

A portrait of John F. Barnes, an older man with a full white beard and hair, wearing a blue and white checkered shirt. He is positioned in the center-right of the frame, looking slightly to his left. To his left is a large, vibrant bush of magenta bougainvillea flowers. The background is a soft-focus landscape of green trees and hills under a clear sky.

John F. Barnes'

Myofascial Release

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.

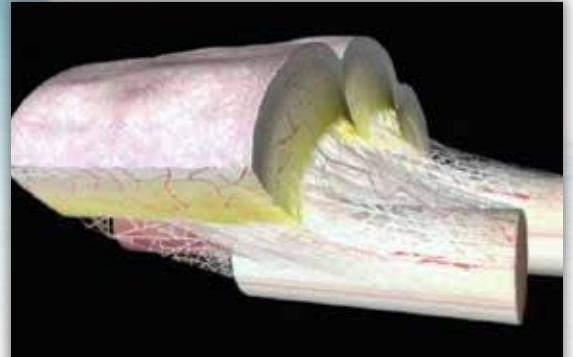
The viscoelastic quality of the fascial system causes it to resist a suddenly applied force. This explains why the "old form" of myofascial release, which was an attempt to force a system that cannot be forced, produced pain and limited results.

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.Guiberteau





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 over 100,000 therapists. The awareness of the effectiveness of Myofascial Release is spreading across the country!

Myofascial Release is Gentle, Safe, and Highly Effective!

Trauma, surgery and thwarted inflammatory responses can create fascial restrictions. When restricted, the fascial system can exert up to approximately 2,000 pounds per square inch of crushing pressure on pain sensitive structures all the way down to the cellular level. Cells have the capacity to convert mechanical stimuli (Myofascial Release) into chemical changes. Recent research is also indicating that depression may be an allergic reaction to inflammation. By treating the inflammatory symptoms of depression, anxiety and exhaustion, rather than the neurological ones, researchers are opening up to an exciting new dimension in the fight against what has become a global epidemic. This same thought process leads us to thwarted inflammatory responses which can be caused by fascial restrictions, may also be the cause of many of the disease processes that so many suffer with.

Myofascial restrictions are misdiagnosed since all of the standard tests, such as radiographs (x-rays), myelograms, computerized tomographic scans (CAT scans) and electromyograms (EMG) do not show fascial restrictions.

Myofascial Release produces consistent results in the reduction of pain, headaches, fibromyalgia, restrictions of motion and women's' health problems.

Science is beginning to catch up to the principles of Myofascial Release that I have been teaching for over 40 years. I will teach you the art of Myofascial Release which is the ability to find the individuals unique restrictions and then incorporating the important time factor so that the phenomena of piezoelectricity, mechanotransduction, phase transition which ultimately leads to resonance or release.

The following selections were condensed by Val McGraw, Chief Physical Therapist & Clinic Manager of the "Sanctuary" Myofascial Release Treatment Center in Malvern, PA.

There is an exciting new study that came out on January 25, 2016 that backs up the work pioneered and refined over the past four decades by John F. Barnes, PT, namely the Myofascial Release Approach™. This study, "Newfound Strength in Regenerative Medicine" published in the *Journal Proceedings of the National Academy of Sciences* proposes that mechanically driven therapies (such as Myofascial Release) could one day replace or enhance drug and gene based treatments.

Scientists specializing in mechanobiology at Harvard University are studying how the body's physical forces and mechanics impact development, health, and the prevention and treatment of disease. Their new study suggests that mechanically-driven therapies that use direct physical stimulation could replace or enhance drug and cell-based regenerative treatments.



Until now, the world of medicine has been dominated by theories that chemistry is the main influential factor in regulating the body and its response to its environment. The results of the new study show how direct and mechanical intervention can influence the biological processes of the body and can potentially be utilized to improve treatment outcomes.

What this all boils down to is that mechanical forces are as important as biological regulators as chemicals and genes and potentially are more expeditious in the treatment of injuries!

Mechanotransduction is the physiological process where cells sense and respond to mechanical loads. Mechanotransduction refers to the process by which the body converts mechanical and chemical loading into cellular response. These cellular responses in turn promote structural change.

