



LEARN...

THE JOHN F. BARNES'

MYOFASCIAL

RELEASE

APPROACH®

MYOFASCIAL RELEASE

— ENHANCE YOUR LIFE! —

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

LEARN MYOFASCIAL RELEASE FOR:

- Back Pain
- Cervical Pain
- Headaches
- Chronic Pain
- Carpal Tunnel
- Fibromyalgia
- Spasm/Spasticity
- Geriatrics
- Scoliosis
- Head Trauma
- Pediatrics
- Sports Injuries
- Rehabilitation
- TMJ
- Restricted Motion
- Chronic Fatigue Syndrome
- CVA
- Neurological Dysfunction

WHAT IS FASCIA?

Fascia is a tough connective tissue which spreads throughout the body in a three-dimensional web from head to foot without interruption. Trauma, posture or inflammation can create a binding down of fascia resulting in excessive pressure on nerves, muscles, blood vessels, osseous structures and/or organs. Since many of the standard tests such as x-rays, myelograms, CAT scans, electromyography, etc, do not show the fascial restrictions, it is thought that an extremely high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but most go undiagnosed.

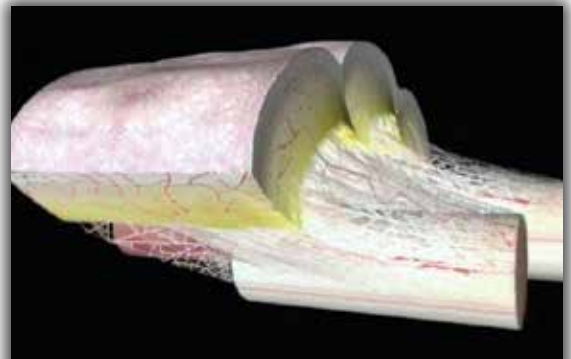
The viscoelastic quality of the fascial system causes it to resist a suddenly applied force. This explains why the "old form" of myofascial release, which was an attempt to force a system that cannot be forced, produced pain and limited results.

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

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

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

Discover how this truly unique Approach can help you to develop the skills and confidence to provide consistent results for your patients / clients while adding fulfillment and revitalizing your professional and personal life!



Fascia Photo by Permission of Dr J.C.Guimberteau



MYOFASCIAL RELEASE

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

John F. Barnes, PT, LMT is a therapeutic 'icon' considered to be a teacher of the highest caliber. He has been teaching Myofascial Release seminars for over 45 years and has trained over 100,000 therapists.

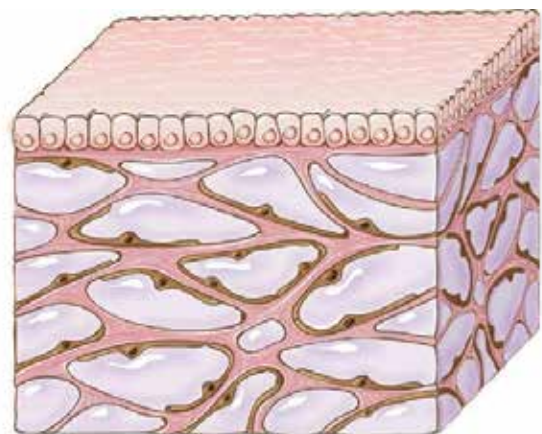
New Research Verifies the Importance of Fascia!

Research is now verifying the scientific principles that I have been teaching for over 45 years. The Fascia System received nationwide attention in April 2018. The national news reported that the old way of studying the fascial system on dead people and pressing the fascia system together was incorrect. New technology shows the three dimensional fibrous web and the fluid within the fascial system, also referred to as the fascia's ground substance. The recognition of the fluid aspect of the fascial system is a major shift in the understanding of cellular function and how to improve our physiology, reduce pain and restore function!

The work of Gerald H. Pollack, PhD, at the University of Washington provides an understanding of the physics of how fluid moves through the fascial system. We've all been brought up to believe there are three phases of water: ice, water and vapor. Dr. Pollack discovered that there is a fourth phase of water, liquid crystal. Liquid crystal has the characteristics of both solid and fluid and is capable of change. Another word for liquid crystal is fascia and provides a direct scientific connection of what we do as Myofascial Release therapists.

