



John F. Barnes'

# Myofascial Release

Approach®

# MYOFASCIAL RELEASE

## ~ THE WAVE OF THE FUTURE! ~

**T**he 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.

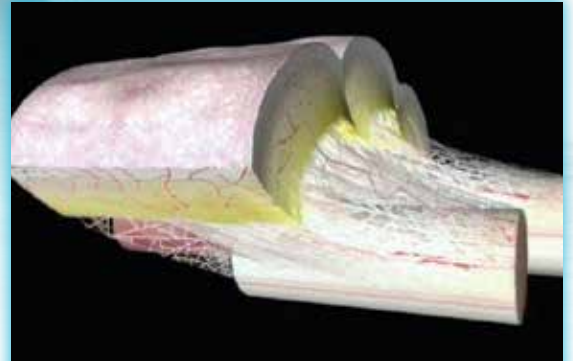
The viscoelastic quality of the fascial system causes it to resist a suddenly applied force. This explains why the "old form" of myofascial release, which was an attempt to force a system that cannot be forced, produced pain and limited results.

### 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!

## Sea Change!

### *Definition: A Major Transformation*

An enormous amount of information has emerged since the year 2000 when I wrote my book *Healing Ancient Wounds, The Renegade's Wisdom*. A 'sea change' in awareness has happened since then about the importance of Myofascial Release. I have been teaching for over 40 years that Myofascial Release is the 'missing link' in all forms of therapy. Without Myofascial Release results are temporary and incomplete. Incorporating Myofascial Release in your treatment regimens will greatly enhance everything that you do.

I wrote my first book *Myofascial Release the Search for Excellence* in 1990 which focused on techniques and the mechanical aspects of my Myofascial Release Approach®. My second book, *Myofascial Release Healing Ancient Wounds*,

*The Renegade's Wisdom* was written in 2000 and focuses on the intuitive, instinctive aspect. Both books dovetail into a complete understanding of my Approach to Myofascial Release.

So much research has emerged recently that is verifying what I have been teaching, that I decided to add an Epilogue to my *Myofascial Release Healing Ancient Wounds* book. (See Page 18 for Details.)

#### **The following are a few short excerpts from my**

**Epilogue:** The vital importance to the health of fascia's extracellular matrix and its ground substance has been

emphasized in a comprehensive new book by one of Germany's leading scientists, Dr. Alfred Pischinger, *The Extracellular Matrix and Ground Regulation; Basis for a Biological Medicine*. Dr. Pischinger's book represents over 30 years of research on the fascial system. Dr. Alfred Pischinger, professor of Histology and Embryology in Vienna, showed that the fascia's extracellular fluids which are called the matrix are the keys to health. His research showed that while cells are certainly important, they are not a separate entity because they cannot exist without being nurtured in the fascial matrix.



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

I have found over the years just because something is logical doesn't mean it has any basis in reality. All the theories in the world do not have any value if they don't produce consistent, lasting results. The theories of traditional therapy are logical yet terribly flawed and incomplete and unfortunately only produce temporary results for most people.

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

Furthermore, inside of every cell there is a micro fascial system. If the fascial system, the environment of every cell of the body, has solidified then as cells attempt to excrete, the toxins and waste products cannot be transported into the lymphatic system poisoning the cells.

The pressure from the restricted fascial system interferes with the delicate inner mechanisms of our cells. Recent research shows that debris, waste products, and toxins become trapped in the cells and may be what contributes to the decline that occurs in the ageing process. It seems that excessive pressure and dehydration of the fascia's ground substance forces our molecules to tangle and stiffen with age. Crosslinks form, attaching the molecules together. Crosslinks stiffen our collagen and make our skin look wrinkled. Chemists call this advanced glycation end products. This is why so many people feel younger and also begin to look younger after receiving Myofascial Release.

A new book has just emerged, by Jean-Claude Guimberteau, MD who has developed endoscopic videos of fascia of living human beings under great magnification. His new book, *Architecture of Human Living Fascia* shows you in vivid detail, the true nature of fascia and its function. Dr. Guimberteau has honored me by asking me to write a section in his book on Myofascial Release.



