

Learn the

Myofascial Release

John F. Barnes'
Approach[®]

MYOFASCIAL RELEASE

~ THE WAVE OF THE FUTURE! ~

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

LEARN MYOFASCIAL RELEASE FOR:

- Back Pain
- Cervical Pain
- Headaches
- Chronic Pain
- Carpal Tunnel
- Fibromyalgia
- Spasm/Spasticity
- Geriatrics
- Scoliosis
- Head Trauma
- Pediatrics
- Sports Injuries
- Rehabilitation
- TMJ
- Restricted Motion
- Chronic Fatigue Syndrome
- CVA
- Neurological Dysfunction

WHAT IS FASCIA?

Fascia is a tough connective tissue which spreads throughout the body in a three-dimensional web from head to foot without interruption. Trauma, posture or inflammation can create a binding down of fascia resulting in excessive pressure on nerves, muscles, blood vessels, osseous structures and/or organs. Since many of the standard tests such

as x-rays, myelograms, CAT scans, electromyography, etc, do not show the fascial restrictions, it is thought that an extremely high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but most go undiagnosed.

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

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

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

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

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



Fascia Photo by Permission of Dr J.C. Guimberteau





Myofascial Release

John F. Barnes, PT, LMT, NCTMB

*International lecturer, author
and authority on Myofascial Release*

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

WHAT ARE YOU WAITING FOR?

Some therapists have waited to learn Myofascial Release because they erroneously thought that there was no evidence. There has been an enormous amount of studies and research on Myofascial Release. Dr. Guimberteau's groundbreaking book, *Architecture of Human Living Fascia, the extracellular matrix and cells revealed through endoscopy* and the accompanying DVD will validate today's research on Myofascial Release. Images in his book speak a thousand words on the importance of the fascial system. See further details on page 18.

Past research on the fascial system has been performed on cadavers, and as you know, dead people are brittle. No attention was given to the ground substance of the fascial system which is the fluid that surrounds and nurtures every one of the trillions of cells in our body. Traditional therapy taught linear principles to apply to the body and unfortunately it turns out that the fascial system is a nonlinear fractal system. This explains the temporary nature of traditional therapy. Myofascial Release uses totally different nonlinear fractal principles that will help you provide profound, consistent and lasting results.



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

**30 years of research on the fascial system. Dr. Alfred Pischinger, professor of Histology and Embryology in Vienna, showed that the fascia's extracellular fluids which are called the matrix are the keys to health. His research showed that while cells are certainly important, they are not a separate entity because they cannot exist without being nurtured in the fascial matrix.*

**Another one of the important points in Dr. Pischinger's book is that there is no nerve or blood vessel that touches any one of the trillions of cells in our body. This completely obliterates the fundamental theory called the Neuronal Doctrine which healthcare has been based upon.*

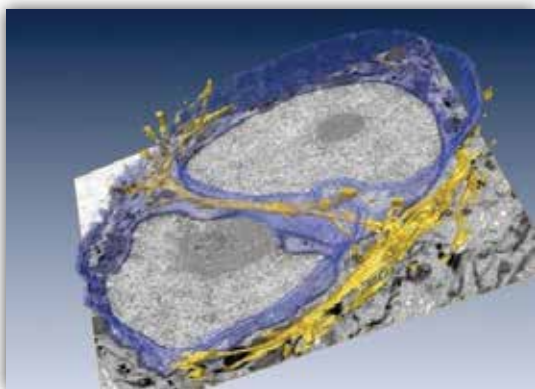
**The fascial system and its ground substance is the main transport medium of our body. Therefore, no matter what food you may ingest, it does not become nutrition until it enters the cell. Hydration does not occur when water goes down our throat, but only when it is capable of entering the cell. If the fascial ground substance has solidified from trauma, then all of the nutrition, fluid, oxygen, biochemistry, hormones, information, and energy that are needed by our cells cannot be absorbed. This ultimately means that the cells are in the process of dying.*

For a long time I have been discussing how tiny little threads or filaments connect the inside of the cell to the outside of the fascial extracellular matrix. This explains how the phenomenon of mechanotransduction produced by the Myofascial Release therapist finding the fascial restriction, waiting the crucial time protocol while applying the appropriate pressure, allows the therapist to connect with the totality of the human being!

As you know there are trillions of cells in our body and it turns out they are all interconnected by these tiny little filaments. The renowned and distinguished scientist Mina Bissell of the Berkley Lab's Biological Systems and Engineering Division has said that since the early 1980's there is a direct connection via tiny filaments to the nucleus of the cell and through the membrane to connect with the fascia's extracellular matrix.