This process occurs when the body converts mechanical loading into cellular responses. Mechanotransduction is one of the important unique factors that separate the John F. Barnes' Myofascial Release Approach from all other types of therapeutic interventions, not only by its mechanism, but by its physiologic consequence and the level of effectiveness in creating lasting, beneficial change throughout the body.

Simply put, piezoelectricity is mechanical pressure applied into the system which then creates bioelectrical flow. Mechanotransduction takes place by way of the piezoelectric effect. Mechanotransduction and the resulting piezoelectricity are the basis for the positive therapeutic results observed with the manual mechanical pressures that are applied with hands-on Myofascial Release Approach. These two phenomena are closely linked by the common denominator of applying pressure into the system to create biological change that ultimately results in healing.

Carol M. Davis, DPT, EdD, MS, FAPTA. Professor Emerita, University of Miami School of Medicine. Instructor MFR I DVD course. Author and Editor: Complementary Therapies in Rehabilitation, Slacks Books Incorporated noted the following on our Facebook page, John Barnes Myofascial Release.

"This work clearly demonstrates that mechanical forces are as important biological regulators as chemicals and genes, and it shows the immense potential of developing mechanotherapies to treat injury and disease," said Wyss Institute Founding Director Donald Ingber, M.D., Ph.D., who is a pioneer and leader in the field of mechanobiology. Ingber is also the Judah Folkman Professor of Vascular Biology at Harvard Medical School (HMS) and the Vascular Biology Program at Boston Children's Hospital, as well as Professor of Bioengineering at Harvard SEAS."

The full article entitled "*The Newfound Strength in Regenerative Medicine*" can be found here: <http://www.sciencedaily.com/releases/2016/01/160125185041.htm>

As Dr. Carol Davis pointed out in our Facebook group, **MFR Insight**, it is important to read this article carefully.

It describes how the principles that John Barnes teaches, pressure and shear on the gel, are a non-pharmaceutical way to heal. John makes this point continually -- mechanical pressure of an object does not resonate energetically with the tissue like human pressure and energy from our hands does --nor can a mechanical pressure connect with the consciousness of the living, vibrating web of fascia. It is the beginning of science finally waking up to what is happening under our hands!

Fascia is a liquid crystal



Fascia Photo by Permission of Dr. JC Guimberteau

This picture is worth a thousand words! The decades of research by Dr. Guimberteau, French hand surgeon, has just published a new groundbreaking book, [Architecture of Human Living Fascia, the extracellular matrix and cells revealed through endoscopy](#). This book is essential for every therapist and physician. The importance of the fascial system is verified utilizing incredibly vivid images and theoretical discussions.

**YOU ARE THE PIONEERS OF THE NEW
HEALTHCARE THAT IS SPREADING ACROSS THE
COUNTRY LIKE WILD FIRE. LEARN IT WELL!**

**MFR INSIGHT
UNLOCK THE
QUESTIONS YOU HAVE
ABOUT MYOFASCIAL
RELEASE AND
JOIN US ON FACEBOOK!**



We welcome and encourage therapists and patients to connect with us on Facebook. We can be found under "John F Barnes" and we also have a private Facebook group called "MFR Insight" formerly MFR Talk. We created these pages so therapists and patients can network and share with other Myofascial Release enthusiasts. This group is open to anyone interested in learning more about the John F. Barnes Myofascial Release Approach®.

Feel free to share your insights, thoughts and comments to help spread the word on Myofascial Release. Link to our Facebook profile: (<https://www.facebook.com/profile.php?id=100009467368110>) Link to our group, MFR Insight: (<https://www.facebook.com/groups/919187738175898>)

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.