I also recommend reading the latest edition of Carol Davis's work *Integrative Therapies in Rehabilitation: Evidence for Efficacy in Therapy, Prevention, and Wellness*. Carol M. Davis, DPT, EdD, MS, FAPTA, Professor Emerita, University of Miami School of Medicine is a wonderful Myofascial Release therapist and an incredible educator. For more information on the scientific rationale and references refer to my chapter in her book titled *Myofascial Release, the Missing Link in Traditional Treatment*.

Therapists and physicians that I have trained are developing tremendous creativity and it is very pleasing to see the profusion of new books and videos on the importance of Myofascial Release. In Dr. Guimberteau's book and throughout his videos, he states that in decades of research on the fascial system of living human beings, they can find no linearity whatsoever! Yet all of our training as therapists and physicians were based on linear principles. Instead the fascial, neural, vascular systems and every cell of our body is actually a non-linear system which has a fractal nature. This is the beauty and importance of Myofascial Release which utilizes totally different principles to engage the fractal nature of the human being that explains the effectiveness of Myofascial Release in reducing pain and restoring function.

Myofascial Release is spreading through the country like wildfire due to its consistent effectiveness! Join us to learn Myofascial Release, the state of the art in healthcare, to maximize your therapeutic potential.

# 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.

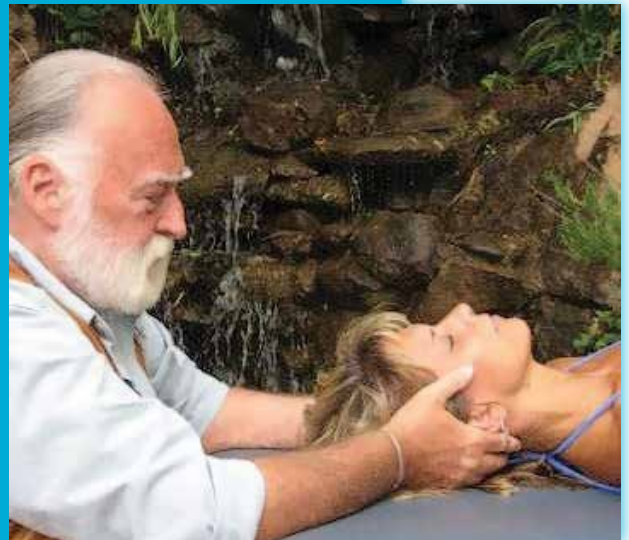
**20 Contact Hours**

## 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

### **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

### **BETHANY BEACH, DE**

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

### **KALAMAZOO, MI**

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

### **AUSTIN, TX**

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

### **NEW YORK, NY**

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

### **SAN DIEGO, CA**

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

### **NAPERVILLE, IL**

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

### **TORONTO, ONTARIO**

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

### **PENSACOLA, FL**

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

### **LOUISVILLE, KY**

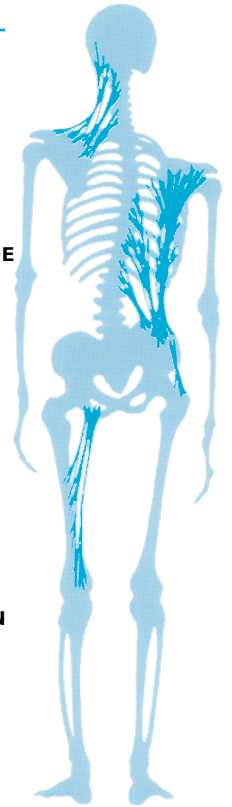
October 27-29, 2017  
Galt House Hotel  
(502) 589-5200