Dr. Bissell goes on to express 'that the cell is dependent upon the physical surroundings of the extracellular matrix', in other words, the fascial system is vitally important to the proper function and health of every one of the trillions of cells in our body. These new images give visual evidence of the new postulated

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



This image shows the cytofilament bundles in 'gold' that travel through the cell's nucleus. The nuclear membrane is shown in blue.

Future Myofascial Release III Seminars "Seasoning"

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

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

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

physical link where genes can receive mechanical clues from their natural environment. Dr. Bissell states "When the shape changes, biology changes."

New information on cell function and biology with incredible images was recently discussed in the Journal of Cell Science. A direct explanation from Dr. Manfred Auer "These filaments are actin and intermediate filaments, and the cytoskeleton never enters the nucleus, but remains outside with respect to the nucleus space, it is like a gigantic donut hole through which the cytoskeleton tunnels from one side of the cytoplasm to the other side of the cytoplasm."

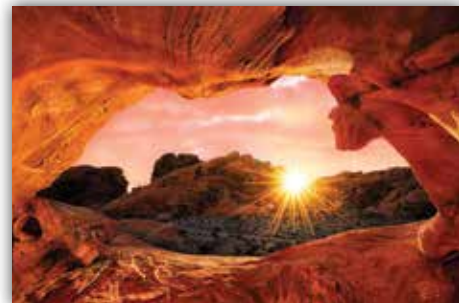
Bissell goes on to say 'how force and tension could be playing a role with biochemical signals to bring about huge changes in the cell.'

EMPOWER YOURSELF!

Learn Myofascial Release and move beyond the temporary results of traditional therapy. Myofascial Release empowers you, your patients and clients, and enhances everything that you do.

New Prerequisites for Myofascial Release III

In addition to the usual prerequisites of MFR III, therapists also need to repeat three classes- Myofascial Release I, Myofascial Unwinding and another



Myofascial Release course of their choosing. In addition to this, a one or two week 'Therapy for the Therapist' program, preferably for 2 weeks is required. 'T4T' is an extraordinary experience that will enhance every therapist's skill level exponentially. The 'Therapy for the Therapist' program will address your own pain and personal health concerns. Receiving treatment from some of the best therapists in the world will enhance your journey to become an exceptional Myofascial Release therapist.

For more details on 'T4T', please contact 'The Sanctuary' at 1-800-FASCIAL, Malvern@myofascialrelease.com or 'Therapy on the Rocks' at (928) 282-3002, Sedona@myofascialrelease.com

MYOFASCIAL RELEASE I



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

20 Contact Hours

MYOFASCIAL RELEASE TECHNIQUES:

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

THE FASCIAL CRANIUM

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



John F. Barnes, thank you. A million times thank you. For the last year and a half, I have been an active witness in what seems to many of my clients, as well as to me, to be a miracle of healing in body and heart. To leave them with self-treatment techniques and links and books loaned for more information, and to be called back week after week to joy and hope filled faces, and straighter, more nimble and less pain filled bodies, to hearts ready to shed burdens, how do I call this work? My life is small, sometimes bumpy, but immeasurably rich.

And to every therapist that has put hands and elbows on me (including aunt and mother and daughter), to every seminar instructor (I sometimes hear your words spoken in the room as I work), to Malvern and Sedona whom I have called for help, to every partner in study groups, to everyone that posts questions and answers and prayer requests and love, thank you. And every day to John F Barnes, from whom your simple truths in books and seminars every client has profited, thank you. I feel all of us in my hands waiting at the boundary, making the wait with no expectations a simple union of love and hope for change, whatever it may be.

Thank you! — J Paige, LMT, Houston TX

ENJOY A NEW, EXCITING AND LUCRATIVE CAREER!

I have had the opportunity of training over 100,000 therapists and my goal is to help you improve your logical/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 standards tests (x-rays, myelograms, CAT scans, electromyography, etc.)

