



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.

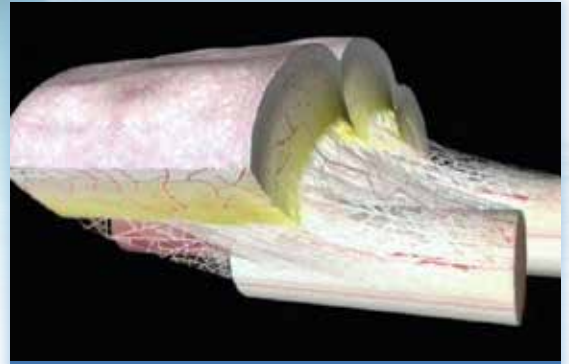
The viscoelastic quality of the fascial system causes it to resist a suddenly applied force. This explains why the "old form" of myofascial release, which was an attempt to force a system that cannot be forced, produced pain and limited results.

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.

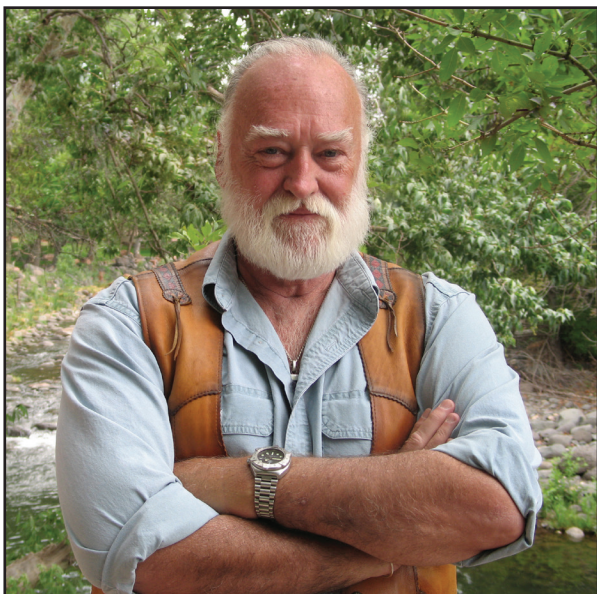
Our seminars are designed to be "hands-on" experiences. The seminars listed in this brochure all build upon one another providing a logical, step-by-step, comprehensive Approach for the treatment of pain, headaches and dysfunction. The Barnes' Myofascial Release Approach® is easily learned so that you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

The Effectiveness of Myofascial Release is Sweeping the Country!

The "Missing Link"

I have had the opportunity of being one of the featured speakers on Myofascial Release at the American Back Society Symposiums for 25 years and was able to interact with the leading orthopedic surgeons, neurosurgeons, osteopaths, and other highly accomplished therapists from around the world.

This article is to help you discover how Myofascial Release is the 'missing link' in therapeutics. It will also be a great reference tool for the advanced Myofascial Release therapist wishing to share their knowledge and understanding of Myofascial Release with their patients/clients.

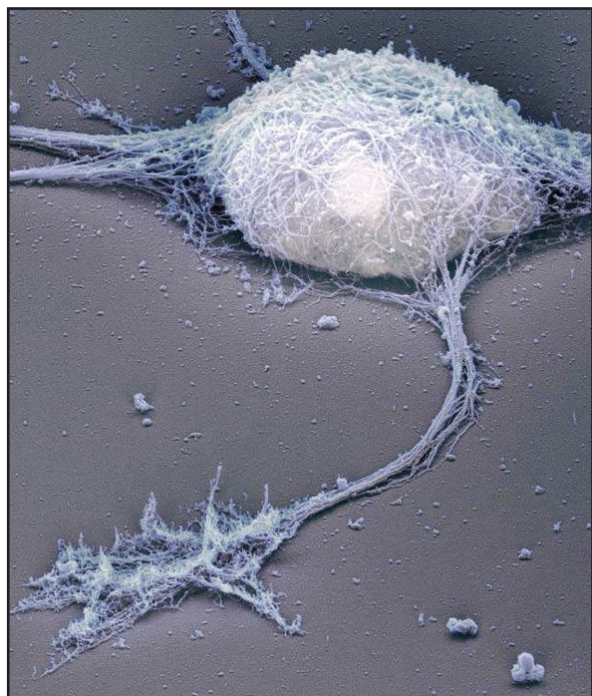
Unfortunately, most other forms of therapy, massage, and bodywork have produced only short-term results. While in contrast, Myofascial Release is safe and gentle producing consistent, long-lasting results.

The techniques we learned in the past had a logical theory, but were incomplete and had a flawed methodology producing only temporary results. Almost all of the research on Myofascial Release was performed on cadavers which are brittle. Working on cadavers only allowed research to focus on the fibrous network and not the fluidity within our body. This is a crucial mistake since **fascia is the container of the fluid within the body** and the main transport medium of the air we breathe, the nutrients we ingest, the biochemistry, hormones, energy and information that every cell of our body needs to thrive.

