Learn from the Experts!
Join over 100,000 successful therapists!

John F. Barnes’
Myofascial Release Approach®
**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!
Piezoelectricity, Mechanotransduction, Phase Transition, Chaos and Fractal Theory, and ultimately Resonance are the key components in changing and improving healthcare as we know it!

The effectiveness of Myofascial Release has created a large, unprecedented acceptance throughout the world. Science is now verifying the principles that I have been teaching for over 40 years. The importance of sustaining pressure at the restricted barrier to create “phase transition” is paramount for lasting results and stimulates the production of Interleukin 8 which is our body’s natural anti-inflammatory. This begins to explain the profound results that one receives when Myofascial Release is performed.

Other forms of therapy, massage, modalities and exercise do not engage the fascial restriction long enough to stimulate the phenomena of piezoelectricity, mechanotransduction, chaos, and phase transition which ultimately leads to resonance. Resonance is essential for the reduction of pain, increase in range of motion, and for authentic healing to occur. The stimulation of this phenomenon is significant and is quite different from what we have learned in the past.

Piezoelectricity
Piezoelectricity is a Greek word which means pressure electricity. It is a well-known fact that each of 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 essential time element creates a bioelectrical flow in our body, in other words the motion of our mind which leads into mechanotransduction.

Mechanotransduction
Mechanotransduction; sustained mechanical pressure can also create biochemical changes within our bodies. Importantly, Myofascial Release produces Interleukin 8, our body’s own natural anti-inflammatory agent.

Research has shown that inflammation is an important part of the healing process, however when inflammation has been thwarted it tends to solidify the ground substance of the fascial system which should be fluid. This then blocks healing and over time tends to continue to solidify into crushing restrictions that produce the symptoms that our clients/patients present. Returning to cause, it is not enough to just treat the effect or symptoms any longer (traditional therapy.)

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 (approximately
2,000 pounds per square inch) off of
pain sensitive structures.

**Chaos Theory**
Everything in traditional medicine
and therapy insisted upon order and
control. However, true growth and
healing cannot occur in a controlled,
orderly way.

“Systems Theory” states that
nature goes through continuous
periods of order, chaos, order,
chaos, etc. It is in the “Chaotic
Phase” that reorganization occurs.
The system then returns to a higher level of order.

For Phrase Transition to occur, there is a period of
chaos when ice transforms into water or in our body
for the solidified ground substance of the fascial system
to transform into a more viscous/liquid state.

**Resonance**
When one person touches another person 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 other forms
of therapy, exercise, massage, bodywork and energy
techniques will enhance your effectiveness.

It is so important to learn the “art” of locating the fascial
restrictions which are totally unique to each individual.
Combine this with the proper amount of sustained
pressure and your patients and clients will have the
profound and lasting results that they deserve.

“Through our own journeys we had discovered that MFR was truly
the missing link in healthcare and we were committed to operating a
practice that was myofascial release centered. Starting with just a few
clients, word quickly spread through our community of the profound
improvements people were experiencing. Within a few months we
were at full capacity and have never looked back. This work speaks
for itself! We have never marketed or even created a website. Our
patients and their family members advertise for us.”

“Clients used to come to our clinic as a last resort, having tried every
other intervention to no avail. They had never heard of MFR, but were
desperate for relief. As Myofascial Release has become more widely
recognized and accepted, people now call looking for a therapist
who specifically does MFR. Even if their physician isn’t familiar
with Myofascial Release, patients are compelled to pursue it by the
testimonials of their friends and family. It’s thrilling to see patients take
charge of their healthcare and demand the most effective treatment
available. This is definitely a grass roots revolution in healing!”

Rachel M., MS, OTIL and Michael S., MPT
Oregon

“Myofascial release as taught by John F Barnes, PT not only changed the
way I practiced therapy (the past 25 years,) but became my practice,
in totality. There has been nothing I have found as effective in treating
soft tissue tightness and pain, than JFB MFR. It alone has drastically
improved my life, my health and my well-being a hundred fold.”