### **RENO, NV**

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

### **CHATTANOOGA, TN**

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



**Myofascial  
Restrictions**

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

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

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

**- Peter Podbielski, PT, DPT**

**Before MFR**



**After MFR**



# MYOFASCIAL UNWINDING

Prerequisite: Myofascial Release I™

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

**20 Contact Hours**

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

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



## LOCATIONS AND DATES

### 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

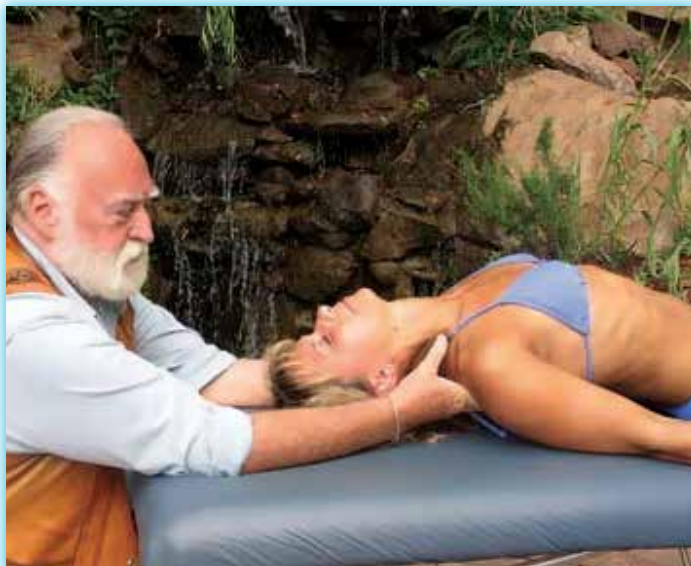
May 15-17, 2017  
Bethany Beach Suites  
(302) 539-3200

### AUSTIN, TX

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

### NEW YORK, NY

August 15-17, 2017  
The Watson Hotel  
(212) 581-8100



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

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

# MYOFASCIAL RELEASE II

Prerequisite: Myofascial Release I™

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

## 20 Contact Hours



## LOCATIONS AND DATES

### 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  
The Watson Hotel  
(212) 581-8100

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

## LEARN ADVANCED MYOFASCIAL TECHNIQUES FOR:

- Lumbo-Sacral
- Hyoid
- Intra-Oral (Maxillae, Palatines, Vomer, Pterygoids, Mandible)
- Sacro-Iliac
- Thorax
- Psoas Complex
- Upper Extremities
- Lower Extremities
- Fascial Cranium
- Cervical
- Dural System

## MYOFASCIAL RELEASE IS SO INCREDIBLY IMPORTANT!

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

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

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

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



Before



After



# FASCIAL-PELVIS

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

**20 Contact Hours**



## TECHNIQUES FOR THE FASCIAL-PELVIS:

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

## LOCATIONS AND DATES

### LONG ISLAND, NY

March 17-19, 2017

Hyatt Regency  
(631) 784-1234

### OVERLAND PARK, KS

May 5-7, 2017

Site: Overland Park CC  
Accom: Sheraton Hotel  
(913) 234-2100

### BURLINGTON, VT

May 5-7, 2017

Doubletree Hilton  
(802) 658-0250

### RALEIGH, NC

June 2-4, 2017

Hampton Inn  
(919) 881-7080

### SPOKANE, WA

June 9-11, 2017

Mirabeau Park Hotel  
(509) 924-9000

### NEW ORLEANS, LA

June 23-25, 2017

Hilton St. Charles  
(504) 328-2800

### SAN FRANCISCO, CA

July 10-12, 2017

Holiday Inn Golden  
Gateway  
(415) 441-4000

### PALM BCH GARDENS, FL

(West Palm Beach Area)

August 25-27, 2017  
Doubletree Hotel  
(561) 622-2260

### MILWAUKEE, WI

September 8-10, 2017

Hyatt Regency  
(414) 276-1234

### TIGARD, OR

(Portland Area)

October 27-29, 2017  
Embassy Suites  
(503) 644-4000

### WHITE PLAINS, NY

November 3-5, 2017

Crowne Plaza  
(914) 682-0050

### SEDONA, AZ

November 9-12

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

### ASHEVILLE, NC

November 17-19, 2017

Doubletree Hotel  
(828) 274-1800

*“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

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

### SEDONA AZ

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

### DALLAS, TX

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

### SAN FRANCISCO, CA

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

### CAPE COD, MA

September 7-10 (1/2 days) 2017  
Ocean Edge Resort  
(508) 896-9000

*“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** 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



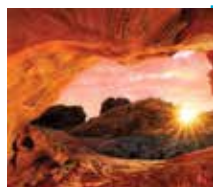
**Bethany Beach, DE** Bethany has embraced its own quiet style – smaller and more serene than some beach resorts, Bethany is beloved for its balance of family-friendly peacefulness and fun-loving diversions. Delight in sunny days filled with an endless array of beach and ocean activities.

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



**San Francisco, CA** Experience Fisherman's Wharf, Union Square, the beautiful Golden Gate Park and the bustling District of Chinatown.