With trauma, the ground substance which ideally is fluid/viscous tends to solidify and turn into crushing pressure that eventually produces symptoms. When the fascial system becomes restricted, it can produce approximately 2,000 pounds per square inch of pressure which can create pain and headaches and can also limit our mobility.

This crushing pressure acts like a straightjacket and explains why other forms of therapy have not produced lasting results. The important thing to understand is that Myofascial restrictions do not show up in all of the standard testing such as x-rays, myelograms, blood work, electromyography, CAT scans so that Myofascial restrictions have been misdiagnosed for a long period of time.

This beautiful picture below illustrates the fascial system under great magnification and represents 30 years of research. It dramatically shows how the **fascial system is both a fibrous**



Fascia Photo by Permission of Dr. JC Guimberteau

Picture of a nerve cell surrounded and influenced by the fascia.

network and a fluid system; which requires specific principles in fluid dynamics.

Research is verifying what I have been teaching for over 40 years. Most other techniques were too quick to produce lasting results. The art of Myofascial Release is to **locate the restriction and then hold with gentle but firm pressure for a minimum of 5 minutes or longer.** Around the 5 minute mark, some extraordinary and important phenomena's begin to occur; piezoelectricity, mechanotransduction, phase transition, all eventually leading to resonance which is another term for a release.

Piezoelectricity

Piezoelectricity is a Greek word which means pressure electricity. It is a well-known fact that our cells are crystalline in nature. When you place pressure into a crystal it creates an electrical flow. The sustained pressure of my Approach to Myofascial Release coupled with the time element, 5 minutes or longer per restriction creates a bioelectrical flow in our body, which leads into mechanotransduction.

Mechanotransduction

Sustained mechanical pressure can also create biochemical changes within our bodies. Importantly, Myofascial Release produces interleukin 8, our bodies own natural anti-inflammatory agent.

Phase Transition

These two occurrences, piezoelectricity and mechanotransduction dovetail together and then Phase Transition takes place. This is the

phenomena of ice transforming into water. In our bodies a similar occurrence happens. The solidification of the ground substance becomes more fluid allowing the tissue to rehydrate and to glide taking crushing pressure off pain-sensitive structures.

Resonance

When one human touches another human their vibratory rates are quite different on the molecular level, however with sustained pressure at the fascial restriction, the vibratory rates will become identical creating resonance. Resonance is the very essence of my Approach to Myofascial Release. This is what I call a "Release." Release occurs both in the cranial area and throughout the body. Resonance unfortunately does not occur in other forms of therapy due to the sheer fact that these other forms of therapy are too quick, hence providing only temporary results. The good news is that Myofascial Release coupled with various forms of therapy, massage, bodywork and energy techniques will greatly enhance your effectiveness.

Myofascial Release can be used in a broad variety of settings for a wide range of diagnoses.

-Back Pain	-Cervical Pain	-Headaches	-Spasm/Spasticity
-Chronic Pain	-Carpal Tunnel	-Fibromyalgia	-Scoliosis
-Geriatrics	-Head Trauma	-Pediatrics	-Sports Injuries
-Women's Issues -TMJ	-Sciatica	-Disc Problems	

The inclusion of the 'missing link', Myofascial Release into your practice will greatly increase your ability to enhance people's lives.

What Students Are Saying:



- **I couldn't be more appreciative of this man who has literally taken me under his wing and taught me how to fly. I have the very best teacher. Thank you John Barnes.** –Mya, DPT, Arizona
- **Your masterful teaching has been life enhancing for millions and continues to ripple around the world.** –Phil, MSPT, Maryland
- **John, your teaching comes from the heart and flows on the waves of love and compassion!** –Peter, DPT, Arizona
- **Ever grateful for the teachings that reach each of us at various depths, meeting each of us exactly where we are, showing true grace and love.** –Megan, DPT, New York
- **John, you are the best teacher I've ever had by far! To me the most important lesson in this life is to have the light turned on in your soul which allows for healing in so many ways and that's what you and your work did for me.** –Nancy, MT, Arizona
- **Thank you John for teaching me how to be free of chronic pain and how to be a MFR therapist. What you taught me was life-changing and there are no words to let you know how grateful I will always be.** –Dottie, LMT, Arkansas
- **John, your special skills in sharing your vast wealth of knowledge (including your humor and clear presentation, in addition to technical skill and so much heart) are SO appreciated! Thank you from one whose life has been significantly impacted for good. You are a teacher extraordinaire!!** –Mary, PT, North Carolina
- **John, thank you and your wonderful teachers for making this your life's work! From the second I began opening my mind to this approach it's felt so natural!** –Kellie, MPT, Massachusetts
- **From the other side of the globe, thank you for your dedication, passion, and endlessly sharing your gifts. The waves of your efforts are reaching further and further! Big hugs of appreciation from Australia!** –Joni, DPT, Australia
- **Whenever a patient thanks me, I tell them they should thank John Barnes because we are both blessed by this work... I am blessed in the giving and the patient in receiving and without John, there would still be a patient in pain and a therapist frustrated in trying to make a difference.** –Susan, PT, Texas

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.