Lisa G. OTR/L, CHT
Illinois
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 —
### Locations and Dates

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<thead>
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<th>Location</th>
<th>Dates</th>
<th>Hotel/Location</th>
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<tr>
<td><strong>CAPTIVA ISLAND, FL</strong></td>
<td>January 16-19 (1/2 days) 2014</td>
<td>South Seas Island Resort</td>
<td>(239) 472-5111</td>
</tr>
<tr>
<td><strong>RENO, NV</strong></td>
<td>February 7-9, 2014</td>
<td>Silver Legacy Resort</td>
<td>(775) 329-4777</td>
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<tr>
<td><strong>ST. LOUIS, MO</strong></td>
<td>March 21-23, 2014</td>
<td>Crowne Plaza</td>
<td>(314) 621-8200</td>
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<tr>
<td><strong>SEDONA, AZ</strong></td>
<td>March 27-30 (1/2 days) 2014</td>
<td>Poco Diablo Resort</td>
<td>(928) 282-7333</td>
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<tr>
<td><strong>WINNIPEG, MANITOBA</strong></td>
<td>April 4-6, 2014</td>
<td>Delta Hotel</td>
<td>(204) 942-0551</td>
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<td><strong>DETROIT, MI</strong></td>
<td>(Dearborn Area)</td>
<td>Adoba Hotel</td>
<td>(313) 592-3622</td>
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<td><strong>NEW YORK, NY</strong></td>
<td>May 2-4, 2014</td>
<td>Holiday Inn Midtown</td>
<td>(212) 581-8100</td>
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<td><strong>BOISE, ID</strong></td>
<td>May 16-18, 2014</td>
<td>Grove Hotel</td>
<td>(208) 333-8000</td>
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<td><strong>CLEVELAND, OH</strong></td>
<td>May 30-June 1, 2014</td>
<td>Doubletree by Hilton</td>
<td>(216) 241-5100</td>
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<td><strong>SAN FRANCISCO, CA</strong></td>
<td>May 30-June 1, 2014</td>
<td>Holiday Inn Golden Gateway</td>
<td>(415) 441-4000</td>
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<tr>
<td><strong>BUFFALO, NY</strong></td>
<td>June 20-22, 2014</td>
<td>Adam’s Mark</td>
<td>(716) 845-5100</td>
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<td><strong>MYRTLE BEACH, SC</strong></td>
<td>July 10-13 (1/2 days) 2014</td>
<td>Hilton Hotel</td>
<td>(843) 449-5000</td>
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<tr>
<td><strong>CHICAGO, IL</strong></td>
<td>August 1-3, 2014</td>
<td>Indian Lakes Resort</td>
<td>(630) 529-0200</td>
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<td><strong>PASADENA, CA</strong></td>
<td>August 22-24, 2014</td>
<td>Hilton Hotel</td>
<td>(626) 577-1000</td>
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<td><strong>NORWALK, CT</strong></td>
<td>September 19-21, 2014</td>
<td>Doubletree by Hilton</td>
<td>(203) 853-3477</td>
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<tr>
<td><strong>LAS VEGAS, NV</strong></td>
<td>September 25-28 (1/2 days) 2014</td>
<td>Alexis Park Resort</td>
<td>(702) 796-3300</td>
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<tr>
<td><strong>CALGARY, ALBERTA</strong></td>
<td>September 26-28, 2014</td>
<td>Delta Bow Valley</td>
<td>(403) 266-1980</td>
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<tr>
<td><strong>DAYTON, OH</strong></td>
<td>October 10-12, 2014</td>
<td>Crowne Plaza</td>
<td>(937) 224-0800</td>
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<tr>
<td><strong>JACKSONVILLE, FL</strong></td>
<td>October 17-19, 2014</td>
<td>Hyatt Regency</td>
<td>(904) 588-1234</td>
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<tr>
<td><strong>DALLAS, TX</strong></td>
<td>November 14-16, 2014</td>
<td>Marriott Las Colinas</td>
<td>(972) 831-0000</td>
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<tr>
<td><strong>SACRAMENTO, CA</strong></td>
<td>November 21-23, 2014</td>
<td>Crowne Plaza</td>
<td>(916) 338-5800</td>
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<tr>
<td><strong>SPRINGFIELD, MO</strong></td>
<td>November 21-23, 2014</td>
<td>Doubletree by Hilton</td>
<td>(417) 831-3131</td>
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</table>

*Peter is a doctor of physical therapy and has taken all of our seminars. He shared the following experience with us:*

“My son fractured his clavicle during a karate class. I took him to the emergency room where he received an x-ray, was given a sling, medication, and was told he will heal in a couple of weeks, but his clavicle will stay deformed.

