve Early!

PRICE:

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

TO APPLY:

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

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

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

FASCIAL CRANIUM

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



Due to popular demand, John F. Barnes, PT has designed a new seminar, the 'Fascial Cranium'.

You will explore and learn unique Myofascial Release principles for the fascial cranium and intraoral 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.

A QUINTESSENTIAL CAPE COD EXPERIENCE

Enjoy Cape Cod with its antique shops, boutiques, fun shopping, family amusement, and home to some of the Cape's most beautiful warm water beaches. Settled in 1656, Brewster is today home to not just beautiful beaches but also classic old sea captains' homes and other historic structures, and some of the best restaurants on the Cape.



CAPE COD SERIES

Ocean Edge Resort • Cape Cod, MA • (508) 896-9000

CERVICAL THORACIC
SEPTEMBER 5-8, 2019 (1/2 DAYS)

MYOFASCIAL REBOUNDED
SEPTEMBER 9-11, 2019

FASCIAL CRANIUM
SEPTEMBER 12-15, 2019 (1/2 DAYS)

THERE ARE STILL SPACES LEFT FOR CERVICAL-THORACIC & MYOFASCIAL REBOUNDED . . .
REGISTER SOON BEFORE THEY SELL-OUT!



**DON'T MISS OUT ON THE NEXT
FASCIAL CRANIUM CLASS
IN LAS VEGAS, NV!**

Fascial Cranium—LAS VEGAS, NV
MARCH 5-8, 2020 (1/2 DAYS)
Alexis Park Resort
(702) 796-3300



QUANTUM LEAP! SEMINAR

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

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!

- Myofascial & Panderulation Techniques
- Myofascial "Crunch" Techniques
- Multiple Person Unwinding Techniques
- Centering Exercises that will Enhance Your Quest for Master

- Advanced Myofascial Release Techniques
- Advanced Fascial Cranial Techniques
- Exaggeration of the Lesion Procedures
- Compression Unwinding
- Oscillation & Rebounding Techniques



LOCATION AND DATE

**LAKE OF THE OZARKS, MO
CENTRAL MISSOURI
AUGUST 22-25, 2019 (1/2 DAYS)**
Tan-Tar-A Resort
(573) 348-3131

MYOFASCIAL REBOUNDING

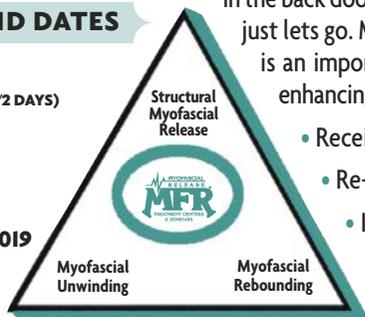
PREREQUISITE: MYOFASCIAL RELEASE I™

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!

LOCATION AND DATES

**SEDONA, AZ
JUNE 13-16, 2019 (1/2 DAYS)**
Poco Diablo Resort
(928) 282-7333

**CAPE COD, MA
SEPTEMBER 9-II, 2019**
Ocean Edge Resort
(508) 896-9000



- 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



LOCATION AND DATE

**SEDONA, AZ
JUNE 20-23, 2019 (1/2 DAYS)**
Poco Diablo Resort
(928) 282-7333

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!**



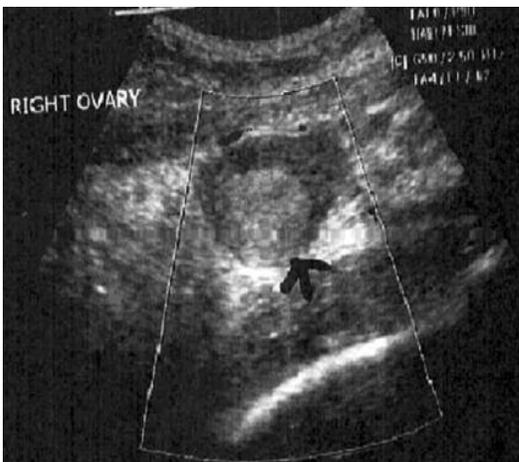
In this seminar you will receive extensive treatment for your own pelvic problems. Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.

LOCATION AND DATE

**LAKE OF THE OZARKS, MO
CENTRAL MISSOURI
AUGUST 15–18, 2019**
Tan–Tar–A Resort
(573) 348–3131

Midwest!

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!”

SUBTLE ENERGY SEMINAR

EXPAND YOUR SENSITIVITY & AWARENESS!

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

LOCATION AND DATE

SEDONA, AZ

SEPTEMBER 22 & 23, 2019

Poco Diablo Resort

(928) 282-7333

Expand your sensitivity and awareness. Exploring new levels of stillness, listening, focus, energetic perception, interconnection and intuitive knowing as they relate to our own healing and thus to the deepening healing of patients.