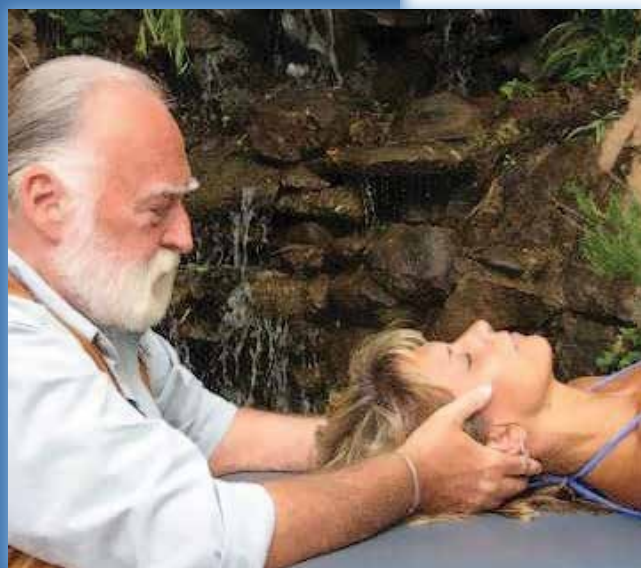
20 Contact Hours

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

NIAGARA FALLS, NY

Aug. 6-9 (1/2 days) 2015
Sheraton at the Falls
(716) 285-3361

NEW ORLEANS, LA

August 21-23, 2015
Hilton Hotel
(504) 524-8890

ORANGE, CA

(Disneyland Area)
August 28-30, 2015
Doubletree by Hilton
(714) 634-4500

CAPE COD, MA

September 10-13
(1/2 days) 2015
Ocean Edge Resort
(508) 896-9000

EVANSTON, IL

(Chicago Area)
September 25-27, 2015
Hilton Garden Inn
(847) 475-6400

BURLINGTON, VT

September 25-27, 2015
Sheraton Hotel
(802) 865-6600

DESTIN, FL

(Emerald Coast)
November 5-8
(1/2 days) 2015
Hilton Sandestin
(850) 267-9500

MORRISTOWN, NJ

(Northern NJ)
November 13-15, 2015
Hyatt Hotel
(973) 647-1234

GREENSBORO, NC

November 20-22, 2015
Marriott Hotel
(336) 379-8000

COLUMBIA, MD

December 4-6, 2015
Sheraton Town Center
(410) 730-3900

SPOKANE, WA

March 4-6, 2016
Red Lion River Inn
(504) 524-8890

DECATUR, GA

(Suburbs of Atlanta)
March 4-6, 2016
Courtyard by Marriott
(404) 371-0204

SEDONA, AZ

March 10-13 (1/2 days)
2016
Poco Diablo Resort
(928) 282-7333

WARWICK, RI

April 1-3, 2016
Crowne Plaza
(401) 732-6000

BAY CITY, MI

(N. of Saginaw)
April 1-3, 2016
Doubletree by Hilton
(989) 891-6000

MINNEAPOLIS, MN

April 1-3, 2016
Best Western
(952) 854-8200

PITTSBURGH, PA

April 8-10, 2016
Doubletree by Hilton
(412) 281-5800

VIRGINIA BEACH, VA

May 5-8 (1/2 days) 2016
Holiday Inn North Beach
(757) 428-1711

ALBUQUERQUE, NM

May 20-22, 2016
Sheraton Uptown
(505) 881-0000

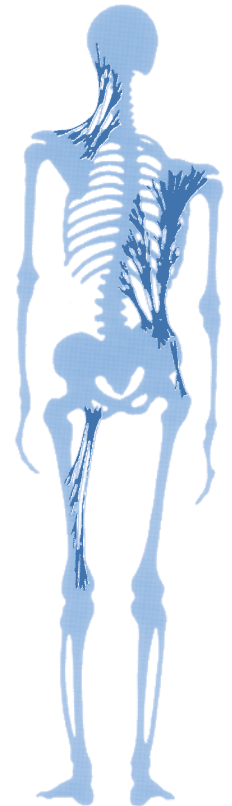
LAKEWOOD, CO

(Suburbs of Denver)
June 3-5, 2016
(303) 980-9200

MYRTLE BEACH, SC

July 7-10 (1/2 days) 2016
Hilton Resort
(843) 449-5000

*“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!

