

LEARN... THE JOHN F. BARNES'
**MYOFASCIAL
RELEASE**
APPROACH®

MYOFASCIAL RELEASE

~ ENHANCE YOUR LIFE! ~

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

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.

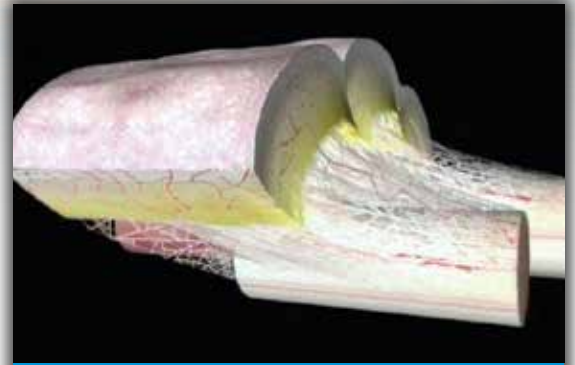
The viscoelastic quality of the fascial system causes it to resist a suddenly applied force. This explains why the "old form" of myofascial release, which was an attempt to force a system that cannot be forced, produced pain and limited results.

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

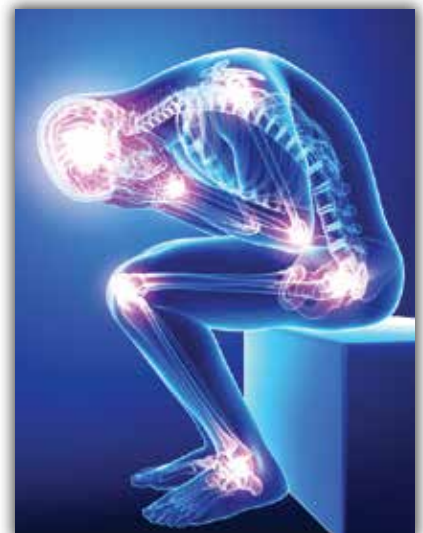
The John F. Barnes' Myofascial Release Approach® consists of the gentle application of sustained pressure into the fascial restrictions. This essential "time element" has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly will allow a viscoelastic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





MYOFASCIAL RELEASE

John F. Barnes, PT, LMT
*International lecturer, author
and authority on Myofascial Release*

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

Reach Your Full Potential !

By John F. Barnes, PT, LMT

The awareness of Myofascial Release has grown exponentially since I started teaching my seminars over 40 years ago. Many people have been asking what the difference is between Myofascial Release and other forms of therapy. First, it might be helpful for me to provide information about fascia and many of its unique qualities and important functions.

The fascial system is the only whole-body system, covering, interpenetrating and controlling every structure, system and cell of our body. It is a glide system and also a system of communication, functioning like a fiber optic carrying an enormous amount of information and energy throughout our mind-body.

Fascia is also the main transport medium for the nutrition that we ingest, the fluid we drink, and the oxygen we breathe; for the biochemistry, hormones, energy and information that the trillions of our cells need to thrive.

The ground substance is the fascia's fluid component, the immediate environment of every cell. Fascial restrictions can impede proper cellular metabolism, respiration, nutrition, elimination and lymphatic flow. Fascia is also the home of the phagocyte and can influence the immune system in a negative way.



Fascia Photo by Permission of Dr. JC Guimberteau

So, basically, fascial restrictions can create the environment of pain, headaches, dysfunction, physiological chaos, disease and necrosis.

Function & Molecular Structure

Fascia is capable of resisting both pulling (tensile) and compressive forces. Therefore, it contains two elements: fibers and inner fibular jelly or ground substance. The fibers resist tensile stresses and the jelly-like filling between the fibers resists compressive forces.

Proteoglycans are polymers that form the gel between the collagen fibers, which is a three-dimensional web. Hyaluronic acid is lubrication that facilitates the glide of the tissue. The gel is our major shock absorber.

The molecule that makes up of the major part of the fibrous material in the body is collagen. Collagen does not form linear fibers, but is rather a three-dimensional web. Collagen is a protein, which is a Greek word meaning glue-producer, consisting of three poly-peptide chains twisted around each other in a triple helix. Interestingly, the release attained by myofascial release feels like glue stretching.