Fascia is a powerful three dimensional web that covers and connects every system of our body. There is a microfascial system within every cell. Trauma, surgery, and thwarted inflammatory responses can produce fascial restrictions that can exert crushing pressure of up to approximately 2,000 lbs per square inch on the various pain sensitive structures in the body.

It is important to understand that fascial restrictions do not show up in any of the standard testing now being done, including X-rays, CT scans, myelograms or blood work. Therefore, fascial restrictions have long been missed or misdiagnosed.



FASCIA

Further a book called The Extracellular Matrix: and Ground Regulation: Basis for a Holistic Biological Medicine (North Atlantic Books, 2017), by one of Austria's leading scientists Alfred Pischinger, MD, represents over 30 years of research on the fascial system. Pischinger found there is no nerve or blood vessel that touches any of the trillions of cells in our body. The fascial matrix and the space in the matrix, which is not actually space, but a fluid/viscous substance called the ground substance, is the environment of every cell.

The fascial system is the main transport system of our body. This means the nutrition we ingest, the fluid we drink, the air we breathe, all the biochemistry, hormones, and information/energy that every one of the trillions of cells needs to thrive, must go through the fluidity of an unrestricted fascial system. Then, as the cell attempts to excrete, the ground substance of the fascia must be fluid for it to reach the lymphatic system. The solidification of the fluid nature of the ground substance can create physiological chaos, pain, and restrictions of motion.



**Learn the LUMBOSCRAL
DECOMPRESSION technique
by visiting our home page
www.myofascialrelease.com**

**This technique is used frequently for back
pain, sacroiliac pain and tightness, pelvic
pain, elimination and menstrual problems.
If you try this technique on your patients/
clients, you will do no harm and it will
give you a sense of the importance &
effectiveness of Myofascial Release.**

Myofascial Release enhances all forms of therapy, massage, bodywork and energy work. The problem is up until recently all research has been performed on cadavers. As you know, dead people are brittle. Unfortunately, science ignored the importance of the fascia's fluid ground substance. This explains why the many

forms of therapy, massage, bodywork, and energy work, produce only temporary results. However, the principles of Myofascial Release will help eradicate the symptoms of pain, restriction of movement, fibromyalgia, headaches and a multitude of women's health issues.

There are very important distinctions in my Myofascial Release Approach® that creates a series of phenomena that are essential for authentic healing and lasting results. In my Myofascial Release Seminars, I will teach you the proper pressure so that your patients/clients are always safe. There is also an important time factor that creates a number of physiological phenomena that are essential for maximum effectiveness and results.

First, the patients/clients body begins to produce piezoelectricity. The cells of our body have a crystalline nature, and when you put pressure into a crystal it generates an electrical flow. So in our body what occurs is a bio-electric flow.

This is then coupled with a phenomenon called mechanotransduction. Our mechanical pressure, around the five-minute mark, begins to produce a biochemical, hormonal effect at the cellular level. It has now recently been discovered, also through mechanotransduction, that the mind-body begins to produce interleukin 8, which is the body's natural anti-inflammatory. Also, interleukin 3 and interleukin 1b are produced, which have to do with increasing circulation and boosting our immune system.

Next we move into phase transition, which is the phenomenon where ice transforms into water. Obviously, in our body it's not ice, it's the solidification of the fluid component of the fascial system. It's ground substance, which creates that before-mentioned crushing pressure on pain-sensitive structures. There is a chaotic period during the phase transition, and it is in the chaotic period where change, growth, and healing can occur.

Ultimately we create what is called resonance, which is another word for release. These phenomena allow the tissue, which has solidified and produced crushing pressure, to start to rehydrate and be capable of glide again. This takes the pressure off of pain sensitive structures to enable proper function, and elimination of pain.

Myofascial Release is truly the 'missing link' to help you consistently enhance the effectiveness of what you do in helping others.

JOIN US!

John F. Barnes, PT, LMT

MYOFASCIAL RELEASE I



This exciting “hands-on” introductory course has trained over 100,000 therapists. Graduates of this course are immediately able to produce positive, structural changes in their patients with acute and chronic pain and dysfunction. These whole-body techniques will be an important added dimension to your existing treatment regimen, greatly enhancing your therapeutic effectiveness.