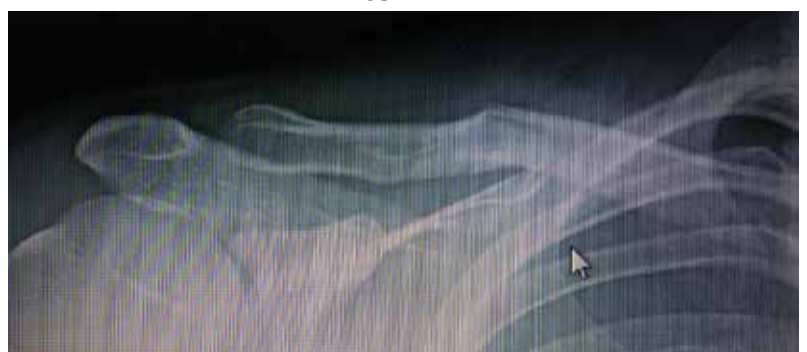
Myofascial Release helps to enhance our healing potential in both acute and chronic pain. Thank you John for showing us the right direction!

- 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

NIAGARA FALLS, NY

August 10-12, 2015
Sheraton at the Falls
(716) 285-3361

CAPE COD, MA

September 14-16, 2015
Ocean Edge Resort
(508) 896-9000

DESTIN, FL

(Emerald Coast
NW Florida)
November 9-11, 2015
Hilton Sandestin
(850) 267-9500

SEDONA, AZ

March 14-16 2016
Poco Diablo Resort
(928) 282-7333

MINNEAPOLIS, MN

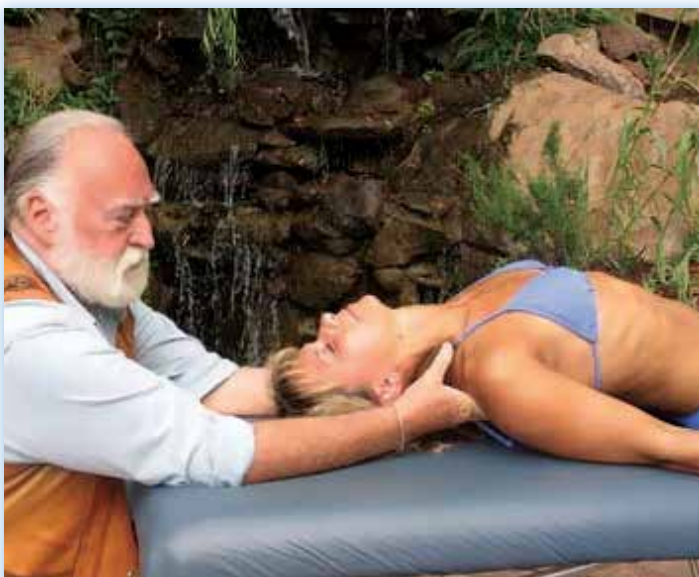
April 5-7, 2016
Best Western
(952) 854-8200

VIRGINIA BCH, VA

May 9-11, 2016
Holiday Inn North Beach
(757) 428-1711

MYRTLE BEACH, SC

July 11-13, 2016
Hilton Resort
(843) 449-5000



“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

NIAGARA FALLS, NY

August 13-16
(1/2 days) 2015
Sheraton at the Falls
(716) 285-3361

CAPE COD, MA

September 17-20
(1/2 days) 2015
Ocean Edge Resort
(508) 896-9000

DESTIN, FL

(Emerald Coast
NW Florida)
November 12-15
(1/2 days) 2015
Hilton Sandestin
(850) 267-9500

SEDONA, AZ

March 17-20 (1/2 days)
2016
Poco Diablo Resort
(928) 282-7333

MINNEAPOLIS, MN

April 8-10, 2016
Best Western
(952) 854-8200

VIRGINIA BCH, VA

May 12-15 (1/2 days) 2016
Holiday Inn North Beach
(757) 428-1711

MYRTLE BEACH, SC

July 14-17 (1/2 days) 2016
Hilton Resort
(843) 449-5000

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

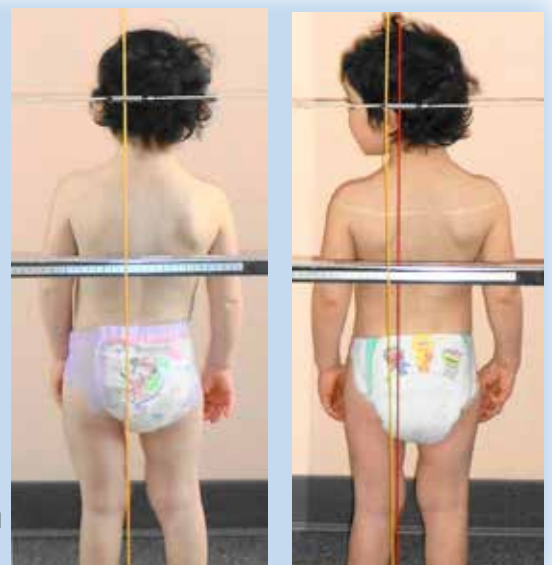
MYOFASCIAL RELEASE IS SO INCREDIBLY IMPORTANT!