The fluid within this three-dimensional web actually also has a three-dimensional structure and is considered to be a liquid crystal. The characteristics of a liquid crystal are both fluid and solid and have a chaotic period when released that allows for change.

Seven Billion Possibilities

It is important to understand that fascial restrictions do not show up in any of the standard tests such as CAT Scans, MRIs, X-rays, myelograms or blood work. Therefore, fascial restrictions have been misdiagnosed for many years. It is also important to understand that when we are traumatized, fascial restrictions can create a tensile strength up to approximately 2,000 pounds per square inch of pressure. This is the

equivalent of two full-grown horses standing on a nerve.

The art of myofascial release is to find the individual restrictions, which are different from one patient/client to the next. Considering there are more than seven billion people in the world, this means there are more than seven billion different possibilities of fascial strain patterns.



Engage the Barrier

Another distinction between myofascial release and the various forms of therapy is that the therapist finds the individual's restrictions and takes the slack out without sliding on the surface. This enables the myofascial therapist to then use the fascia system as an amazing lever that reaches deeply into the body where significant problems are located.

Engage the barrier, then 90 to 120 seconds to begin to engage the collagenous barrier. It then takes another three to five minutes for a deeper, more long-lasting result. There is an **absolute minimum of five minutes for each technique.**

The maximum benefit of all forms of therapy will be achieved by coupling these techniques with the sustained pressures of myofascial release.

Somewhere around the five-minute period, there is a number of phenomenon that occur that do not occur with other forms of therapy, massage and bodywork that lead us into what I consider to be authentic healing.

Piezoelectricity

Around five minutes, the technique will start to elicit the piezoelectric effect. Piezoelectricity is a Greek word meaning pressure electricity. Our cells have a crystalline nature and when you apply pressure into a crystal it generates electrical flow. In our body it's a bioelectrical flow, which is another way of describing the motion of the mind. We call that unwinding.

Mechanotransduction

Piezoelectricity is usually coupled with mechanotransduction. Using sustained pressure creates a biochemical, hormonal effect at the cellular level. (I believe that a lot of the biochemical problems that people have actually come from fascia restrictions on the cellular level.)

Also very importantly, recent research has now discovered that holding the fascial barrier for five minutes or longer elicits the production of interleukin 8 by the patient's/client's mind-

body, which is our body's natural anti-inflammatory and cancer killer.

Phase Transition

We then move into phase transition, which is the phenomenon where ice transforms into water. In the body it is not ice, but after trauma, the ground substance, which should be fluid, starts to solidify and turns into crushing pressure on pain sensitive structures that produce the symptoms that our patients/clients come to us for help.

You and I have been brought up to believe there are three phases of water: ice, water and vapor. Now it has been discovered there is a fourth phase. It is the fluid in the cell and the ground substance of the fascia that is actually a liquid crystal capable of change. For in depth information on this topic, read *The Fourth Phase of Water: Beyond Solid, Liquid, Vapor*, by Dr. Gerald Pollock, one of the world's experts on fluid dynamics. (pollacklab.org.)

There is a chaotic period as one moves into the phase transition that allows for change, growth and healing, so that which has solidified can become more fluid. This allows the tissue to glide again and take the horrendous pressure off of pain-sensitive structures which fascia restrictions can produce. Eventually the sustained pressure allows for resonance, which is another word for release.

My experience and the newly emerging scientific information have shown me that the fascial system is a fluid intelligence system.

Due to the unique characteristics of fascia being a liquid crystal, it requires different principles than previously learned. These new principles will influence your effectiveness significantly. Myofascial Release could be the "missing link" that when coupled with your area of expertise, can enhance everything you do with your patients/clients.

Join Us !

Excerpts from this article were taken from Massage Magazine November 2017 - Issue 258.

My Myofascial Release private practice is booming and I can barely keep up. This is an absolute blessing.

~

From my perspective, John F. Barnes, PT, is the most highly skilled therapist alive!

~

Myofascial Release speaks for itself - the patients/clients tell others and others tell others and then you are busy, busy!!

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



So thankful for the teaching of John F Barnes! The MFR seminar was incredible. John was so funny and insightful. Words fail to describe his masterful lectures and the light and ease he shows while answering questions. I am blown away at his courage and bravery in bringing this work to the world! God bless you John! Thank you!

~

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.