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

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

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

— ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS —

MYOFASCIAL RELEASE I

LOCATIONS AND DATES

AUSTIN, TX

July 21-23, 2017
Doubletree by Hilton
(512) 454-3737

NEW YORK, NY

August 11-13, 2017
The Watson Hotel
(212) 581-8100

SAN DIEGO, CA

August 18-20, 2017
Handlery Hotel
(619) 298-0511

NAPERVILLE, IL

(Chicago Suburbs)
August 25-27, 2017
Embassy Suites
(630) 799-5900

TORONTO, ONTARIO

Sept. 29 - Oct. 1, 2017
Holiday Inn Yorkdale
(416) 789-5161

PENSACOLA, FL

October 13-15, 2017
Pensacola Grand Hotel
(850) 433-3336

LOUISVILLE, KY

October 27-29, 2017
Galt House Hotel
(502) 589-5200

RENO, NV

November 3-5, 2017
Silver Legacy Resort
(775) 329-4777

CHATTANOOGA, TN

November 10-12, 2017
Embassy Suites
(423) 602-5100

CORPUS CHRISTI, TX

February 23-25, 2018
Omni Hotel
(361) 887-1600

SEDONA, AZ

March 8-11 (1/2 days) 2018
Poco Diablo Resort
(928) 282-7333

GREENWICH, CT

March 16-18, 2018
Hyatt Regency
(203) 637-1234

CINCINNATI, OH

March 23-25, 2018
Holiday Inn & Suites
(513) 752-4400

ROCHESTER, MN

April 27-29, 2018
Kahler Grand Hotel
(507) 280-6200

WILMINGTON, DE

April 27-29, 2018
Doubletree Hotel
(302) 478-6000

EDMONTON, ALBERTA

May 4-6, 2018
Delta Hotel
(780) 429-3900

LOS ANGELES, CA

May 18-20, 2018
Doubletree Hilton
(213) 629-1200

MEMPHIS, TN

June 1-3, 2018
Big Cypress Lodge
(901) 620-4600

NAPLES, FL

June 1-3, 2018
Doubletree Suites
(239) 593-8733

DETROIT, MI

July 6-8, 2018
MGM Grand
(313) 465-1777

BOSTON, MA

August 17-19, 2018
Sonesta Hotel
(617) 806-4200



Myofascial Restrictions

“I have had a long history of trauma since childhood. Since discovering MFR, my quality of life has improved immensely. I am thrilled to say that my pain is almost gone and my function restored. Because of MFR, I am able to live my life with joy and freedom. It is a true gift and blessing.”

A 16 year old boy broke his right clavicle while skiing in Colorado. The first X-ray was taken in an emergency room that very day and the doctors recommended surgery with pins. The next day, he returned home, and I was asked by his family to see if Myofascial Release would help. After gentle Myofascial Release and spontaneous unwindings the child was able to sleep better that night with less pain and discomfort. The next morning the second X-ray was taken by the local orthopedic physician who recommended conservative therapy and rest. No surgery!

Myofascial Release helps to enhance our healing potential in both acute and chronic pain. Thank you John for showing us the right direction!

- Peter Podbielski, PT, DPT

Before MFR



After MFR



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 intermediate “hands-on” Myofascial Unwinding™ seminar will also improve your mental clarity, focus, sensitivity of touch and expand your abilities to achieve consistent results. 20 Contact Hours

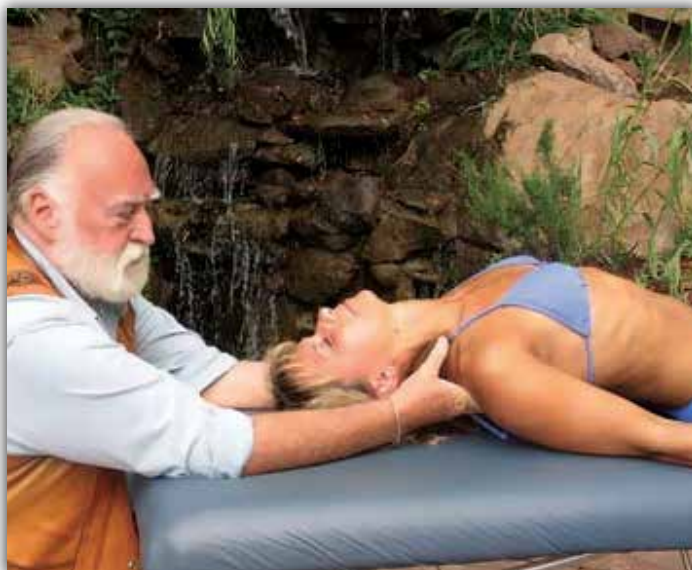
MYOFASCIAL UNWINDING IS A VERY EFFECTIVE MOVEMENT FACILITATION TECHNIQUE UTILIZED TO:

- 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

| | | |
|---|---|--|
| AUSTIN, TX July 25-27, 2017 Doubletree by Hilton (512) 454-3737 | NEW YORK, NY August 15-17, 2017 The Watson Hotel (212) 581-8100 | SEDONA, AZ March 12-14, 2018 Poco Diablo Resort (928) 282-7333 |
| WILMINGTON, DE May 1-3, 2018 Doubletree Hotel (302) 478-6000 | DETROIT, MI July 10-12, 2018 MGM Grand (313) 465-1777 | BOSTON, MA August 21-23, 2018 Sonesta Hotel (617) 806-4200 |



“The John F. Barnes’ Myofascial Release Approach® has allowed me to expand my knowledge and awareness by refocusing my attention on the whole person.”