Cervical-Thoracic  
July 7-9, 2017

Fascial-Pelvis  
July 10-12, 2017

Women's Health  
July 13-16, 2017

Holiday Inn Golden Gateway  
(415) 441-4000



**Austin, TX** Legendary live music, burgeoning restaurant scene and unique culture. Austin is also home to a wonderful ballet, world-class museums, one-of-a-kind shopping and beautiful outdoor spaces.

Myofascial Release I  
July 21-23, 2017

Myofascial Unwinding  
July 25-27, 2017

Myofascial Release II  
July 28-30, 2017

Doubletree Hotel  
(512) 454-3737



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

Myofascial Release I  
August 11-13, 2017

Myofascial Unwinding  
August 15-17, 2017

Myofascial Release II  
August 18-20, 2017

The Watson Hotel  
(212) 581-8100



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

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

Myofascial Rebounding  
September 11-13, 2017

Women's Health  
September 14-17, 2017

Ocean Edge Resort  
(508) 896-9000

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

**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

**SASKATOON, SK**

August 26 & 27, 2017  
Saskatoon Inn  
(306) 242-1440

**LANGHORNE, PA  
(BUCKS COUNTY)**

(Phila. Suburbs)  
September 9 & 10, 2017  
Sheraton Bucks County  
(215) 547-4100

**DETROIT, MI**

September 16 & 17, 2017  
Doubletree Hotel  
(313) 336-3340

**BRANSON, MO**

Sept. 30 & Oct. 1, 2017  
Tan-Tar-A Resort  
(573) 348-3131

**VENTURA, CA**

November 18 & 19, 2017  
Crowne Plaza  
(805) 648-2100

*“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

**JACKSONVILLE, FL**

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

**NEW YORK, NY**

April 1 & 2, 2017  
The Watson Hotel  
(212) 581-8100

**LAKEWOOD, CO  
(DENVER AREA)**

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

**NASHVILLE, TN**

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

**ATLANTA, GA**

September 16 & 17, 2017  
Doubletree Hilton  
(404) 231-1234

**HOUSTON, TX**

Sept. 30 & Oct. 1, 2017  
Hilton Westchase  
(713) 974-1000

**WILMINGTON, DE**

October 14 & 15, 2017  
Doubletree Hilton  
(302) 478-6000

**MIAMI, FL**

November 18 & 19, 2017  
Doubletree Hilton  
(305) 372-0313

# WOMEN'S HEALTH SEMINAR THE MYOFASCIAL RELEASE APPROACH

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

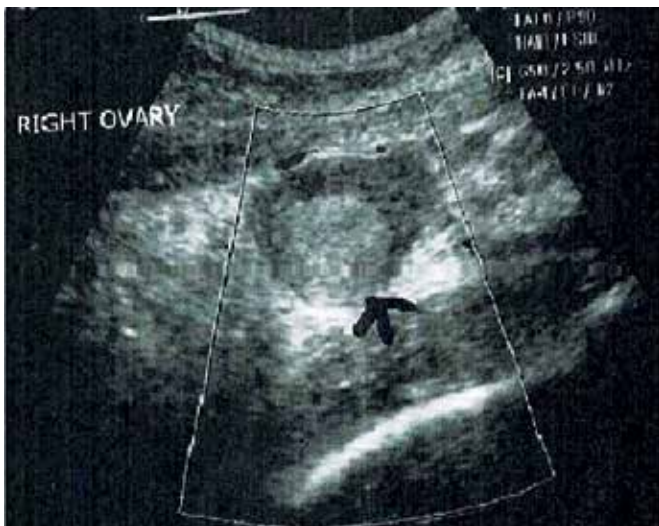
Increase your knowledge, skill and income by adding this important dimension to your practice. In this seminar you will receive extensive treatment for your own pelvic problems. Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.

**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**

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!”

“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

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

### SAN FRANCISCO, CA

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

### CAPE COD, MA

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

Prerequisite: Myofascial Release I™

# MYOFASCIAL REBOUNDED



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!