So, after we went home, I performed Myofascial Release for his neck, shoulder, and chest with very gentle touch. He felt much better. His pain went significantly down, he slept well, and the next day we decided to see an orthopedist and re-x-ray his shoulder.

According to the orthopedist, he couldn’t explain why his bone was reset in as little as 16 hours. My son is doing just fine; he has no pain, and played basketball today!”

---

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

**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**

**CAPTIVA ISLAND, FL**
January 20-22, 2014
South Seas Island Resort
(239) 472-5111

**SEDONA, AZ**
March 31-April 2, 2014
Poco Diablo Resort
(928) 282-7333

**NEW YORK, NY**
May 6-8, 2014
Holiday Inn Midtown
(212) 581-8100

**SAN FRANCISCO, CA**
June 3-5, 2014
Holiday Inn Golden Gateway
(415) 441-4000

**MYRTLE BEACH, SC**
July 14-16, 2014
Hilton Hotel
(843) 449-5000

**CHICAGO, IL**
August 5-7, 2014
Indian Lakes Resort
(630) 529-0200

**LAS VEGAS, NV**
September 29, 30, Oct. 1, 2014
Alexis Park Resort
(702) 796-3300

**DALLAS, TX**
November 18-20, 2014
Marriott Las Colinas
(972) 831-0000

“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**

**CAPTIVA ISLAND, FL**
- January 23-26 (1/2 days) 2014
- Southseas Island Resort
- (239) 472-5111

**SEDONA, AZ**
- April 3-6 (1/2 days) 2014
- Poco Diablo Resort
- (928) 282-7333

**NEW YORK, NY**
- May 9-11, 2014
- Holiday Inn Midtown
- (212) 581-8100

**SAN FRANCISCO, CA**
- June 6-8, 2014
- Holiday Inn Golden Gateway
- (415) 441-4000

**MYRTLE BEACH, SC**
- July 17-20 (1/2 days) 2014
- Hilton Hotel
- (843) 449-5000

**CHICAGO, IL**
- August 8-10, 2014
- Indian Lakes Resort
- (630) 529-0200

**LAS VEGAS, NV**
- October 2-5 (1/2 days) 2014
- Alexis Park Resort
- (702) 796-3300

**DALLAS, TX**
- November 21-23, 2014
- Marriott Las Colinas
- (972) 831-0000

**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

“Therapists and patients who have experienced the profound reduction of pain and the restoration of mobility using Myofascial Release are the trailblazers and innovators of healthcare.”
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