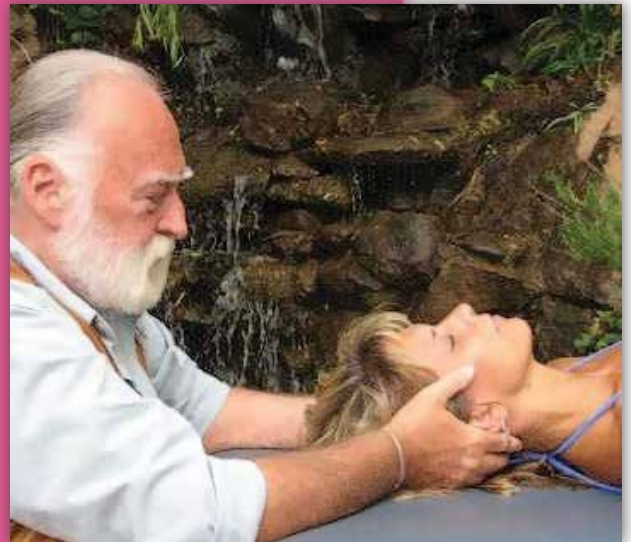
20 Contact Hours

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



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

FAYETTEVILLE, AR

August 19-21, 2016
The Chancellor Hotel
(479) 442-5555

ASHEVILLE, NC

September 9-11, 2016
Doubletree Hotel
(828) 274-1800

INDIANAPOLIS, IN

September 9-11, 2016
Sheraton City Centre
(317) 635-2000

CHICAGO, IL

September 16-18, 2016
Indian Lakes Resort
(630) 529-0200

TIGARD, OR

(Portland Area)
October 28-30, 2016
Embassy Suites
(503) 644-4000

MADISON, WI

November 4-6, 2016
Madison Marriott West
(608) 831-2000

DAYTONA BEACH, FL

November 11-13, 2016
Daytona Beach Resort
(386) 672-3770

CHARLOTTESVILLE, VA

November 11-13, 2016
Holiday Inn University
(434) 977-7700

WILMINGTON, DE

December 2-4, 2016
Doubletree Hotel
(302) 478-6000

CAPTIVA, FL

January 5-8 (1/2 days)
2017
South Seas Island Resort
(239) 472-5111

PALM DESERT, CA

February 24-26, 2017
Embassy Suites
(760) 340-6600

SAVANNAH, GA

February 24-26, 2017
Hilton Desoto
(912) 232-9000

MAUI, HAWAII

March 2-5 (1/2 days) 2017
Marriott Resort
(808) 879-1922

SEDONA AZ

March 23-26 (1/2 days) 2017
Poco Diablo Resort
(928) 282-7333

BELLEVUE, WA

(Seattle Suburbs)
March 31, April 1, 2, 2017
Sheraton Hotel
(425) 455-3330

SAN FRANCISCO, CA

April 7-9, 2017
Holiday Inn Golden
Gateway
(415) 441-4000

ST, LOUIS, MO

April 7-9, 2017
Magnolia Hotel
(314) 436-9000

OMAHA, NE

April 21-23, 2017
Doubletree Hilton
(402) 346-7600

MANCHESTER, NH

April 21-23, 2017
Best Western Executive
(603) 627-2525

KALAMAZOO, MI

May 12-14, 2017
Radisson Plaza
(269) 343-3333

BETHANY BEACH, DE

May 11-14 (1/2 days) 2017
Bethany Beach Suites
(302) 539-3200

AUSTIN, TX

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

NEW YORK, NY

August 11-13, 2017
Holiday Inn Midtown
(212) 581-8100

"My schedule is booked way out and the demand for Myofascial Release continues to grow."