“I am eternally grateful for this work, for the MFR community, for the life changing skills I have learned, and of course for John Barnes.”

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. The intermediate “hands-on” Myofascial Release II seminar will greatly enhance your vital “feel” via development of the tactile and proprioceptive senses which will allow you to achieve a higher level of expertise. These exciting techniques have been carefully developed and selected for their outstanding, consistent results.
20 Contact Hours



LOCATIONS AND DATES

AUSTIN, TX

July 28-30, 2017
Doubletree by Hilton
(512) 454-3737

NEW YORK, NY

August 18-20, 2017
The Watson Hotel
(212) 581-8100

SEDONA, AZ

March 15-18 (1/2 days) 2018
Poco Diablo Resort
(928) 282-7333

WILMINGTON, DE

May 4-6, 2018
Doubletree Hotel
(302) 478-6000

DETROIT, MI

July 13-15, 2018
MGM Grand
(313) 465-1777

BOSTON, MA

August 24-26, 2018
Sonesta Hotel
(617) 806-4200

*“I owe John a lifetime of gratitude.
His principles apply not just to
therapy, but to life as well.”*

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

MYOFASCIAL RELEASE IS SO INCREDIBLY IMPORTANT!

I was contacted by a very concerned young mother who had taken her 2 year old son to a few doctors for what looked like club-foot symptoms on his left foot. This was a sudden onset with no known precipitating trauma. Doctors ran many tests and x-rays which all came back negative. The mother was referred for Myofascial Release.

For the first half hour, the 2 year old was very agitated and was clinging to his mom for dear life. His mom offered to help calm him down by breastfeeding him. I asked if I can work on his legs and hips while he was feeding, mother happily agreed. He then started to do some beautiful unwinding; John always says kids are natural unwinders! After about 20 minutes of unwinding and about 5 minutes of structural myofascial release hip work, we were finished. It was one of the most beautiful, therapeutic experiences. When the session was over, there was a slight improvement in the club-foot like symptoms. A few hours later, the mother was thrilled and relieved to report

that his foot and leg had returned to their natural position. She is now a strong believer in the power of Myofascial Release! —*Mateo G. LMT., Toledo, Ohio*

“I’m very pleased with the outcome! Levi had suddenly developed a very noticeable pronation onto his outer left foot with it angled inwards almost perpendicular to his right foot and after x-rays determined there were no breaks or fractures we subsequently spent three days unsure of our next step and how it would resolve. Three days after he first developed his gait issue, with no sign of it resolving on its own, he had his first myofascial release treatment with Mateo and within 3–4 hours it was as if he’d never had any issues with his foot. He was back to standing and walking completely normal, feet pointed straight, bearing weight on the entire foot. It has been almost exactly a week since his first appointment and he continues to walk without any issue!” —*Shelley, Levi’s mother*



Before



After

FASCIAL-PELVIS

Our experience has shown that over 90% of patients suffering with lumbar and pelvic pain, menstrual problems, cervical pain and headaches have imbalances in the pelvis creating fascial restrictions throughout the body. This introductory “hands-on” seminar will teach you a logical, step-by-step progression of techniques for treating the lumbo-pelvic region in a comprehensive and effective manner. **20 Contact Hours**



TECHNIQUES FOR THE FASCIAL-PELVIS:

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

LOCATIONS AND DATES

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| PALM BCH GARDENS, FL (West Palm Beach Area) August 25-27, 2017 Doubletree Hotel (561) 622-2260 | MILWAUKEE, WI September 8-10, 2017 Hyatt Regency (414) 276-1234 | TIGARD, OR (Portland Area) October 27-29, 2017 Embassy Suites (503) 644-4000 | WHITE PLAINS, NY November 3-5, 2017 Crowne Plaza (914) 682-0050 |
| SEDONA, AZ November 9-12 (1/2 days) 2017 Poco Diablo Resort (928) 282-7333 | ASHEVILLE, NC November 17-19, 2017 Doubletree Hotel (828) 274-1800 | AUSTIN, TX January 19-21, 2018 Renaissance Hotel (512) 343-2626 | PALM DESERT, CA February 23-25, 2018 Embassy Suites (760) 340-6600 |
| TUCSON, AZ March 23-25, 2018 Doubletree Reid Park (520) 881-4200 | ALLENTOWN, PA April 6-8, 2018 Renaissance Hotel (484) 273-4000 | GRAND RAPIDS, MI May 4-6, 2018 Marriott Hotel (616) 242-1500 | BELLEVUE, WA May 18-20, 2018 Sheraton Hotel (425) 455-3330 |
| PENSACOLA, FL May 18-20, 2018 Hilton Hotel (850) 916-2999 | INDIANAPOLIS, IN June 15-17, 2018 Hilton Hotel (317) 972-0600 | <p><i>“This work speaks for itself! We have never marketed or even created a website. Our patients and their family members advertise for us.”</i></p> | |

CERVICAL-THORACIC

Prerequisite: Myofascial Release I™

This fascinating intermediate “hands-on” seminar will give you the confidence and skill to successfully treat cervical pain, restriction of motion, reflex sympathetic dystrophy, carpal tunnel, TMJ pain and to decrease pain in the hand while increasing its functional mobility. **20 Contact Hours**



LOCATIONS AND DATES

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| CAPE COD, MA September 7-10 (1/2 days) 2017 Ocean Edge Resort (508) 896-9000 | SEDONA, AZ February 15-18 (1/2 days) 2018 Poco Diablo Resort (928) 282-7333 |
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“My schedule is booked way out and the demand for Myofascial Release continues to grow.”

TECHNIQUES FOR THE CERVICAL-THORACIC:

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

VACATION SERIES & SPECIALTY SEMINARS

SAVE \$300
By registering for any three seminars!



Austin, TX Legendary music, incredible food and unique culture awaits you in Austin!

Myofascial Release I
July 21-23, 2017

Myofascial Unwinding
July 25-27, 2017

Myofascial Release II
July 28-30, 2017

Doubletree Hotel
(512) 454-3737



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

Myofascial Release I
August 11-13, 2017

Myofascial Unwinding
August 15-17, 2017

Myofascial Release II
August 18-20, 2017

The Watson Hotel
(212) 581-8100



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

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

Myofascial Rebounding
September 11-13, 2017

Women's Health
September 14-17, 2017

Ocean Edge Resort
(508) 896-9000



Austin, TX Known for its incredible music and culture, fabulous Mexican cuisine and stunning outdoor settings.

Advanced Unwinding
January 12-14, 2018

Myofascial Rebounding
January 16-18, 2018

Fascial Pelvis
January 19-21, 2018

Renaissance Hotel
(512) 343-2626



Sedona, AZ Adventure abounds in gorgeous Sedona, AZ, Jeep tours, balloon and helicopter rides, hiking and biking awaits you in the majestic 'Red Rock' Canyons.

Women's Health
February 8-11, 2018

Myofascial Healing
February 12-14, 2018

Cervical-Thoracic
Feb 15-18 (1/2 days) 2018

Poco Diablo Resort
(928) 282-7333



Sedona, AZ Sedona continues to be recognized as a place of healing and extraordinary beauty. Come to experience the vortex energy centers of Sedona for one of a kind renewal.

Myofascial Release I
March 8-11 (1/2 days) 2018

Myofascial Unwinding
March 12-14, 2018

Myofascial Release II
March 15- 18 (1/2 days) 2018

Poco Diablo Resort
(928) 282-7333



Chicago Area, Evanston, IL is on the shores of beautiful Lake Michigan and a short trip by car or transit from the City of Chicago. Explore Downtown Evanston's neighborhoods, delicious culinary options, theatre and entertainment venues.

Women's Health
April 5-8, 2018

Myofascial Rebounding
April 9-11, 2018

Hilton Orrington
(847) 866-8700



Wilmington, DE Wilmington and the Brandywine Valley blends the arts, dining and entertainment amenities of the city with the history and beauty of the surrounding countryside.

Myofascial Release I
April 27-29, 2018

Myofascial Unwinding
May 1-3, 2018

Myofascial Release II
May 4-6, 2018

Doubletree Hotel
(302) 478-6000



Sedona, AZ Sedona is alive with energy and awash in heart-freeing beauty. Shake off the weariness of stress and work amid a bristling forest of red rocks. USA Weekend compiled their Most Beautiful Places in America list, Sedona claimed the top spot.