**LOCATIONS AND DATES**

**RICHMOND, VA**
March 28-30, 2014
Doubletree Hilton
(804) 644-9871

**OTTAWA, ONTARIO**
April 11-13, 2014
Courtyard by Marriott
(613) 241-1000

**GREEN BAY, WI**
May 2-4, 2014
Hyatt Hotel
(920) 432-1234

**OCALA, FL**
May 16-18, 2014
Holiday Inn
(352) 629-9500

**ATLANTIC CITY, NJ**
May 30-June 1, 2014
Tropicana Casino
(609) 340-4000

**PHOENIX, AZ**
June 6-8, 2014
Sheraton Downtown
(602) 262-2500

**LONG BEACH, CA**
June 27-29, 2014
Hilton Hotel
(562) 983-3400

**DULUTH, MN**
September 12-14, 2014
Radisson Hotel
(218) 727-8981

**SOUTH BEND, IN**
September 26-28, 2014
Site: Century Center
Accommodations:
Doubletree by Hilton
(574) 234-2000

**HOUSTON, TX**
October 10-12, 2014
Holiday Inn Westchase
(713) 532-5400

**SEDONA, AZ**
Oct. 16-19 (1/2 days), 2014
Site: Red Rock Memorial Lodge
Accommodations:
Sky Ranch Lodge
(928) 282-6400

**NEW YORK, NY**
October 24-26, 2014
Holiday Inn Midtown
(212) 581-8100

**CHARLOTTE, NC**
Oct. 31 - Nov. 2, 2014
Hilton Executive Park
(704) 527-8000

**VANCOUVER, BC**
November 7-9, 2014
Holiday Inn Centre
(604) 879-0511

**AUGUSTA, ME**
November 14-16, 2014
Senator Inn & Spa
(207) 622-5804

**CAPE COD, MA**
September 11-14 (1/2 days) 2014
Ocean Edge Resort
(508) 896-9000

**LOCATIONS AND DATES**

**SEDONA, AZ**
March 13-16 (1/2 days) 2014
Poco Diablo Resort
(928) 282-7333

**WILMINGTON, DE**
April 11-13, 2014
Doubletree Hilton
(302) 478-6000

**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**
March 13-16 (1/2 days) 2014
Poco Diablo Resort
(928) 282-7333

**CAPE COD, MA**
September 11-14 (1/2 days) 2014
Ocean Edge Resort
(508) 896-9000

“*This work speaks for itself! We have never marketed or even created a website. Our patients and their family members advertise for us.*"
Vacation Series & Specialty Seminars

**Captiva Island, FL** A lush tropical island with boundless opportunity for relaxation. South Seas Island Resort is an ecologically balanced village that spans two and a half miles of beaches framing the tranquil waters of the Gulf.

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<th>Seminar</th>
<th>Dates</th>
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<td>Myofascial Release I</td>
<td>January 16-19 (1/2 days) 2014</td>
<td>South Seas Island Resort (239) 472-5111</td>
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<tr>
<td>Myofascial Unwinding</td>
<td>January 20-22, 2014</td>
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<tr>
<td>Myofascial Release II</td>
<td>January 23-26 (1/2 days) 2014</td>
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**Sedona, AZ** Take a therapeutic vacation of a lifetime in breathtaking Sedona!

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<th>Dates</th>
<th>Resort</th>
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<td>Women's Health</td>
<td>February 13-16, 2014</td>
<td>Holiday Inn Golden Gateway (415) 441-4000</td>
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<td>Myofascial Release I</td>
<td>March 27-30 (1/2 days) 2014</td>
<td>Poco Diablo Resort (928) 282-7333</td>
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<tr>
<td>Myofascial Unwinding</td>
<td>March 31-April 2, 2014</td>
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<tr>
<td>Myofascial Release II</td>
<td>April 3-6 (1/2 days) 2014</td>
<td>Poco Diablo Resort (928) 282-7333</td>
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**New York, NY** Visit all of the famous New York attractions. Carnegie Hall, Lincoln Center, the fabulous Theater District, or catch a Broadway show.

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<tr>
<th>Seminar</th>
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<tr>
<td>Myofascial Release I</td>
<td>May 2-4, 2014</td>
<td>Holiday Inn Midtown (212) 581-8100</td>
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<tr>
<td>Myofascial Unwinding</td>
<td>May 6-8, 2014</td>
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<tr>
<td>Myofascial Release II</td>
<td>May 9-11, 2014</td>
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**San Francisco, CA** Experience Fisherman's Wharf, Union Square, the beautiful Golden Gate Park and the bustling district of Chinatown.

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<tr>
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<tr>
<td>Myofascial Release I</td>
<td>May 30-June 1, 2014</td>
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**Sedona, AZ** Enjoy the warmth of Sedona, one of the scenic wonders of the world!

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<tr>
<td>Myofascial Rebounding</td>
<td>June 19-22 (1/2 days) 2014</td>
<td>Sky Ranch Lodge (928) 282-6400</td>
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<td>Myofascial Healing</td>
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<td>Advanced Myofascial Unwinding</td>
<td>June 26-29 (1/2 days) 2014</td>
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**Myrtle Beach, SC** Enjoy a dose of Southern hospitality – Myrtle Beach style – as we introduce you to our 60 miles of sunny beaches, blue skies, and endless fun! Find your home away from home!