20 Contact Hours

MYOFASCIAL RELEASE TECHNIQUES:

- Theory
- Anatomy of Fascia and Related Structures
- Whole Body Inter-Relationships
- Development of Palpation Skills
- Evaluation Procedures
- Lower Extremity Problems
- Sacral Float
- Lumbar-Pelvic Problems
- Anterior and Posterior Thoracic Areas
- Transverse Fascial Planes (Thoracic Inlet, Respiratory Diaphragm & Pelvic Floor)
- Upper Extremity Problems
- Cervical Spine, Atlas and Axis, Occipital Condyle Release, Dural Tube Mobility

THE FASCIAL CRANIUM

- Theory
- Headache Release
- Evaluation Problems
- Temporomandibular Problems
- Cranial/Sacral Techniques
- Cranial Trauma
- Sinus Problems
- Birth Injuries



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

~

John F. Barnes, thank you. A million times thank you. For the last year and a half, I have been an active witness in what seems to many of my clients, as well as to me, to be a miracle of healing in body and heart.

ENJOY A NEW, EXCITING AND LUCRATIVE CAREER!

I have had the opportunity of training over 100,000 therapists and my goal is to help you improve your logical/intuitive abilities and confidence. Trauma and inflammatory responses create myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in any of the standards tests (x-rays, myelograms, CAT scans, electromyography, etc.)

This enormous pressure acts like a “straightjacket” on muscles, nerves, blood vessels and osseous structures producing the symptoms of pain, headaches and restriction of motion.

Symptoms are the tip of the iceberg of a much deeper, important problem – myofascial restrictions! Science has now discovered what I have been teaching for over 45 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

DEL MAR, CA

San Diego Area
February 22-24, 2019
Marriott Del Mar
(858) 523-1700

SEDONA, AZ

March 7-10 (1/2 days)
2019
Poco Diablo Resort
(928) 282-7333

KANSAS CITY, MO

March 22-24, 2019
Marriott Hotel
(816) 421-6800

PACIFIC NW

VANCOUVER, WA
April 5-7, 2019
Heathman Lodge
(360) 254-3100

ROCHESTER, NY

April 12-14, 2019
Hyatt Regency
(585) 546-1234

FORT WAYNE, IN

May 3-5, 2019
Seminar Site: Fort
Wayne Convention Ctr.
Accommodations:
Hilton Hotel
(260) 420-1100

BETHANY BEACH, DE

May 9-12 (1/2 days) 2019
Bethany Beach
Ocean Suites
(302) 539-3200

MILWAUKEE, WI

May 17-19, 2019
Hyatt Regency
(414) 276-1234

NEW ORLEANS, LA

May 31-June 2, 2019
Doubletree Hotel
(504) 581-1300

CEDAR RAPIDS, IA

June 7-9, 2019
Doubletree Hotel
(319) 731-4444

PORTLAND, ME

June 21-23, 2019
Holiday Inn by the Bay
(207) 775-2311

CHICAGO AREA (BURR RIDGE, IL)

July 12-14, 2019
Marriott Southwest
(630) 986-4100

COLUMBIA, SC

August 16-18, 2019
Doubletree Hilton
(803) 731-0300

SCHENECTADY, NY

September 13-15, 2019
Doubletree Hilton
(518) 393-4141

VIRGINIA BEACH, VA

September 20-22, 2019
Holiday Inn North Beach
(757) 428-1711

SOUTH BEND, IN

October 18-20, 2019
Doubletree Hilton
(574) 234-2000

COLUMBUS, OH

October 25-27, 2019
Hyatt Regency
(614) 463-1234

ATLANTA, GA

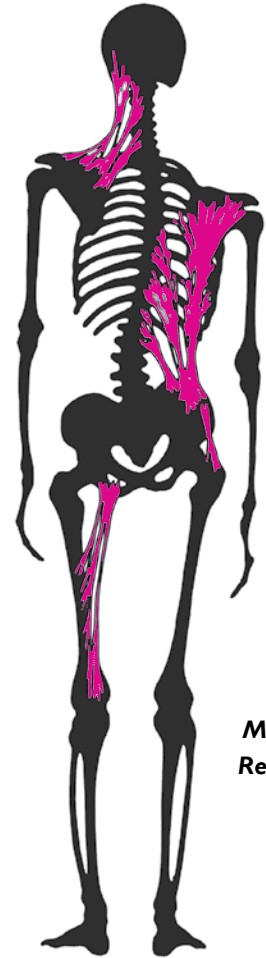
(Buckhead Area)
November 8-10, 2019
Doubletree Hotel
(404) 231-1234