Myofascial Restrictions

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

CHICAGO, IL

September 20-22, 2016
Indian Lakes Resort
(630) 529-0200

CAPTIVA, FL

January 9-11, 2017
South Seas Island Resort
(239) 472-5111

MAUI, HAWAII

March 6-8, 2017
Marriott Resort
(808) 879-1922

SEDONA AZ

March 27-29, 2017
Poco Diablo Resort
(928) 282-7333

BETHANY BEACH, DE

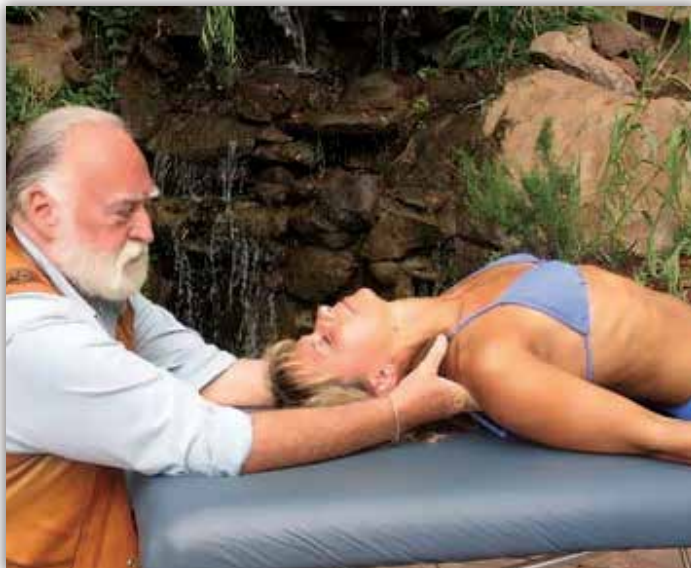
May 15-17 (1/2 days) 2017
Bethany Beach Suites
(302) 539-3200

AUSTIN, TX

July 25-27, 2017
Doubletree by Hilton
(512) 454-3737

NEW YORK, NY

August 15-16, 2017
Holiday Inn Midtown
(212) 581-8100



“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

CHICAGO, IL

September 23-25, 2016
Indian Lakes Resort
(630) 529-0200

CAPTIVA, FL

January 12-15 (1/2 days) 2017
South Seas Island Resort
(239) 472-5111

MAUI, HAWAII

March 9-12 (1/2 days) 2017
Marriott Resort
(808) 879-1922

SEDONA AZ

March 30 - April 2 (1/2 days) 2017
Poco Diablo Resort
(928) 282-7333

BETHANY BEACH, DE

May 18-21 (1/2 days) 2017
Bethany Beach Suites
(302) 539-3200

AUSTIN, TX

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

NEW YORK, NY

August 18-20, 2017
Holiday Inn Midtown
(212) 581-8100

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

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

LOCATIONS AND DATES

MORRISTOWN, NJ
(Northern NJ)
September 9-11, 2016
Hyatt Regency
(973) 647-1234

FT. MYERS, FL
October 21-23, 2016
Sanibel Marriott Resort
(239) 438-4000

LONG ISLAND, NY
March 17-19, 2017
Hyatt Regency
(631) 784-1234

MINNEAPOLIS, MN
(Bloomington, MN)
September 23-25, 2016
Best Western
(952) 854-8200

BOSTON AREA
(Dedham, MA)
October 28-30, 2016
Holiday Inn
(781) 329-1000

OVERLAND PARK, KS
May 5-7, 2017
Site: Overland Park CC
Accom: Sheraton Hotel
(913) 234-2100

SPOKANE, WA
June 9-11, 2017
Mirabeau Park Hotel
(509) 924-9000

ANCHORAGE, AK
Sept. 30 - Oct. 2, 2016
Hilton Hotel
(907) 272-7411

DALLAS, TX
November 18-20, 2016
Magnolia Park Cities
(214) 750-6060

BURLINGTON, VT
May 5-7, 2017
Doubletree Hilton
(802) 658-0250

NEW ORLEANS, LA
June 23-25, 2017
Hilton St. Charles
(504) 328-2800

SEDONA, AZ
October 13-16 (1/2 days) 2016
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch
(928) 282-6400

CHICAGO AREA
(Evanston, IL)
November 18-20, 2016
Hilton Garden Inn
(847) 475-6400

RALEIGH, NC
June 2-4, 2017
Hampton Inn
(919) 881-7080

SAN FRANCISCO, CA
July 10-12, 2017
Holiday Inn Golden Gateway
(415) 441-4000

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

WILMINGTON, DE
August 5-7, 2016
Doubletree Hilton
(302) 478-6000

DALLAS, TX
June 2-4, 2017
Marriott Las Colinas
(972) 831-0000

MADISON, WI
November 11-13, 2016
Madison Marriott West
(608) 831-2000

SAN FRANCISCO, CA
July 7-9, 2017
Holiday Inn Golden Gateway
(415) 441-4000

SEDONA AZ
February 16-19
(1/2 days) 2017
Poco Diablo Resort
(928) 282-7333

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!