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<th>Seminar</th>
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<td>Myofascial Release I</td>
<td>July 10-13 (1/2 days) 2014</td>
<td>Hilton Hotel (843) 449-5000</td>
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<td>Myofascial Release II</td>
<td>July 17-20 (1/2 days) 2014</td>
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**Chicago, IL** The Premier Chicago Resort, just minutes outside of the Windy City. Treat yourself to a one-of-a-kind experience located on 225 rolling acres of championship golf, award-winning spa services, and fabulous cuisine.

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<tr>
<th>Seminar</th>
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<td>August 1-3, 2014</td>
<td>Indian Lakes Resort (630) 529-0200</td>
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**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.

<table>
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<tr>
<th>Seminar</th>
<th>Dates</th>
<th>Resort</th>
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<tbody>
<tr>
<td>Women's Health</td>
<td>September 4-7 (1/2 days) 2014</td>
<td>Ocean’s Edge Resort (508) 896-9000</td>
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<tr>
<td>Myofascial Rebounding</td>
<td>September 8-10, 2014</td>
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<tr>
<td>Cervical-Thoracic</td>
<td>September 11-14 (1/2 days) 2014</td>
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**Las Vegas, NV**

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<tr>
<th>Seminar</th>
<th>Dates</th>
<th>Resort</th>
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<tbody>
<tr>
<td>Myofascial Release I</td>
<td>Sept. 25 - Oct. 5, 2014</td>
<td>Alexis Park Resort (702) 796-3300</td>
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<tr>
<td>Myofascial Unwinding</td>
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<tr>
<td>Myofascial Release II</td>
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**Dallas, TX**

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<th>Seminar</th>
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<th>Resort</th>
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<tr>
<td>Myofascial Release I</td>
<td>Nov. 14-23, 2014</td>
<td>Marriott Las Colinas (972) 831-0000</td>
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<tr>
<td>Myofascial Unwinding</td>
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<td>Myofascial Release II</td>
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A Look Ahead...
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**

**THOUSAND OAKS, CA**
(Westlake Village, CA)
February 8 & 9, 2014
Hyatt Plaza
(805) 557-1234

**CINCINNATI, OH**
May 31 & June 1, 2014
Hyatt Regency
(513) 579-1234

**GRAND ISLAND, NE**
September 27 & 28, 2014
Midtown Holiday Inn
(308) 384-1330

**LAKEWOOD, CO**
(Denver Suburbs)
March 8 & 9, 2014
Holiday Inn
(303) 980-9200

**BURLINGTON, VT**
March 8 & 9, 2014
Sheraton Hotel
(802) 865-6600

**POcono MANOR, PA**
(Pocono Area)
April 5 & 6, 2014
Inn at Pocono Manor
(570) 839-7111

**TROY, NY** (Albany Area)
June 7 & 8, 2014
Hilton Garden Inn
(518) 272-1700

**WINSTON-SALEM, NC**
August 23 & 24, 2014
Hawthorne Inn
(336) 777-3000

**LANCASTER, PA**
September 20 & 21, 2014
Lancaster Marriott
(717) 239-1600

**CORPUS CHRISTI, TX**
October 4 & 5, 2014
Embassy Suites
(361) 853-7899

**LA JOLLA, CA**
(San Diego Area)
November 8 & 9, 2014
Marriott Hotel
(858) 587-1414

**“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.”**

**LAKEWOOD, CO**
(Denver Suburbs)
March 8 & 9, 2014
Holiday Inn
(303) 980-9200

**BURLINGTON, VT**
March 8 & 9, 2014
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**LA JOLLA, CA**
(San Diego Area)
November 8 & 9, 2014
Marriott Hotel
(858) 587-1414

**“I have gained so many new treatment ideas during the Pediatric Myofascial Workshop. We spent the perfect amount of time in hands-on workshops that I have a good handle on how to perform these techniques correctly to get maximum results with my pediatric patients.”**
WOMEN’S HEALTH SEMINAR
THE MYOFASCIAL RELEASE APPROACH
Prerequisites: Myofascial Release I™, Fascial-Pelvis, Myofascial Unwinding