SAN ANTONIO, TX

November 8-10, 2019
The Menger Hotel
(210) 223-4361

VENTURA, CA

(Southern CA)
November 15-17, 2019
Crowne Plaza
(805) 648-2100



**Myofascial
Restrictions**

Before MFR



After MFR



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

MYOFASCIAL UNWINDING

The Myofascial Unwinding seminar is designed to enhance your skill level and sensitivity providing you with a comprehensive treatment regime. Persistent pain and/or structural dysfunction may be perpetuated by “holding or bracing patterns” in the body. You will learn from the patient’s perspective how unresolved emotional issues or mental concepts that are outdated and are no longer relevant may impede progress. The intermediate “hands-on” Myofascial Unwinding™ seminar will also improve your mental clarity, focus, sensitivity of touch and expand your abilities to achieve consistent results. **20 Contact Hours**

Prerequisite: Myofascial Release I™

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

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



LOCATIONS AND DATES

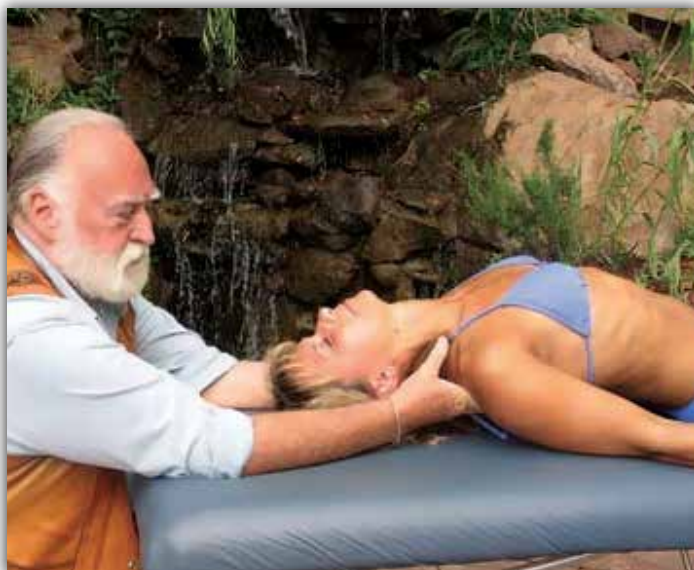
SEDONA, AZ
March 11-13, 2019
Poco Diablo Resort
(928) 282-7333

**PACIFIC NW
VANCOUVER, WA**
April 9-11, 2019
Heathman Lodge
(360) 254-3100

BETHANY BEACH, DE
May 13-15, 2019
Bethany Beach
Ocean Suites
(302) 539-3200

**CHICAGO SUBURBS
BURR RIDGE, IL**
July 16-18, 2019
Marriott Southwest
(630) 986-4100

**ATLANTA, GA
(Buckhead Area)**
November 12-14, 2019
Doubletree Hotel
(404) 231-1234



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

MYOFASCIAL RELEASE II

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

20 Contact Hours

Prerequisite: Myofascial Release I™



LOCATIONS AND DATES

SEDONA, AZ

March 14-17 (1/2 days) 2019
Poco Diablo Resort
(928) 282-7333

PACIFIC NW

VANCOUVER, WA
April 12-14, 2019
Heathman Lodge
(360) 254-3100

BETHANY BEACH, DE

May 16-19 (1/2 days) 2019
Bethany Beach Ocean Suites
(302) 539-3200

CHICAGO SUBURBS

BURR RIDGE, IL

July 19-21, 2019
Marriott Southwest
(630) 986-4100

ATLANTA, GA

(Buckhead Area)

November 15-17, 2019
Doubletree Hotel
(404) 231-1234

LEARN ADVANCED MYOFASCIAL TECHNIQUES FOR:

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

MYOFASCIAL RELEASE IS SO INCREDIBLY IMPORTANT!