Wilmington, DE The advanced seminars are being held in Wilmington/Brandywine River Valley area which is a beautiful historic region with lush countryside and is close to Longwood Gardens, the premier horticultural center in the United States.

Cervical-Thoracic
August 5-7, 2016

Myofascial Rebounding
August 9-11, 2016

Advanced Unwinding
August 12-14, 2016

Doubletree Hilton
(302) 478-6000



Chicago, IL Indian Lakes Resort is the premier Chicago Resort just minutes outside of the Windy City. Treat yourself to a one of a kind experience located on 225 rolling acres of championship golf, award winning spa services and fabulous cuisine.

Myofascial Release I
September 16-18, 2016

Myofascial Unwinding
September 20-22, 2016

Myofascial Release II
September 23-25, 2016

Indian Lakes Resort
(630) 529-0200



Madison, WI Madison is a fun college/party town nestled between two picturesque lakes and renowned for its beauty.

Myofascial Release I
November 4-6, 2016

Myofascial Rebounding
November 8-10, 2016

Cervical-Thoracic
November 11-13, 2016

Madison Marriott West
(608) 831-2000



Captiva, FL Luxuriate in the natural beauty of Captiva Island. South Seas Planation is the ideal playground for family fun. The Gulf Stream brings beautiful shells from all over the world and deposits them on the sandy beaches of Captiva.

Myofascial Release I
January 5-8 (1/2 days) 2017

Myofascial Unwinding
January 9-11, 2017

Myofascial Release II
January 12-15 (1/2 days) 2017

South Seas Island Resort
(239) 472-5111



Sedona, AZ Sedona has just received the top spot as the most beautiful place in America! Sedona is renowned for its red rock peaks. There is so much to do... jeep tours, balloon and helicopter rides, hiking, biking and shopping awaits you in the Sedona's 'Red Rock' Canyons.

Women's Health
February 9-12, 2017

Myofascial Healing
February 13-15, 2017

Cervical-Thoracic
February 16-19 (1/2 days) 2017

Poco Diablo Resort
(928) 282-7333



Maui, Hawaii A luxurious resort community in Maui that spans 1,500 acres of land with staggering ocean views known today for its glorious coastlines, beautiful sunsets, dive havens, world-class golf fairways, boat rides, whale watching, and delicious local cuisine.

Myofascial Release I
March 2-5 (1/2 days) 2017

Myofascial Unwinding
March 6-8, 2017

Myofascial Release II
March 9-12 (1/2 days) 2017

Marriott Resort Wailea
(808) 879-1922



Sedona AZ Enjoy the warmth of Sedona one of the scenic wonders of the world!

Myofascial Release I
March 23-26 (1/2 days) 2017

Myofascial Unwinding
March 27-29, 2017

Myofascial Release II
March 30- April 2 (1/2 days) 2017

Poco Diablo Resort
(928) 282-7333



Bethany Beach, DE Bethany has embraced its own quiet style – smaller and more serene than some beach resorts, Bethany is beloved for its balance of family-friendly peacefulness and fun-loving diversions. Delight in sunny days filled with an endless array of beach and ocean activities.

Myofascial Release I
May 11-14 (1/2 days) 2017

Myofascial Unwinding
May 15-17, 2017

Myofascial Release II
May 18-21 (1/2 days) 2017

Bethany Beach Suites
(302) 539-3200



Sedona AZ Red Rock country is a gorgeous four season playground for everyone. Sedona is the true 'wild west.' Enjoy the high energy vortexes and spectacular cliffs of indescribable beauty.