Myofascial Rebounding
June 14-17 (1/2 days) 2018

Myofascial Healing
June 18-20, 2018

Advanced Unwinding
June 21-24 (1/2 days) 2018

Poco Diablo Resort
(928) 282-7333

Introductory Workshop

MYOFASCIAL MOBILIZATION

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



LOCATIONS AND DATES

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| SASKATOON, SK August 26 & 27, 2017 Saskatoon Inn (306) 242-1440 | LANGHORNE, PA (BUCKS COUNTY) (Phila. Suburbs) September 9 & 10, 2017 Sheraton Bucks County (215) 547-4100 | DETROIT, MI September 16 & 17, 2017 Doubletree Hotel (313) 336-3340 | OSAGE BEACH, MO (Lake of the Ozarks) Sept. 30 & Oct. 1, 2017 Tan-Tar-A Resort (573) 348-3131 |
| VENTURA, CA November 18 & 19, 2017 Crowne Plaza (805) 648-2100 | FRESNO, CA March 3 & 4, 2018 Piccadilly Inn (559) 348-5520 | ALEXANDRIA, LA April 14 & 15, 2018 Holiday Inn (318) 541-8333 | FARGO, ND May 5 & 6, 2018 Hilton Garden Inn (701) 499-6000 |
| ASHLAND, OR May 5 & 6, 2018 Ashland Springs Hotel (541) 488-1700 | OCALA, FL May 12 & 13, 2018 Hilton Hotel (352) 854-1400 | DECATUR, IL May 19 & 20, 2018 Decatur Conference & Hotel (217) 422-8800 | |

“The Myofascial Mobilization Workshop taught me how to incorporate and utilize Myofascial Release techniques immediately with my patients and that everyone can benefit from myofascial mobilization techniques.”

Introductory Workshop

PEDIATRIC MYOFASCIAL RELEASE



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

“I have gained so many new treatment ideas during the Pediatric Myofascial Workshop. We spent the perfect amount of time in hands-on workshops that I have a good handle on how to perform these techniques correctly to get maximum results with my pediatric patients.”

LOCATIONS AND DATES

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| ATLANTA, GA September 16 & 17, 2017 Doubletree Hilton (404) 231-1234 | HOUSTON, TX Sept. 30 & Oct. 1, 2017 Hilton Westchase (713) 974-1000 | WILMINGTON, DE October 14 & 15, 2017 Doubletree Hilton (302) 478-6000 | MIAMI, FL November 18 & 19, 2017 Doubletree Hilton (305) 372-0313 |
| CHARLOTTE, NC April 21 & 22, 2018 Embassy Suites (704) 527-8400 | REXFORD, ID May 5 & 6, 2018 Springhill Suites (208) 356-3003 | SAN ANTONIO, TX May 19 & 20, 2018 The Menger Hotel (210) 223-4361 | BUFFALO, NY June 2 & 3, 2018 Embassy Suites (716) 842-1000 |

WOMEN'S HEALTH SEMINAR THE MYOFASCIAL RELEASE APPROACH

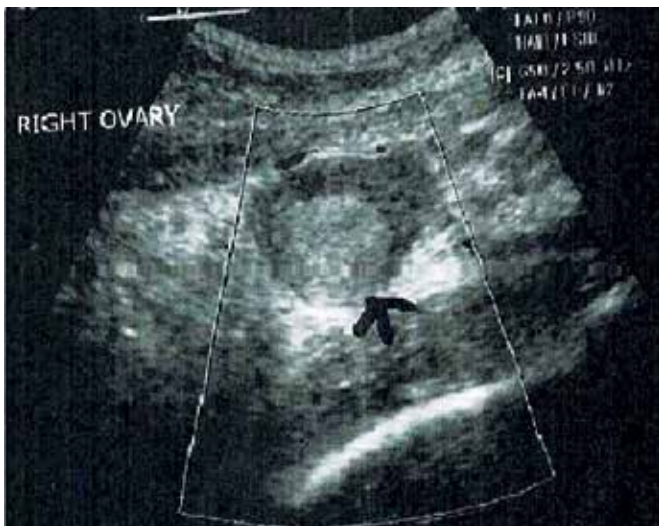
Prerequisites: Myofascial Release I™, Fascial-Pelvis, Myofascial Unwinding

Increase your knowledge, skill and income by adding this important dimension to your practice. In this seminar you will receive extensive treatment for your own pelvic problems. Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.
25 Contact Hours



THIS FASCINATING INTERMEDIATE “HANDS-ON” 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



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!”