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

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

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

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



Before



After

FASCIAL-PELVIS

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



FASCIAL PELVIS TECHNIQUES

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

LOCATIONS AND DATES

OMAHA, NE
March 15-17, 2019
Doubletree Hotel
(402) 346-7600

MISSOULA, MT
March 29-31, 2019
Doubletree Hotel
(406) 728-3100

TORONTO, ONTARIO
April 5-7, 2019
Novotel Toronto North
(416) 733-2929

RENO, NV
April 12-14, 2019
Silver Legacy Resort
(775) 329-4777

DENVER, CO
April 26-28, 2019
Courtyard by Marriott
(303) 757-8797

TOLEDO, OH
May 17-19, 2019
Renaissance Hotel
(419) 244-2444

LOUISVILLE, KY
May 31-June 2, 2019
Galt House
(502) 589-5200

SANTA CLARA, CA (San Jose/Silicon Valley)
August 16-18, 2019
Hilton Hotel
(408) 330-0001

PITTSBURGH, PA
August 23-25, 2019
Omni Hotel North
(412) 281-7100

NAPLES, FL
September 6-8, 2019
LaPlaya Beach Resort
September 6-8, 2019
(239) 597-3123

CORPUS CHRISTI, TX
September 13-15, 2019
Omni Hotel
(361) 887-1600

ROCHESTER, MN
October 18-20, 2019
The Kahler Hotel
(507) 280-6200

MEMPHIS, TN
November 8-10, 2019
Holiday Inn University
(901) 678-8200

OAK BROOK, IL (Chicago Suburbs)
November 15-17, 2019
Doubletree Hotel
(630) 472-6000

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

CERVICAL-THORACIC

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

Prerequisite: Myofascial Release I™



LOCATIONS AND DATES

SEDONA, AZ
February 14-17 (1/2 days) 2019
Poco Diablo Resort
(928) 282-7333

CAPE COD, MA
September 5-8 (1/2 days) 2019
Ocean Edge Resort
(508) 896-9000

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

CERVICAL THORACIC TECHNIQUES

- Thoracic-Lumbar Junction
- Rib Cage
- Atlas/Axis Complex
- Craniomandibular Mechanism
- Anterior/Posterior Cervical Areas
- Thoracic Spine
- Sternum
- Hands/Wrists
- Upper Extremities

VACATION SERIES & SPECIALTY SEMINARS

**SAVE
\$300**

By registering for any
three seminars!



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

Women's Health
Feb. 7-10 (1/2 days) 2019

Myofascial Healing
February 11-13, 2019

Cervical Thoracic
Feb. 14-17 (1/2 days) 2019

Poco Diablo Resort
(928) 282-7333

Sedona, AZ Sedona is alive with energy and awash with spectacular beauty. Shake off the weariness and stress amid the pine forests of Oak Creek in the Red Rock Canyons.

Myofascial Release I
March 7-10 (1/2 days) 2019

Myofascial Unwinding
March 11-13, 2019

Myofascial Release II
Mar. 14-17 (1/2 days) 2019

Poco Diablo Resort
(928) 282-7333



Pacific Northwest- Vancouver, WA The natural wonder of the Pacific Northwest meets a culture of unique, personalized service at The Heathman Lodge. Relax & rejuvenate in this rustic Northwest mountain lodge setting, near the beautiful Columbia River.

Myofascial Release I
April 5-7, 2019

Myofascial Unwinding
April 9-11, 2019

Myofascial Release II
April 12-14, 2019

The Heathman Lodge
(360) 254-3100



Bethany Beach, DE Bethany has embraced its own quite style- smaller and more serene than other beach resorts; Bethany is beloved for its balance of family-friendly peacefulness. Enjoy the beautiful beach, boating, fishing and great restaurants!

Myofascial Release I
May 9-12 (1/2 days) 2019

Myofascial Unwinding
May 13-15, 2019

Myofascial Release II
May 16-19 (1/2 days) 2019

Bethany Beach Suites
(302) 539-3200



Sedona, AZ Sedona is known for its extraordinary beauty, powerful healing energy, hiking trails and unique southwestern shopping and cuisine.