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

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

INDEPENDENCE, OH

(Cleveland Area)
Aug 17-19, 2018
Doubletree Hotel
(216) 447-1300

FT. WORTH, TX

August 24-26, 2018
Renaissance Hotel
(817) 870-1000

WINNIPEG, MANITOBA

September 28-30, 2018
Holiday Inn South
(204) 452-4747

LAS VEGAS, NV

October 4-7 (1/2 days)
2018
Alexis Park Resort
(702) 796-3300

BOISE, ID

October 19-21, 2018
Red Lion
(208) 344-7691

RALEIGH, NC

November 9-11, 2018
Doubletree Hotel
(919) 828-0811

MINNEAPOLIS, MN

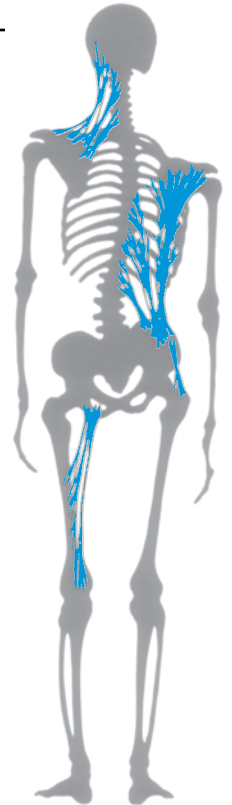
November 9-11, 2018
Hyatt Regency
(612) 370-1234

ORLANDO, FL

November 16-18, 2018
Hilton Hotel
(407) 313-4300

SANTA CRUZ, CA

November 16-18, 2018
Hilton Hotel
(831) 440-1100



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

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

20 Contact Hours

Prerequisite: Myofascial Release I™

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

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

LAS VEGAS, NV

October 8-10, 2018
Alexis Park Resort
(702) 796-3300

MINNEAPOLIS, MN

November 13-15, 2018
Hyatt Regency
(612) 370-1234



“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

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

20 Contact Hours

Prerequisite: Myofascial Release I™



LOCATIONS AND DATES

SEDONA, AZ	WILMINGTON, DE	DETROIT, MI	BOSTON, MA
March 15-18 (1/2 days) 2018	May 4-6, 2018	July 13-15, 2018	August 24-26, 2018
Poco Diablo Resort (928) 282-7333	Doubletree Hotel (302) 478-6000	MGM Grand (313) 465-1777	Sonesta Hotel (617) 806-4200
LAS VEGAS, NV	MINNEAPOLIS, MN	<i>“I owe John a lifetime of gratitude. His principles apply not just to therapy, but to life as well.”</i>	
October 11-14 (1/2 days), 2018	November 16-18, 2018		
Alexis Park Resort (702) 796-3300	Hyatt Regency (612) 370-1234		

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

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

NEWPORT NEWS, VA
August 24-26, 2018
Marriott Hotel
(757) 873-9299

HONOLULU, HI
September 7-9, 2018
Alohilani Resort
(808) 922-1233

ST. LOUIS, MO
(Clayton Plaza Area)
September 21-23, 2018
Sheraton Hotel
(314) 863-0400

SYRACUSE, NY
October 5-7, 2018
Sheraton Hotel
(315) 475-3000

OKLAHOMA CITY, OK
November 2-4, 2018
Sheraton Hotel
(405) 235-2780

HOUSTON, TX
November 16-18, 2018
Hilton Westchase
(713) 974-1000

WILMINGTON, DE
Nov. 30-Dec. 2, 2018
Doubletree Hotel
(302) 478-6000

*“This work speaks for itself!
We have never marketed or even
created a website.
Our patients and their family
members advertise for us.”*

CERVICAL-THORACIC

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

Prerequisite: Myofascial Release I™



LOCATIONS AND DATES

SEDONA, AZ
February 15-18 (1/2 days) 2018
Poco Diablo Resort
(928) 282-7333

MYRTLE BEACH, SC
September 13-16 (1/2 days) 2018
Hilton Beach Resort
(843) 449-5000

*“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!



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

Women's Health
February 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 is known for its extraordinary beauty, powerful healing energy, hiking trails and unique southwestern shopping and cuisine.

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 with spectacular beauty. Shake off the weariness and stress amid the pine forests of Oak Creek in the Red Rock Canyons.