“John teaches this class with such a delightful mixture of tenderness, comedy, integrity and love.”

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

LOCATIONS AND DATES

CAPE COD, MA
September 14-17, 2017
Ocean Edge Resort
(508) 896-9000

SEDONA AZ
February 8-11, 2018
Poco Diablo Resort
(928) 282-7333

EVANSTON, IL
(Chicago Suburbs)
April 5-8, 2018
Hilton Orrington
(847) 866-8700

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

QUANTUM LEAP! SEMINAR

**Quantum Leap!
Being Offered in 2017**



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 DATES:

WILMINGTON, DE

November 30 - December 3 (1/2 days) 2017
Doubletree Hilton
(302) 478-6000

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

Prerequisite: Myofascial Release I™

MYOFASCIAL REBOUNding



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

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

LOCATIONS AND DATES

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

CAPE COD, MA
September 11-13, 2017
Ocean Edge Resort
(508) 896-9000

AUSTIN, TX
January 16-18, 2018
Renaissance Hotel
(512) 343-2626

EVANSTON, IL
(Chicago Suburbs)
April 9-11, 2018
Hilton Orrington
(847) 866-8700

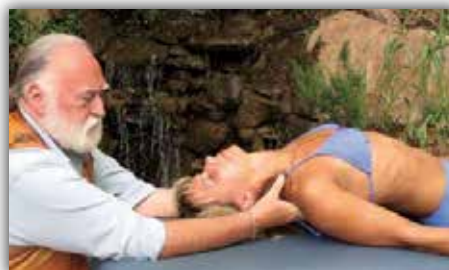
SEDONA AZ
June 14-17 (1/2 days) 2018
Poco Diablo Resort
(928) 282-7333

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

ADVANCED MYOFASCIAL UNWINDING

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

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



LOCATIONS AND DATES:

ST. PAUL, MN
October 13-15, 2017
Doubletree Hotel
(651) 291-8800

AUSTIN, TX
January 12-14, 2018
Renaissance Hotel
(512) 343-2626

SEDONA AZ
June 21-24 (1/2 days) 2018
Poco Diablo Resort
(928) 282-7333

MYOFASCIAL RELEASE III ~ "BEYOND TECHNIQUE"

Dear Friends:

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

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

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

I look forward to being with you. Sincerely,
John F. Barnes, P.T.



Dates: November 14-19, 2017

Times: Full-day November 14th, Half-days November 15th through November 19th. Times will vary.

Location: Poco Diablo Resort

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

Price: \$1800 or \$1495 if registered two 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.

30th Anniversary of Myofascial Release III



*Empower Yourself!
Develop Clarity, Tranquility,
and Authentic Power.*

NEW 2017 Prerequisites for MFR III

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.

**SUBTLE
ENERGY
SEMINAR**

EXPAND YOUR SENSITIVITY AND AWARENESS!

Presenter: Dr. Margaret Fuhs, DNSc, RN; 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. Highly recommended to be taken in conjunction with Myofascial Release III.

Dates: November 12 & 13, 2017 **Seminar Site:** Sedona, AZ

Accommodations: Poco Diablo Resort (928) 282-7333

MYOFASCIAL HEALING SEMINAR

A Seminar for the Patient and Therapist



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

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

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

FOR THE PATIENT:

The Myofascial Healing Seminar will teach you how to “treat” yourself and is designed to help those wanting to enhance their progress and take a quantum leap in their healing. Through lectures and workshops patients will learn how to help eliminate their pain and energize their body. Send your patients/clients to the Myofascial Healing Seminars to enhance their treatment response, cut their healthcare costs and provide a way of helping them to continue to heal.

FOR THE THERAPIST: HEAL YOURSELF

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

“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.”



To Register See Page 19

LOCATIONS AND DATES

SEDONA, AZ

October 26-29
(1/2 days) 2017
Poco Diablo Resort
(928) 282-7333

SEDONA AZ

February 12-14, 2018
Poco Diablo Resort
(928) 282-7333

SEDONA AZ

June 18-20, 2018
Poco Diablo Resort
(928) 282-7333

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.



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 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.



"The Sanctuary" - Malvern, PA



"Therapy on the Rocks" - Sedona, AZ

- 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.

"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."

EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

“The Sanctuary”, our Eastern Myofascial Release Treatment Center, located in Malvern, Pennsylvania, the Main Line suburbs of Philadelphia, is a therapeutic retreat 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 complimentary infrared sauna and whirlpool, and the tranquil woodland environment.