When Serena was 2 1/2 years old, she was given a diagnosis of hip dysplasia and a dislocated left hip. Surgeons rebuilt her left hip socket, after which time she spent almost 3 months immobilized in a Spica cast that stretched from her armpits to her ankles and, after a cast change, to her knees. Four months post-surgery this little girl was facing further aggressive surgery because her femur showed signs of moving out of the socket again. Upon the recommendation of her local therapist, a Myofascial Release therapist, her parents brought Serena to our Myofascial Release Treatment Center, “The Sanctuary”, in Malvern, PA where she underwent a two week intensive treatment program, including a combination of Myofascial Release, Neurodevelopmental training, and various movement re-education and facilitation techniques.

Her treatment was such a success that aggressive surgery was avoided! Serena continues treatment with her local therapist along with a daily regimen of physical therapy and guided play to rebuild strength.

UPDATE!

“Serena’s orthopedic surgeon just repeated X-rays as part of a checkup and they show that Serena’s hips are those of a normally developing four year old girl!” (Serena’s Mother)



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

SACRAMENTO, CA

August 21-23, 2015
Crowne Plaza NE
(916) 338-5800

NORWALK, CT

September 18-20, 2015
Doubletree by Hilton
(203) 853-3477

DEARBORN, MI

September 25-27, 2015
Regency Hotel
(313) 592-3622

SEDONA, AZ

October 15-18 (1/2 days) 2015
Seminar Site: Red Rock Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

SAN DIEGO, CA

November 6-8, 2015
Handlery Hotel
(619) 298-0511

NASHVILLE, TN

November 13-15, 2015
Hilton Garden Inn
(615) 369-5900

BUFFALO, NY

November 20-22, 2015
Adam's Mark Hotel
(716) 845-5100

LAS VEGAS, NV

March 4-6, 2016
Alexis Park Resort
(702) 796-3300

JACKSONVILLE, FL

March 11-13, 2016
Hyatt Riverfront
(904) 588-1234

PASADENA AREA

(Glendale, CA)
March 18-20, 2016
Hilton LA North
(818) 956-5466

CALGARY, ALBERTA

April 15-17, 2016
Holiday Inn Macleod
(403) 287-2700

CINCINNATI, OH

May 13-15, 2016
Radisson Riverfront
(859) 491-1200

NASHUA, NH

June 10-12, 2016
Crowne Plaza
(603) 886-1200

“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

OCEAN CITY, MD

July 16-19 (1/2 days) 2015
Carousel Resort
(410) 524-1000

KEY WEST, FL

January 7-10
(1/2 days) 2016
Doubletree Hilton
(305) 293-1818

SEDONA, AZ

February 18-21
(1/2 days) 2016
Poco Diablo Resort
(928) 282-7333

WILMINGTON, DE

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

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!



Niagara Falls, NY A North American natural wonder, Niagara Falls flows with scenic views, thrilling attractions, family-friendly and interactive exhibits, miles of hiking trails and delectable dining options.

Myofascial Release I August 6-9 (1/2 days) 2015	Myofascial Unwinding August 10-12, 2015	Myofascial Release II August 13-16 (1/2 days) 2015	Sheraton at the Falls (716) 285-3361
--	--	---	---



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.

Myofascial Release I Sept. 10-13 (1/2 days) 2015	Myofascial Unwinding Sept. 14-16, 2015	Myofascial Release II Sept. 17-20 (1/2 days) 2015	Ocean Edge Resort (508) 896-9000
---	---	--	-------------------------------------



Destin, FL Enjoy Northwest Florida's emerald-green water and the powdery sand. Inspirational walks along the beach, swimming in the Gulf, relaxation and incredible dining experiences await you.

Myofascial Release I Nov. 5-8 (1/2 days) 2015	Myofascial Unwinding Nov. 9-11, 2015	Myofascial Release II Nov. 12-15 (1/2 days) 2015	Hilton Sandestin Resort (850) 267-9500
--	---	---	---



Key West, FL Explore crystal clearwaters savor a Key West Sunset or take a stroll down Duval Street. Relax and enjoy Key West's laid back attitude!

Cervical Thoracic Jan. 7-10 (1/2 days) 2016	Myofascial Rebounding Jan. 11-13, 2016	Quantum Leap! Jan. 14-17, (1/2 days) 2016	Doubletree Hilton (305) 293-1818
--	---	--	-------------------------------------



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

Women's Health February 11-14, 2016	Myofascial Healing February 15-17, 2016	Cervical-Thoracic February 18-21, (1/2 days) 2016	Poco Diablo Resort (928) 282-7333
--	--	--	--------------------------------------



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

Myofascial Release I March 10-13 (1/2 days) 2016	Myofascial Unwinding March 14-16, 2016	Myofascial Release II March 17-20 (1/2 days) 2016	Poco Diablo Resort (928) 282-7333
---	---	--	--------------------------------------



Minneapolis, MN A city with both award-winning museums and gorgeous parks. Minneapolis has beautiful riverfront trails and fun professional sports stadiums. Spring marks the return of familiar annual festivals, and patio dining.