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



Detroit, MI The MGM Grand hotel is a beautiful, Las Vegas style casino resort offering three signature restaurants including two from Master Chef Wolfgang Puck. In addition, there is the full-service Immerse Spa and enjoy the many musical venues and nightclubs.

Myofascial Release I
July 6-8, 2018

Myofascial Unwinding
July 10-12, 2018

Myofascial Release II
July 13-15, 2018

MGM Grand Casino
(313) 465-1777



Boston/Cambridge, MA Visit this historic area, its harbors, and incredible seafood. Do not miss visiting famous Faneuil Hall Marketplace located in the heart of downtown Boston. This intriguing complex of distinctive shops, performers, food stands and restaurants brought new life to a historic meeting place.

Myofascial Release I
August 17-19, 2018

Myofascial Unwinding
August 21-23, 2018

Myofascial Release II
August 24-26, 2018

Sonesta Cambridge
(617) 806-4200



Myrtle Beach, SC Experience beautiful, pristine beaches, numerous water activities, including boating and fishing or just relax and watch the dolphins from the shoreline.

Women's Health
September 6-9, 2018

Myofascial Healing
September 10-12, 2018

Cervical Thoracic
Sept. 13-16 (1/2 days) 2018

Hilton Beach Resort
(843) 449-5000

Sneak Peek...



Las Vegas, NV

October 4-14, 2018
MFR I, Unwinding, MFR II



Minneapolis, MN

November 9-18, 2018
MFR I, Unwinding, MFR II

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

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	BURNABY, BRITISH COLUMBIA September 8 & 9, 2018 Delta Hotel (888) 236-2427 (604) 453-0750	PITTSBURGH, PA (Cranberry Twp. Suburbs) Sept. 22 & 23, 2018 Marriott North (724) 772-3700
EL PASO, TX October 6 & 7, 2018 Doubletree Hotel (915) 532-8733	WICHITA, KS October 13 & 14, 2018 Hyatt Regency (316) 293-1234	APPLETON, WI October 27 & 28, 2018 Radisson Paper Valley (920) 733-8000	

“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

CHARLOTTE, NC April 21 & 22, 2018 Embassy Suites (704) 527-8400	REXBURG, 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
ANN ARBOR, MI September 29 & 30, 2018 Courtyard by Marriott (734) 995-5900	SPRINGFIELD, MA October 6 & 7, 2018 Hilton Garden Inn (413) 886-8000	CINCINNATI, OH (Covington, KY Area) October 20 & 21, 2018 Marriott Rivercenter (859) 261-2900	COSTA MESA, CA (Orange Cty., CA) November 17 & 18, 2018 Westin S. Coast Plaza (714) 540-2500

WOMEN'S HEALTH SEMINAR

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

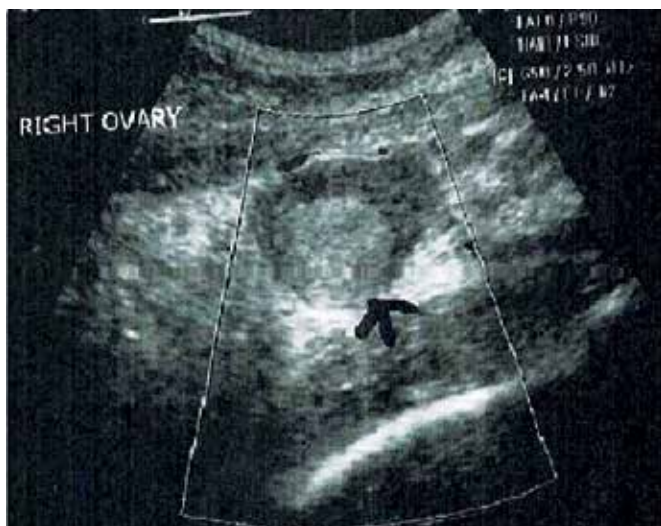
25 Contact Hours

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



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

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

MYRTLE BEACH, SC

September 6-9, 2018
Hilton Beach Resort
(843) 449-5000

MYOFASCIAL REBOUNding



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

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

Prerequisite: Myofascial Release I™

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

LOCATIONS AND DATES

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

MYOFASCIAL RELEASE III - "BEYOND TECHNIQUE"

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, a one or two week ‘Therapy for the Therapist’ program, preferably 2 weeks is needed. The ‘Therapy for the Therapist’ program is an extraordinary experience that will enhance every therapist’s skill level exponentially. Not only will it take care of their problems by being treated by some of the best therapists in the world, it will also help them reach their full potential! We hope that you will look forward to these experiences and we all look forward to interacting with you in the future.