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



“THE SANCTUARY”

42 Lloyd Avenue, Malvern, PA, 19355

I-800-FASCIAL (327-2425) • 610-644-0136 • 610-644-1662 fax

Malvern@myofascialrelease.com

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.

OUR MISSION IS TO RETURN YOU

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

WOMEN’S HEALTH PROBLEMS:

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

WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

“Therapy on the Rocks”, our Western Myofascial Release Treatment Center, is located in Sedona, Arizona nestled on a cliff along side a fifty foot waterfall cascading into the pristine water of Oak Creek Canyon. 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”

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!

- Neurological Dysfunction
- Chronic Pain
- Migraines

- Chronic Fatigue Syndrome
- Carpal Tunnel
- Adhesions

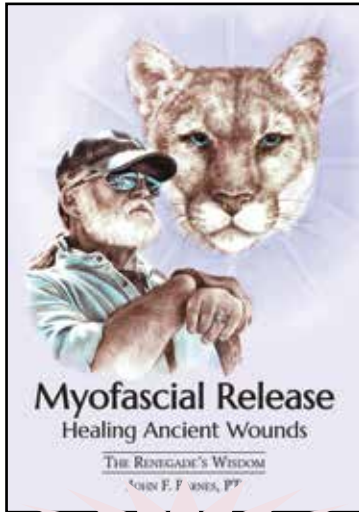
- Neck Pain
- Scoliosis
- Sciatica

- Interstitial Cystitis
- Lymphedema
- Problematic Breast Implant/Reduction Scars

- Menstrual Problems
- Urinary Frequency

- Coccydynia (tail bone pain)
- Adhesions
- Episiotomy Scars

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.

This is the most profound book that I have ever read. You will not be able to lay this book down if you truly have a fascial problem, as story after story illustrates the healing powers of Myofascial Release.

— Betty W. , Patient

For anyone curious about Myofascial Release, its benefits and application for health and healing, this book is a marvelous start for what can be an extraordinary journey. John Barnes' insights and wisdom are a "well" from which every health professional should "drink". I have been a therapist for thirty-two years. My only regret is that I didn't know about Myofascial Release until ten years ago. It has transformed my life. Thank you, John Barnes!

— David O., PT

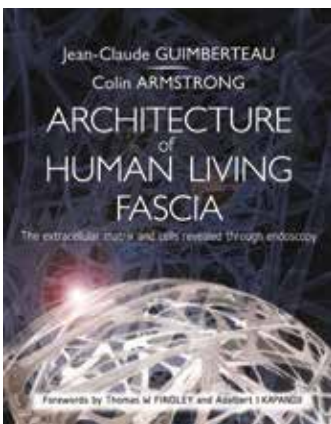
NEW Epilogue!

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. (See page 2 for a few short excerpts.)

THIS INFORMATIVE, TOUCHING, AND INSPIRATIONAL EPILOGUE IS A MUST READ! \$49.95

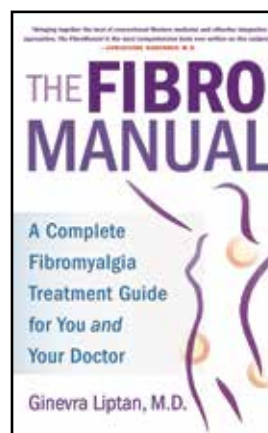
NEW BOOKS!



ARCHITECTURE OF HUMAN LIVING FASCIA By Jean-Claude Guimberteau, Colin Armstrong

Dr. Guimberteau, renowned 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**

TO ORDER... CALL 1-800-FASCIAL

REGISTRATION INFORMATION

Register For Any Three Seminars and Receive **\$300 OFF!**

- 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 each seminar or
\$895 if registered 2 weeks
prior to the seminar date*

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

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

- Myofascial Healing Seminar

*\$550 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 and to determine the number of hours granted by your association.

Discounts:

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

Registration Fee and Cancellation Policy:

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

Tax Reform Act Of 1986:

Registration fees, travel and lodging expenses incurred by a taxpayer while attending a convention or seminar relating to their profession will continue to be fully deductible; meal cost will remain 50% deductible.

**CALL TODAY – 1-800-FASCIAL or
Register Online at www.myofascialrelease.com**

IMPORTANT

Seminar Location City: _____ State _____

Check the appropriate box(es)

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

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Professional Initials: _____
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Address _____

City _____ State _____ Zip _____

Phone () _____

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

MFR Seminars

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Fax Form to 610-644-1662



Web Site: www.myofascialrelease.com • Email: seminars@myofascialrelease.com