Myofascial Rebounding
June 15-18 (1/2 days) 2017

Myofascial Healing
June 19-21, 2017

Advanced Unwinding
June 22-25 (1/2 days) 2017

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

SANTA CRUZ, CA

August 27 & 28, 2016
Hilton Hotel
(831) 440-1000

MOUNT LAUREL, NJ

September 17 & 18, 2016
Wyndham Hotel
(856) 234-7000

GALVESTON, TX

October 1 & 2, 2016
Moody Gardens Hotel
(409) 741-8484

LAS VEGAS, NV

November 12 & 13, 2016
Alexis Park Resort
(702) 796-3300

FORT WORTH, TX

March 4 & 5, 2017
Radisson Hotel North
(817) 625-9911

BOZEMAN, MT

April 29 & 30, 2017
Hilton Garden Inn
(406) 582-9900

MOBILE, AL

May 6 & 7, 2017
Renaissance
Riverview Hotel
(251) 438-4000

BANGOR, ME

Hilton Garden Inn
May 20 & 21, 2017
(207) 262-0099

INDEPENDENCE, OH

(Cleveland area)
June 3 & 4, 2017
Doubletree South
(216) 447-1300



“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

LOCATIONS AND DATES

GRAND RAPIDS, MI

September 10 & 11, 2016
Doubletree Hilton
(616) 957-0100

NORWALK, CT

September 17 & 18, 2016
Doubletree Hilton
(203) 853-3477

DAYTON, OH

October 8 & 9, 2016
Crowne Plaza
(937) 224-0800

SACRAMENTO, CA

November 19 & 20, 2016
Crowne Plaza NE
(916) 338-5800

JACKSONVILLE, FL

March 11 & 12, 2017
Hyatt Regency
(904) 588-1234

NEW YORK, NY

April 1 & 2, 2017
Holiday Inn Midtown
(212) 581-8100

LAKEWOOD, CO

May 6 & 7, 2017
Holiday Inn
(303) 980-9200

NASHVILLE, TN

May 6 & 7, 2017
Hilton Garden Inn
(615) 369-5900

“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.”

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

NEW YORK, NY

August 25-28, 2016
Holiday Inn Midtown
(212) 581-8100

SEDONA AZ

February 9-12, 2017
Poco Diablo Resort
(928) 282-7333

SAN FRANCISCO, CA

July 13-16, 2017
Holiday Inn Golden Gateway
(415) 441-4000

Prerequisite: Myofascial Release I™

MYOFASCIAL REBOUNDING

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

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

LOCATIONS AND DATES

WILMINGTON, DE

August 9-11, 2016
Doubletree Hotel
(302) 478-6000

MADISON, WI

November 8-10, 2016
Madison Marriott West
(608) 831-2000

SEDONA AZ

June 15-18 (1/2 days) 2017
Poco Diablo Resort
(928) 282-7333



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.

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.

LOCATIONS AND DATES:

WILMINGTON, DE

August 12-14, 2016
Doubletree Hotel
(302) 478-6000

SEDONA AZ

June 22-25 (1/2 days) 2017
Poco Diablo Resort
(928) 282-7333

East Coast!

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

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. Can be taken as a separate course and is highly recommended to be taken in conjunction with Myofascial Release III.

Dates: October 16 & 17, 2016 **Seminar Site:** Red Rock Memorial Lodge, Sedona, AZ
Accommodations: Sky Ranch Lodge (928) 282-6400



REACH YOUR FULL POTENTIAL!

We all spend a lot of time, effort, and money on our education only to find out that unfortunately results from traditional and alternative therapy only produce limited or short term results. You, your patients/clients and professions deserve so much more! Myofascial Release achieves long term and lasting results.

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

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.



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



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

Dates: October 18-23, 2016

Times: Full-day October 18th, Half-days October 19th through October 23rd. Times will vary.

Location: Red Rock Memorial Lodge, Sedona, Arizona

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

Hotel: Sky Ranch Lodge (928) 282-6400 – Reserve Early!

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

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 6-9 (1 1/2 days) 2016
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

SEDONA AZ

February 13-15, 2017
Poco Diablo Resort
(928) 282-7333

NEW YORK, NY

April 21-23, 2017
Holiday Inn Midtown
(212) 581-8100

East Coast!