Start planning now for Myofascial Release III!

NEW 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.**



LOCATION AND DATES:

SEDONA, AZ
October 23-28, 2018

Poco Diablo Resort
(928) 282-7333

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 check for \$500. Those not accepted will receive a full refund.

FASCIAL CRANIUM !



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.



Enhance your Cranial Expertise

**Exciting
New
Seminar!!**

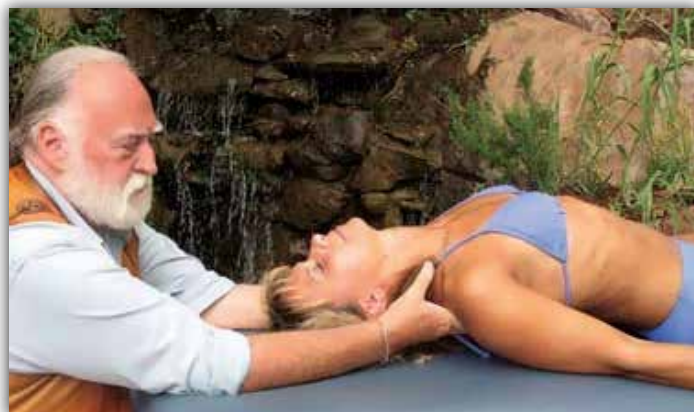
LOCATION AND DATES

WILMINGTON, DE
(Easily Accessible to I-95)
July 27, 28, 29, 2018
Doubletree Hotel
(302) 478-6000

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

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

LOCATION AND DATES:

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

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

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!”

LOCATIONS AND DATES

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

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

MYRTLE BEACH, SC
September 10-12, 2018
Hilton Beach Resort
(843) 449-5000

East Coast!

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

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. “Therapy on the Rocks” offers the perfect setting for healing. Magnificent views of the red rocks of Sedona are seen from the cozy treatment rooms, redwood sunning decks, and our creek side whirlpool.

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

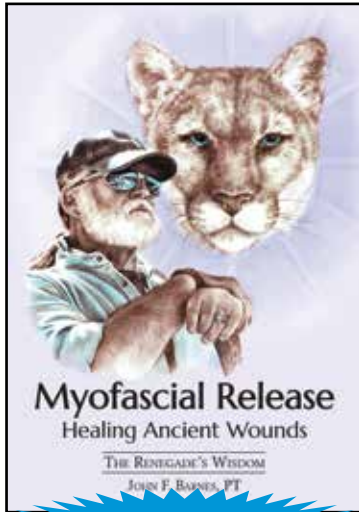
Sedona@myofascialrelease.com • Therapyontherocks.net

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

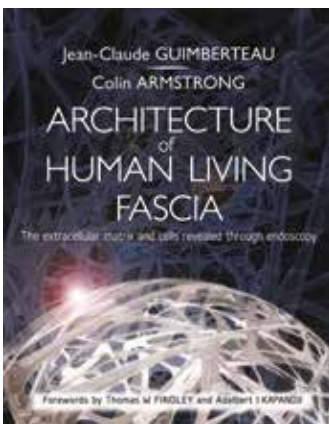
NEW Epilogue!

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.

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

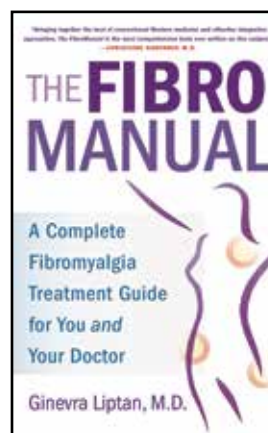
NEW BOOKS!



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
- Fascial Cranium

*\$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"/> Fascial Cranium |

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Name _____

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

Email _____

Address _____

City _____ State _____ Zip _____

Phone () _____

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

MFR Seminars

42 Lloyd Avenue,

Malvern, PA 19355

1-800-FASCIAL (327-2425)

Fax Form to 610-644-1662



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