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

25 Contact Hours

THIS FASCINATING INTERMEDIATE “HANDS-ON” SEMINAR WILL TEACH YOU IMPORTANT MYOFASCIAL RELEASE, VISCERAL RELEASE AND MYO/GYNO-FASCIAL RELEASE:

- Pelvic Floor Pain & Dysfunction
- Urinary Incontinence, Urgency and/or Frequency
- Problematic Breast Implant/Reduction Scars
- Vulvodynia
- Mastectomy Pain
- Endometriosis
- Interstitial Cystitis
- Pelvic Adhesions
- Cystocele
- Urinary Incontinence
- Urge Incontinence
- Urinary Frequency
- Bowel Incontinence
- Abdominal Pain
- Pelvic Pain
- Low Back Pain
- Hip Pain
- Gluteal Pain
- Shoulder Pain
- Neck Pain
- Headaches
- Tension Headaches
- Migraines
- Cluster Headaches
- Fibromyalgia
- Menstrual Problems
- Endometriosis
- Interstitial Cystitis
- Fibromyalgia
- Menstrual Problems
- Endometriosis
- Interstitial Cystitis
- Fibromyalgia
- Menstrual Problems
- Endometriosis
- Interstitial Cystitis
- Fibromyalgia
- Menstrual Problems
- Endometriosis
- Interstitial Cystitis
- Fibromyalgia
- Menstrual Problems
- Endometriosis
- Interstitial Cystitis

“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!”

“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 13-16, 2014
Poco Diablo Resort
(928) 282-7333

CAPE COD, MA
September 4-7, 2014
Ocean Edge Resort
(508) 896-9000
**Quantum Leap! Seminar**

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

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

**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!

‘Quantum Leap’ is close to selling out. Register today!

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

**Locations and Dates**

**SEDONA, AZ**
June 19-22 (1/2 days) 2014
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

**CAPE COD, MA**
September 8-10, 2014
Ocean Edge Resort
(508) 896-9000

**NEW YORK, NY**
August 22-24, 2014
Holiday Inn Midtown
(212) 581-8100

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**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 and Date:**

**SEDONA, AZ**
June 26-29 (1/2 days) 2014
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

**NEW YORK, NY**
August 22-24, 2014
Holiday Inn Midtown
(212) 581-8100

**East Coast!**

- Learn Advanced Unwinding Techniques
- Refine Your Dialoging Skills
- Receive Extraordinary Treatment
- Enhance Your Sensitivity, Focus and Concentration
“When I attended my 1st Myofascial Release Seminar I was pretty skeptical – the approach was so different than everything else I had been taught, but I did try some of the techniques on my patients right after the seminar, and every patient said something like, "I don’t know what that was, but it helped more than anything else I’ve done – please do more!"

“It didn’t take me long to fully embrace Myofascial Release because of the great response I was getting with my patients, as well as how much the Myofascial Release helped me personally. It’s all that I do now. I now get many patients seeking MFR specifically. My schedule is booked way out, and the demand for Myofascial Release continues to grow. I can’t imagine doing anything else for the rest of my career, the rest of my life really!”

Mike J., MA, LAT, LMT
Wisconsin

“Following John F. Barnes’ Myofascial Release principles as a primary therapeutic approach has brought me into the 21st century with skills to create highly effective and consistent results. Understanding the significant role of our fascial system for vital, healthy functioning has shifted the paradigm for those who were suffering from a failing, antiquated healthcare model. Therapists and patients who have experienced the profound reduction of pain and the restoration of mobility using Myofascial Release are the trailblazers and innovators of health care.”

“There is a very real and profound effectiveness that is seen and felt as one follows the Myofascial Release principles which are now fully substantiated by current research.”