Myofascial Release I April 1-3 2016	Myofascial Unwinding April 5-7, 2016	Myofascial Release II April 8-10 2016	Best Western (952) 854-8200
--	---	--	--------------------------------



Virginia Beach, VA You'll be amazed at the variety for everyone in the family – historic parks, water sports and motorsports, plus zoos and aquariums. Don't forget the sandy beach and the world-renowned Virginia Beach boardwalk!

Myofascial Release I May 5-8, (1/2 days) 2016	Myofascial Unwinding May 9-11, 2016	Myofascial Release II May 12-15, (1/2 days) 2016	Holiday Inn North Beach (757) 428-1711
--	--	---	---



Sedona, AZ Red Rock country is a gorgeous four season playground for everyone.

Myofascial Rebounding June 16-19 (1/2 days) 2016	Myofascial Healing June 20-22, 2016	Advanced Myofascial Unwinding June 23-26 (1/2 days) 2016	Poco Diablo Resort (928) 282-7333
---	--	---	--------------------------------------



Myrtle Beach, SC Sixty miles of soft sandy beach, entertainment for everyone, endless shopping, exquisite dining, thrilling water sports, and so much more – Myrtle Beach is the place where you belong.

Myofascial Release I July 7-10 (1/2 days) 2016	Myofascial Unwinding July 11-13, 2016	Myofascial Release II July 14-17 (1/2 days) 2016	Hilton Resort (843) 449-5000
---	--	---	---------------------------------

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

KNOXVILLE, TN August 29 & 30, 2015 Crowne Plaza (865) 522-2600	CEDAR RAPIDS, IA September 12 & 13, 2015 Doubletree by Hilton (319) 731-4444	GILLETTE, WY October 3 & 4, 2015 Clarion Inn (307) 686-3000	TERRE HAUTE, IN October 17 & 18, 2015 Holiday Inn (812) 232-6081
CONCORD, NH November 7 & 8, 2015 Holiday Inn (603) 224-9534	ST. PAUL, MN November 21 & 22, 2015 Doubletree Hilton (651) 291-8800	PARKERSBURG, WV March 5 & 6, 2016 Blennerhasset Hotel (304) 422-3131	TACOMA, WA March 19 & 20, 2016 Courtyard by Marriott (253) 591-9100
SAN ANTONIO, TX March 19 & 20, 2016 Wyndham Riverwalk (210) 354-2800	ITHACA, NY April 2 & 3, 2016 Hotel Ithaca (607) 272-1000	BOWLING GREEN, KY May 14 & 15, 2016 Holiday Inn (270) 745-0088	



“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

DALLAS, TX September 12 & 13, 2015 Sheraton Suites (214) 747-3000	NEWARK, NJ September 12 & 13, 2015 Hilton Hotel (973) 622-5000	PITTSBURGH, PA October 3 & 4, 2015 Omni Hotel (412) 281-7100	ST. PETERSBURG, FL October 24 & 25, 2015 Hilton Hotel (727) 894-5000	PASADENA, CA November 21 & 22, 2015 Hilton Hotel (626) 577-1000	KANSAS CITY, MO December 5 & 6, 2015 Embassy Suites (816) 756-1720
OKLAHOMA CITY, OK March 12 & 13, 2016 Crowne Plaza (405) 848-4811	DULUTH, MN May 14 & 15, 2016 Radisson Harborview (218) 727-8981	MILWAUKEE, WI May 21 & 22, 2016 Hyatt Regency (414) 276-1234	TROY, NY (Albany Area) June 11 & 12, 2016 Hilton Garden Inn (518) 272-1700		

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 20-25, 2015

Times: Full and half days. 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.

Subtle Energy Seminar Expand your sensitivity & awareness!

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

We will be using the system of Therapeutic Touch as an energetic healing approach. 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.

LOCATION AND DATE

SEDONA, AZ

October 18-19, 2015

Site Red Rock Memorial Lodge

Accommodations: Sky Ranch Lodge
(928) 282-6400

CEU's are not offered for these seminars.