Myofascial Rebounding
June 13-16 (1/2 days) 2019

Myofascial Healing
June 17-19, 2019

Advanced Unwinding
June 20-23 (1/2 days) 2019

Poco Diablo Resort
(928) 282-7333



Chicago Area- Burr Ridge, IL Visit Chicago without the downtown pricing. The Marriott is near the Burr Ridge Village Center featuring a mix of upscale boutiques, restaurants and the Kohler Waters Spa. Visitors will enjoy the lush green space.

Myofascial Release I
July 12-14, 2019

Myofascial Unwinding
July 16-18, 2019

Myofascial Release II
July 19-21, 2019

Marriott Southwest
(630) 986-4100



Lake of the Ozarks, MO On 420 scenic acres, Tan-Tar-A Resort is a refuge for endless recreation. Tee off on two golf courses or set out on a lake cruise with jet-ski, and power boat rentals at the resort's full-service marina. Spend the day cooling off at Timber Falls Indoor Waterpark, or explore local trails on horseback.

Women's Health
August 15-18, 2019

Myofascial Healing
August 19-21, 2019

Quantum Leap!
Aug. 22-25 (1/2 days) 2019

Tan-Tar-A Resort
(573) 348-3131



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

Cervical Thoracic
Sept. 5-8 (1/2 days) 2019

Myofascial Rebounding
September 9-11, 2019

Fascial Cranium
Sept.12-15 (1/2 days) 2019

Ocean Edge Resort
(508) 896-9000



Atlanta, GA A must-visit for the chic and savvy. Things to do in Atlanta's Buckhead area include legendary shopping and entertainment, decadent dining, engaging art galleries and more! Known as "The Beverly Hills of the East," the luxurious neighborhood of Buckhead is a must-visit!

Myofascial Release I
November 8-10, 2019

Myofascial Unwinding
November 12-14, 2019

Myofascial Release II
November 15-17, 2019

Grand Hyatt Buckhead
(404) 237-1234

Introductory Workshop

MYOFASCIAL MOBILIZATION

This fascinating “hands-on” seminar will introduce you to the highly effective world of Myofascial Release. This seminar will present the theory of Myofascial Release and the hands-on sessions will primarily focus on the upper and lower extremities, cervical, thoracic and lumbar areas.

12 Contact Hours

LOCATIONS AND DATES

| | | | |
|---|--|--|--|
| FORT, LEE, NJ (North Jersey) March 30 & 31, 2019 Doubletree Hotel (201) 461-9000 | ATLANTA, GA April 6 & 7, 2019 Doubletree Hotel (404) 231-1234 | HOUSTON, TX April 6 & 7, 2019 Westin Hotel (281) 501-4300 | ALBUQUERQUE, NM April 13 & 14, 2019 Sheraton Uptown (505) 881-0000 |
| ROANOKE, VA April 27 & 28, 2019 Hotel Roanoke (540) 985-5900 | ST. CHARLES, MO June 1 & 2, 2019 Ameristar Resort (636) 940-4300 | SPOKANE, WA August 24 & 25, 2019 Ruby River Hotel (509) 326-5577 | NASHVILLE, TN September 7 & 8, 2019 Hilton Garden Inn (615) 369-5900 |
| CHARLOTTE, NC October 5 & 6, 2019 Embassy Suites (704) 970-5400 | SIOUX FALLS, SD October 26 & 27, 2019 Hilton Garden Inn (605) 444-4700 | LONG ISLAND, NY (Riverhead- East End) November 9 & 10, 2019 Hyatt Place (631) 208-0002 | SCRANTON, PA November 16 & 17, 2019 Hilton Scranton (570) 343-3000 |



“The Myofascial Mobilization Workshop taught me how to incorporate and utilize Myofascial Release techniques immediately with my patients and that everyone can benefit from myofascial mobilization techniques.”

Introductory Workshop

PEDIATRIC MYOFASCIAL RELEASE



This introductory “hands-on” workshop is designed for therapists whose primary focus is on the pediatric population. Myofascial Release will be presented for the evaluation and treatment of head injuries, cerebral palsy, birth trauma, scoliosis, movement dysfunction, neurological dysfunction, trauma, pain and headaches.