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

## LOCATIONS AND DATES

### SEDONA, AZ

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

### CAPE COD, MA

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

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

# ADVANCED MYOFASCIAL UNWINDING

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

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

## LOCATIONS AND DATES:

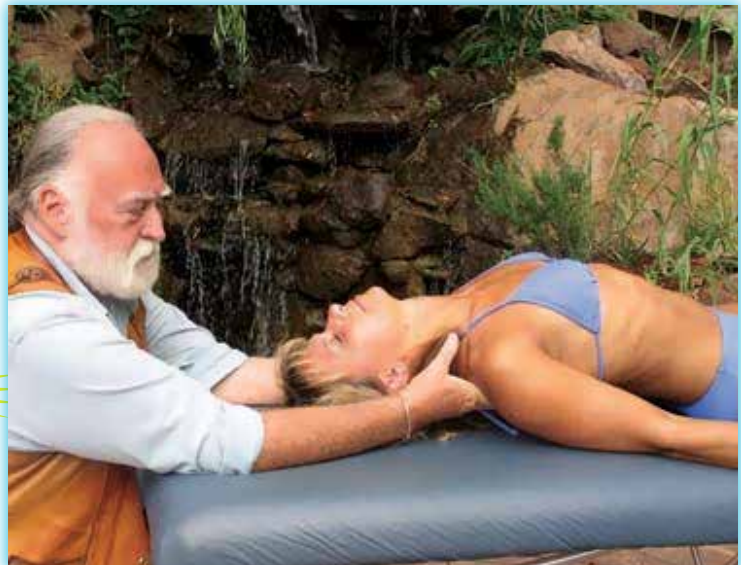
### SEDONA, AZ

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

### ST. PAUL, MN

October 13-15, 2017  
Doubletree Hotel  
(651) 291-8800

**Midwest!**



## SUBTLE ENERGY SEMINAR

### EXPAND YOUR SENSITIVITY AND AWARENESS!

Presenter: Dr. Margaret Fuhs, DNSc, RN; You will expand your sensitivity and awareness by exploring new levels of stillness, listening, awareness, focus and intentionality, energetic perception, interconnection and intuitive knowing as they relate to our own healing and thus to the deepening healing of patients. Highly recommended to be taken in conjunction with Myofascial Release III.

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

**Accommodations:** Poco Diablo Resort (928) 282-7333

# MYOFASCIAL RELEASE III ~ "BEYOND TECHNIQUE"

**Start planning now for Myofascial Release III! Starting in 2017, there will be new prerequisites for MFR III.**

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

## NEW 2017 Prerequisites for MFR III

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

**\*Half price tuition for repeating.**



## LOCATION AND DATES:

**SEDONA, AZ**

November 14-19, 2017

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.

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

# QUANTUM LEAP! SEMINAR

**Quantum Leap!  
Being Offered in 2017**



This one-of-a-kind seminar is presented every few years and sells out quickly. You will examine 30 years of research on the fascial system. Incredible micro-videography reveals tensegrity, piezoelectricity, mechanotransduction in action, and the fractal nature of the fascial system allowing you to see what you have been feeling in your hands!

The 'Quantum Leap' Seminar is going to be an exciting event. Bring your fellow therapists and make this an unforgettable experience!

## LOCATION AND DATES:

**WILMINGTON, DE**

November 30 - December 3 (1/2 days) 2017

Doubletree Hilton

(302) 478-6000

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

# 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

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

### NEW YORK, NY

April 21-23, 2017  
The Watson Hotel  
(212) 581-8100

**East Coast!**

### SEDONA AZ

June 19-21, 2017  
Poco Diablo Resort  
(928) 282-7333

### SEDONA, AZ

October 26-29  
(1/2 days) 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, 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**

## 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**

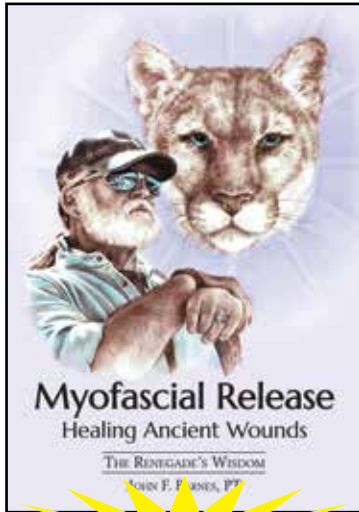
**[Sedona@myofascialrelease.com](mailto:Sedona@myofascialrelease.com) • [Therapyontherocks.net](http://Therapyontherocks.net)**

## **TO A PAIN FREE, ACTIVE LIFESTYLE!**

- Neurological Dysfunction
- Chronic Pain
- Migraines
- Chronic Fatigue Syndrome
- Carpal Tunnel
- Adhesions
- Neck Pain
- Scoliosis
- Sciatica