WOMEN'S HEALTH SEMINAR THE MYOFASCIAL RELEASE APPROACH

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

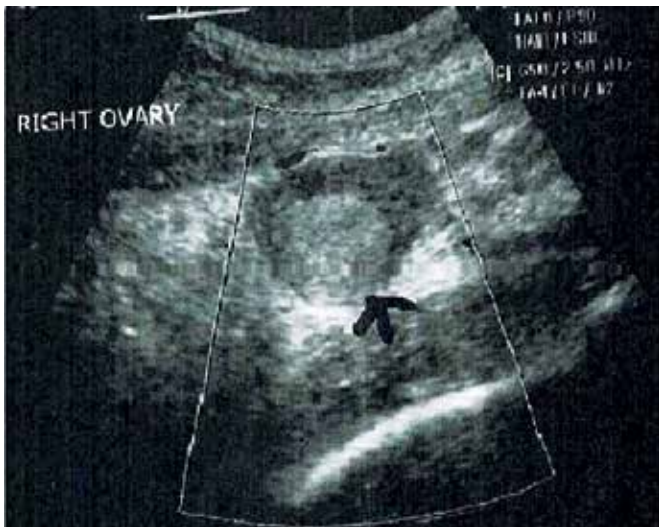
Increase your knowledge, skill and income by adding this important dimension to your practice. In this seminar you will receive extensive treatment for your own pelvic problems. Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.

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

OCEAN CITY, MD
July 9-12, 2015
Carousel Resort
(410) 524-1000

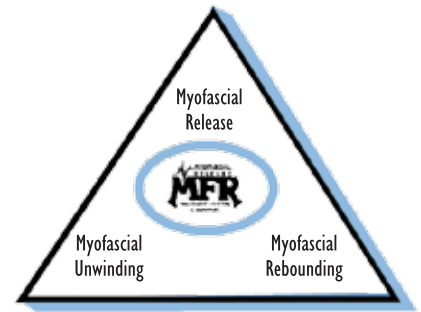
SEDONA, AZ
February 11-14, 2016
Poco Diablo Resort
(928) 282-7333

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

MYOFASCIAL REBOUNDING

Prerequisite: Myofascial Release I™

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



The Myofascial Triad

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

LOCATIONS AND DATES

OCEAN CITY, MD

July 13-15, 2015
Carousel Resort
(410) 524-1000

KEY WEST, FL

January 11-13, 2016
Doubletree Hilton
(305) 293-1818

SEDONA, AZ

June 16-19 (1/2 days) 2016
Poco Diablo Resort
(928) 282-7333

WILMINGTON, DE

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

“I had always liked the idea of a whole body approach to treatment, but this is taking it to another level.”

QUANTUM LEAP! SEMINAR

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

Learn:

- 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 Treatments
- Centering Exercises that will Enhance Your Quest for Mastery

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!

Almost Sold Out!

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

LOCATION AND DATES

KEY WEST, FL

January 14-17 (1/2 days) 2016
Doubletree Hilton
(305) 293-1818



ADVANCED MYOFASCIAL UNWINDING

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

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

LOCATIONS

East Coast!

AND DATES 2016:

SEDONA, AZ

June 23-26 (1/2 days) 2016
Poco Diablo Resort
(928) 282-7333

WILMINGTON, DE

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

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

CEU's are not offered for these seminars.

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.”

LOCATIONS AND DATES

Midwest Location!

CHICAGO, IL
August 28-30, 2015
Indian Lakes Resort
(630) 529-0200

SEDONA, AZ
October 8-11 (1/2 days) 2015
Seminar Site: Red Rock Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

SEDONA, AZ
February 15-17, 2016
Poco Diablo Resort
(928) 282-7333

WILMINGTON, DE
April 22-24, 2016
Doubletree Hilton
(302) 478-6006

SEDONA, AZ
June 20-22, 2016
Poco Diablo Resort
(928) 282-7333

To Register See Page 19



SKILL ENHANCEMENT SEMINAR

Prerequisite: Myofascial Release I™

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



Therapists who attend the Skill Enhancement Seminar can incorporate the knowledge and skills learned at our off-site educational seminars in a clinical setting that specializes in Myofascial Release. The value of individual, private instruction on Myofascial Release techniques with actual patients, as well as receiving private treatment, serves to be a comprehensive and an invaluable instructional experience. Immediate and personal feedback will be offered to the participating therapist. Questions will be addressed in a timely and productive fashion throughout this week long seminar.

SKILL ENHANCEMENT WITH JOHN F. BARNES, PT

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

Enrollment in the Skill Enhancement Seminar is limited. We only accept four therapists per week to ensure personal and direct guidance. Booking in advance is recommended.



"The Sanctuary" - Malvern, PA



"Therapy on the Rocks" - Sedona, AZ

- Learn how a successful Myofascial Release Treatment Center operates in terms of patient flow, variety, and frequency of treatments.
- Examine how a patient's progress is influenced by varying frequency of treatments.
- Observe the unique styles of our therapists and instill confidence and cultivate your own distinct therapeutic abilities.

"The Skill Enhancement Seminar is a very positive and rewarding experience. I felt very comfortable and welcome. The openness and feedback from the team of therapists was much appreciated. I have a lot more self confidence about practicing Myofascial Release with my clients and about myself."

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

EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

“The Sanctuary”, our Eastern Myofascial Release Treatment Center, located in Malvern, Pennsylvania, the Main Line suburbs of Philadelphia, is a therapeutic retreat that is a haven for patients and therapists who desire the utmost care. Experience the expert guidance of our Myofascial Release Therapists’ hands-on healing skills so that you can return to a pain-free, active lifestyle!