**TO REGISTER FOR SUBTLE ENERGY CALL:
1-800-FASCIAL**

MYOFASCIAL RELEASE I™

ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS.

Repeat any
Seminar at
1/2 price!

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

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

LOCATIONS AND DATES

KANSAS CITY, MO

MARCH 22-24, 2019

Marriott Hotel
(816) 421-6800

PORTLAND, OR

(VANCOUVER, WA)

APRIL 5-7, 2019

Heathman Lodge
(360) 254-3100

ROCHESTER, NY

APRIL 12-14, 2019

Hyatt Regency
(585) 546-1234

FORT WAYNE, IN

MAY 3-5, 2019

Seminar Site: Fort Wayne Conv. Ctr.
Accommodations: Hilton Hotel
(260) 420-1100

BETHANY BEACH, DE

MAY 9-12, 2019 (1/2 DAYS)

Bethany Beach Ocean Suites
(302) 539-3200

MILWAUKEE, WI

MAY 17-19, 2019

Hyatt Regency
(414) 276-1234

NEW ORLEANS, LA

MAY 31-JUNE 2, 2019

Doubletree Hotel
(216) 447-1300

CEDAR RAPIDS, IA

JUNE 7-9, 2019

Doubletree Hotel
(319) 731-4444

PORTLAND, ME

JUNE 21-23, 2019

Holiday Inn by the Bay
(207) 775-2311

CHICAGO AREA (BURR RIDGE, IL)

JULY 12-14, 2019

Marriott Southwest
(630) 986-4100

COLUMBIA, SC

AUGUST 16-18, 2019

Doubletree Hilton
(803) 731-0300

SCHENECTADY, NY

SEPTEMBER 13-15, 2019

Doubletree Hilton
(518) 393-4141

VIRGINIA BEACH, VA

SEPTEMBER 20-22, 2019

Holiday Inn North Beach
(757) 428-1711

SOUTH BEND, IN

OCTOBER 18-20, 2019

Doubletree Hilton
(574) 234-2000

COLUMBUS, OH

OCTOBER 25-27, 2019

Hyatt Regency
(614) 463-1234

ATLANTA, GA (BUCKHEAD AREA)

NOVEMBER 8-10, 2019

Doubletree Hotel
(404) 231-1234

SAN ANTONIO, TX

NOVEMBER 8-10, 2019

The Menger Hotel
(210) 223-4361

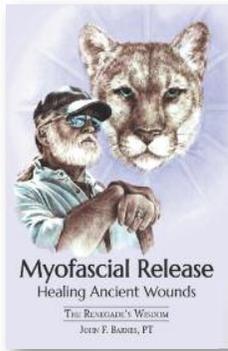
VENTURA, CA (SOUTHERN CA)

NOVEMBER 15-17, 2019

Crowne Plaza
(805) 648-2100

1-800-FASCIAL (327-2425)

MYOFASCIAL RELEASE MERCHANDISE



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

BY: JOHN F. BARNES

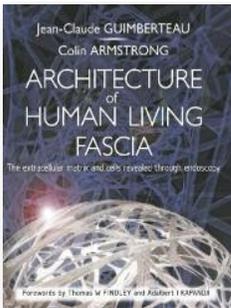
John F. Barnes, PT, world-renowned therapist, author, visionary, and authority on Myofascial Release, weaves a fascinating story, taking you into his highly charged and intriguing world of authentic healing. This enjoyable and important book explores the intuitive awareness and dynamic mind/body healing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

NEW EPILOGUE!

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

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

NEW BOOKS!



ARCHITECTURE OF HUMAN LIVING FASCIA®

BY: JEAN-CLAUDE GUIMBERTEAU & COLIN ARMSTRONG

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

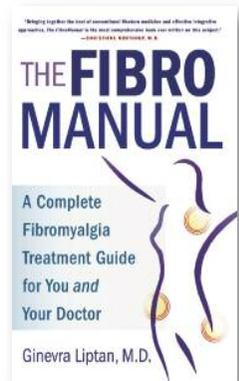
\$75.00

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

BY: GINEVRA LIPTAN, MD

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

\$20.00



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

**SAVE
\$300**

Prices:

MYOFASCIAL RELEASE I
FASCIAL-PELVIS MYOFASCIAL RELEASE
CERVICAL-THORACIC MYOFASCIAL RELEASE
MYOFASCIAL UNWINDING
MYOFASCIAL RELEASE II
MYOFASCIAL REBOUNDING
ADVANCED MYOFASCIAL UNWINDING
FASCIAL CRANIUM
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)

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"/> Myofascial Healing |
| <input type="checkbox"/> Cervical-Thoracic | <input type="checkbox"/> Fascial Cranium |
| <input type="checkbox"/> Myofascial Rebounding | <input type="checkbox"/> Quantum Leap! |

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)