Sheila W., PT
Vermont

“In 2005 I was successful, but I was not happy. I was the director of Physical Therapy for an occupational medicine practice, managing 7 offices. I was dealing with anxiety and depression, relying on meds to keep my head above water. I arranged for a continuing education Myofascial Release course to be hosted by our facility. I was intrigued, but skeptical. As the instructor began to speak I began to tune into what the instructor was saying. I realized that this was something very different than anything I had learned thus far in my profession. The fascial system was eloquently described in such a way that I was able to become fully present, a strange feeling for me at the time. I had always liked the idea of a whole body approach to treatment, but this was taking it to another level. That afternoon, after receiving Myofascial Release, I felt free. I felt as if I had been given a gift for myself and others. Thus began an amazing journey. I began to take John’s courses, got out of management, and began to specialize in Myofascial Release. Now I am not only happy, I am experiencing pure joy on a daily basis. Thank you, John Barnes, PT!”

Martha C., PT
Florida

“Here I am, at my treatment center, Atlanta Myofascial Release with a steady flow of clients, typically booked out a few weeks in advance, with people seeking out John F. Barnes’ Myofascial Release®, getting great results, feeling better. In my personal life as well, MFR has saved my son. After a repair for a lung collapse, with residual heart problems, a two week Myofascial Release intensive treatment program at ‘The Sanctuary’ in Malvern with the fantastic team of therapists literally saved his quality of life. I am eternally grateful for the work, for the MFR community, for the life changing skills I have learned, and of course, for John Barnes. Every time I see him, I say “thank you for changing my life” and I mean it with all of my essence.”

Celia M., PTA, LMT
Georgia

“Today is the LAST DAY of my intensive Myofascial Release Therapy Program at ‘Therapy on the Rocks’ in Sedona, Arizona. I just completed the most important weeks in my life.

My Headache
I have suffered from crippling headaches that have had a devastating impact on my life, my family, and my friendships. Due to my headaches I sold my car, I no longer drive, and I only leave home for major family functions, to see doctors, and for physical therapy.

My Headache Relates to Medical History
I have had a rib removed, 12 epidurals, 6 nerve blocks, 7 MRIs, a spinal tap, 3 CTs, X-Rays, ultra sounds, nerve tests, acupuncture, cupping, traditional physical therapy. Five doctors recommended neck surgery on two discs, and I was actually scheduled to have a dual replacement. Luckily, I backed out the day before surgery. I have seen doctors at the Mayo Clinic, UCLA, UCI, San Francisco, Los Angeles, Irvine, New Port Beach, Fullerton and in Anaheim.

My therapist gave me a few books written by John F. Barnes, PT. After reading several chapters, I did further research, on his Myofascial Release Approach®, and I decided to make a commitment to my health, and my family. I ultimately enrolled in an intensive therapy Myofascial Release Program at ‘Therapy on the Rocks’ in Sedona, Arizona.

Life Changer
Since coming to Sedona, I have noticed numerous positive changes in my health. My whole mind and body had significant changes, not just my headaches. My posture, stride, and energy level all improved dramatically. I feel younger, more energetic, stronger, and most importantly, I now see life as a positive, I want to live; I am so much happier and optimistic. My mind-body awareness is at levels unseen before.

Myofascial Release therapy at ‘Therapy on the Rocks’ in Sedona, Arizona changed my life, and it can change yours too.

Christopher F.
California
Myofascial Healing Seminar

A Seminar for the Patient and Therapist

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 PATIENT

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.

Locations and Dates

SEDONA, AZ
February 17-19, 2014
Poco Diablo Resort
(928) 282-7333

SEDONA AZ
June 23-25, 2014
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

SEDONA AZ
November 6-9 (1/2 days) 2014
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

WILMINGTON, DE
December 5-7, 2014
Doubletree Hilton
(302) 478-6000

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

“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
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.

- 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 Sanctuary” - Malvern, PA

*“Therapy on the Rocks” - Sedona, AZ

“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.”
“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
“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.
**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

**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

**What’s In Your Web?**

Stories of fascial freedom by Phil Tavolacci, MSPT, PT.

Phil Tavolacci has written a fascinating and important new Myofascial Release book titled, What’s In Your Web! As a beginner or advanced Myofascial Release therapist you will resonate deeply with this enjoyable & informative book. All patients and clients will learn how Myofascial Release is important in their return to a pain free, active lifestyle. WHAT’S IN YOUR WEB? is truly inspirational! -John F. Barnes, PT $24.00

**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**
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

- 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 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

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