- Interstitial Cystitis
- Lymphedema
- Problematic Breast Implant/Reduction Scars
- Menstrual Problems
- Urinary Frequency
- Coccydynia (tail bone pain)
- Adhesions
- Episiotomy Scars

# MYOFASCIAL RELEASE MERCHANDISE



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

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

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

— Betty W. , Patient

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

— David O., PT

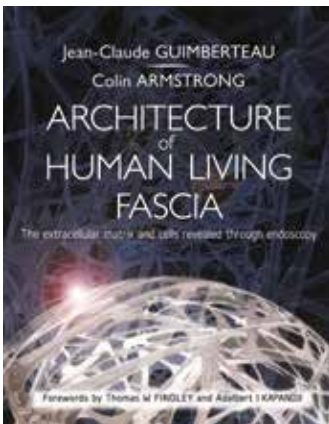
## NEW Epilogue!

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

He has synthesized all the important material on Myofascial Release to provide a clear, comprehensive vision for all of us to move forward in healthcare. The Epilogue starts out with the scientific principles of Myofascial Release, and then takes a sharp turn into a tragedy that John endured and his response to it. This new chapter is filled with inspirational and insightful messages that will benefit and uplift all therapists. (See pages 2 and 3 for a few short excerpts.)

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

## NEW BOOKS!

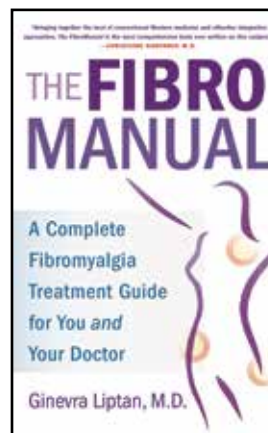


## ARCHITECTURE OF HUMAN LIVING FASCIA

By Jean-Claude  
Guimberteau,  
Colin Armstrong

Dr. Guimberteau, renowned French surgeon has published a richly illustrated and historic book. A picture is worth a thousand words. This book and accompanying DVD clearly shows the fascia system of a living person which reveals piezoelectricity,

mechanotransduction, phase transition and resonance; the essence of Myofascial Release. His outstanding work is a must for MFR therapists and is the book of the century! **\$75.00**



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

by Ginevra Liptan, MD

Ten million Americans experience the widespread pain, profound fatigue, and fuzzy brain ("fibrofog"). Ginevra Liptan, MD, shares a cutting-edge new approach that includes the John F. Barnes' Myofascial Release Approach®, which she calls by far the most effective treatment I have found to reduce fibromyalgia pain. **\$20.00**

TO ORDER... CALL 1-800-FASCIAL

# REGISTRATION INFORMATION

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

- Myofascial Release I
- Fascial-Pelvis Myofascial Release
- Cervical-Thoracic Myofascial Release
- Myofascial Unwinding
- Myofascial Release II
- Myofascial Rebounding
- Advanced Myofascial Unwinding
- Quantum Leap!

*\$750 for each seminar or  
\$695 if registered 2 weeks  
prior to seminar date*

- Women's Health Seminar:  
The Myofascial Release Approach

*\$1,000 for each seminar or  
\$895 if registered 2 weeks  
prior to the seminar date*

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

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

- Myofascial Healing Seminar

*\$550 or \$495 if registered 2 weeks  
prior to seminar date  
\$395 per person when 2 or more  
register together\*  
(\*Please make two copies of this  
registration form, one for each person  
and mail together.)*

### Continuing EducatŠn:

Myofascial Release Seminars are approved by many state and national associations. Please visit our website at [myofascialrelease.com](http://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.

### RegistratŠn Fee and CancellatŠn 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](http://www.myofascialrelease.com)**

### IMPORTANT

Seminar LocatŠn City: \_\_\_\_\_ State \_\_\_\_\_

#### Check the appropriate box(es)

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

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Name \_\_\_\_\_

ProfessŠnal Initials: \_\_\_\_\_  
(Type of therapist, PT, LMT, OTR/L etc. or for the Healing Seminar, what is your  
occupatŠn?)

EmaĪ \_\_\_\_\_

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](http://www.myofascialrelease.com) • Email: [seminars@myofascialrelease.com](mailto:seminars@myofascialrelease.com)