SEDONA AZ

June 19-21, 2017
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, an 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

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

Malvern@myofascialrelease.com

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

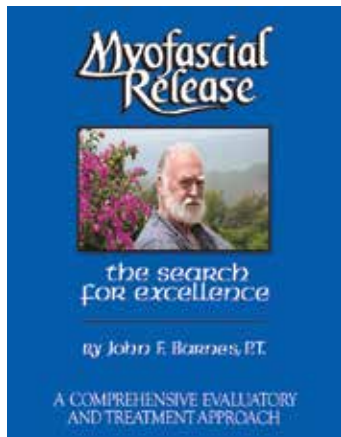
- Neck Pain
- Scoliosis
- Sciatica

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

- Menstrual Problems
- Urinary Frequency

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

MYOFASCIAL RELEASE MERCHANDISE

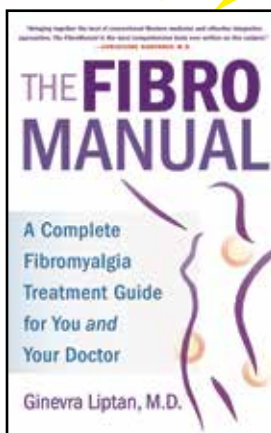


MYOFASCIAL RELEASE: THE SEARCH FOR EXCELLENCE® BY JOHN F. BARNES

This historic work is thorough with numerous clear and concise illustrations that will guide you to the high level of excellence you strive for in your quest for Mastery. This definitive book represents a culmination of 40 years of experience and points the way to the future of healthcare.

This fascinating book will help you to understand Myofascial Release in its evaluation and treatment aspect and show you how to implement Myofascial Release into your current practice. \$69.95

NEW BOOKS!



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

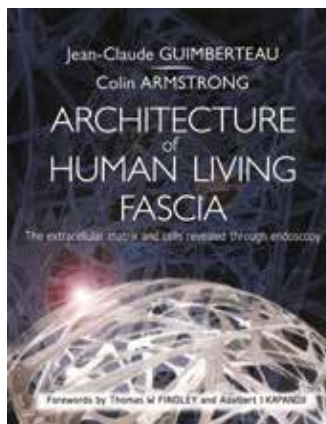


HEALING ANCIENT WOUNDS: THE RENEGADE'S WISDOM® BY JOHN F. BARNES

The enjoyable and important book, "Healing Ancient Wounds: The Renegade's Wisdom," was designed to help you expand your abilities, therapeutic awareness and to assist you on your journey as an intuitive therapeutic artist. This intriguing book was also written for your patients/

clients to educate, motivate and inspire them to accelerate, deepen and enhance their treatment response. \$49.95

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

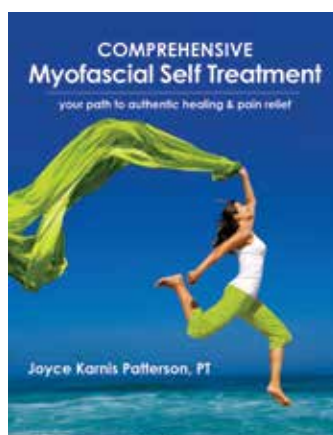
for MFR therapists and is the book of the century! \$75.00



TOUCHING LIGHT

By Ronelle Wood, LMT

You have inside of you a cloak of gossamer connective tissue that surrounds and supports everything and functions like fiber optics. This tissue is called fascia. My intent in writing this book has been to share my knowledge of what actually works in the prevention and treatment of pain, injury, and joint deterioration. After reading this, you will know the power you have to self-heal and to maintain your vitality. \$20.00



COMPREHENSIVE MYOFASCIAL SELF TREATMENT

By Joyce Karnis Patterson,
PT.

Find your path to authentic healing and pain relief. A compilation of self-treatment strategies used in the John F. Barnes' Myofascial Release Approach, empowering individuals seeking to eliminate pain, restore flexibility and function. \$35.00

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
\$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)

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

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Professional Initials:

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MFR Seminars

42 Lloyd Avenue,

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