Our beautiful, new John F. Barnes’ Myofascial Release Treatment Center is an impressive stone and wood building immersed in the healing energy of an ancient, lush forest. Patients will enjoy the benefits of Myofascial Release treatments, a soothing 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

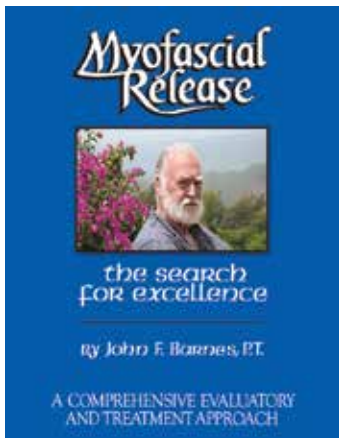
- Neck Pain
- Scoliosis
- Sciatica

- 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

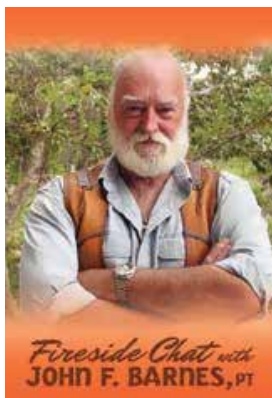
fascinating book will help you to understand Myofascial Release in its evaluation and treatment aspect and show you how to implement Myofascial Release into your current practice. \$69.95



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

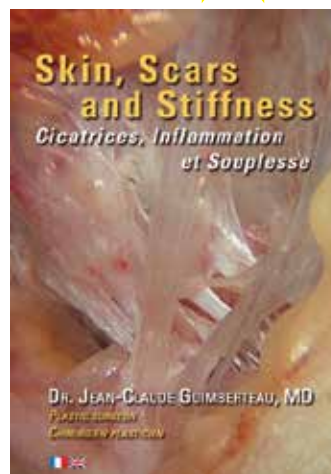
The enjoyable and important book, "Healing Ancient Wounds: The Renegade's Wisdom," was designed to help you expand your abilities, therapeutic awareness and to assist you on your journey as an intuitive therapeutic artist. This intriguing book was also written for your patients/

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



"FIRESIDE CHAT" DVD BY JOHN F. BARNES

The Fireside Chat DVD with John F. Barnes, PT will give the viewer a chance to gain an inside look at John F. Barnes' perspective on the principles and methods employed in his Myofascial Release Approach. \$49.95



SKIN, SCARS AND STIFFNESS

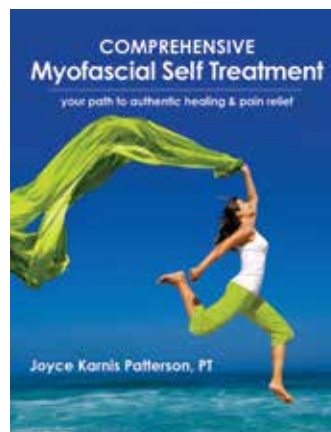
By Dr. JC Guimberteau
This intriguing new DVD, Skin, Scars and Stiffness by Dr. Guimberteau provides incredible microscopic images of how trauma and surgical procedures effect the fascial system. This is a great educational video for both patients and therapists to understand the importance of Myofascial Release. \$60.00



MYOFASCIAL RELEASE & MYOFASCIAL FREEDOM DVD SET BY JOHN F. BARNES

John F. Barnes, PT discusses the theory, anatomy, and function of the Myofascial system

with demonstrations in evaluation and treatment techniques for decreasing pain, headaches, and restoring motion. The Myofascial Freedom DVD is designed to teach therapists and their patients Myofascial Release self-treatment techniques, Myofascial Unwinding techniques and a home exercise Myofascial Freedom flexibility program. \$159.90



COMPREHENSIVE MYOFASCIAL SELF TREATMENT BOOK

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
- Quantum Leap

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

- Women's Health Seminar:
The Myofascial Release Approach

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

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

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

- Myofascial Healing Seminar

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

Continuing Education:

Myofascial Release Seminars are approved by many state and national associations. Please visit our website at myofascialrelease.com for a complete listing and to determine the number of hours granted by your association.

Discounts:

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

Registration Fee and Cancellation Policy:

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

Tax Reform Act Of 1986:

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

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

IMPORTANT

Seminar Location City: _____ State _____

Check the appropriate box(es)

- | | |
|--|--|
| <input type="checkbox"/> Myofascial Release I | <input type="checkbox"/> 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"/> Quantum Leap! |

Charge to: Visa MasterCard _____ Expiration Date _____
Card # _____ 3-Digit Security Code _____
Signature _____

Name _____

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

Email _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____

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

MFR Seminars

42 Lloyd Avenue,

Malvern, PA 19355

1-800-FASCIAL (327-2425)

Fax Form to **610-644-1662**



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