12 Contact Hours

LOCATIONS AND DATES

| | | | | |
|--|---|--|---|---|
| TALLAHASSEE, FL March 9 & 10, 2019 Sheraton Downtown (850) 422-0071 | CLEVELAND, OH March 30 & 31, 2019 Doubletree Hotel (216) 241-5100 | CHICAGO, IL April 13 & 14, 2019 Chicago Marriott (312) 491-1234 | CHATTANOOGA, TN May 18 & 19, 2019 Embassy Suites (423) 602-5100 | GREEN BAY, WI June 8 & 9, 2019 Hyatt Regency (920) 432-1234 |
| SAN FRANCISCO, CA August 24 & 25, 2019 Holiday Inn Golden Gateway (415) 441-4000 | ST. PAUL, MN September 14 & 15, 2019 Doubletree Hilton (651) 291-8800 | ROCKVILLE, MD October 12 & 13, 2019 Hilton Garden Inn (240) 507-1800 | BELLEVUE, WA (Seattle Area) November 9 & 10, 2019 Sheraton Hotel (425) 455-3330 | |

“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

Increase your knowledge, skill and income by adding this important dimension to your practice. In this seminar you will receive extensive treatment for your own pelvic problems.

Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.

25 Contact Hours

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

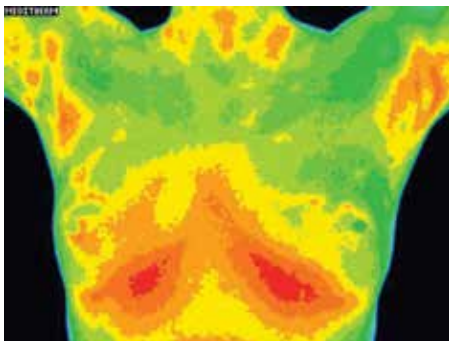
THIS FASCINATING INTERMEDIATE “HANDS-ON” SEMINAR WILL TEACH YOU IMPORTANT MYOFASCIAL RELEASE, VISCERAL RELEASE AND MYO/GYNO-FASCIAL RELEASE:

- Pelvic Floor Pain & Dysfunction
- Urinary Incontinence, Urgency and/or Frequency
- Problematic Breast Implant/Reduction Scars
- Vulvodynia
- Mastectomy Pain
- Endometriosis
- Interstitial Cystitis
- Fibromyalgia
- Menstrual Problems
- Adhesions
- Coccygeal Pain
- Episiotomy Scars
- Painful Intercourse
- Infertility Problems
- Lymphedema
- Painful Scars

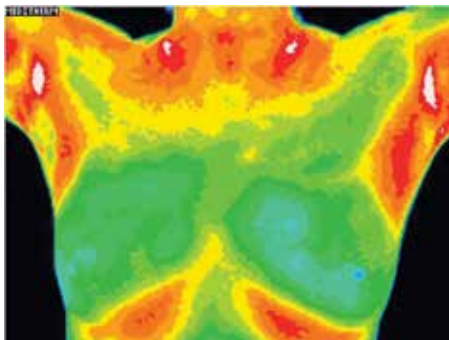


“John teaches this class with such a delightful mixture of tenderness, comedy, integrity and love.”

“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.”



Before



After

I had a thermography scan for breast screening. The results showed hyperthermia/inflammation in both breasts and they were particularly concerned about new vascularity (compared to my previous scans a few years earlier) that “extended from my lower sternum across the left breast to circumscribe the left nipple. They classified my left breast at INCREASED RISK for developing malignant breast disease. I received five Myofascial Release treatments to both breasts and did a follow-up thermogram. The results are remarkable as you can see from the photos. My left breast is now at LOW RISK as well as my right!!!

J. Reynolds, PT, Missouri

LOCATIONS AND DATES

SEDONA, AZ

February 7-10, 2019
Poco Diablo Resort
(928) 282-7333

LAKE OF THE OZARKS, MO

Central Missouri
August 15-18, 2019
Tan-Tar-A Resort
(573) 348-3131

MYOFASCIAL REBOUNDING



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

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

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

LOCATION AND DATES

SEDONA, AZ

June 13-16 (1/2 days)
2019
Poco Diablo Resort
(928) 282-7333

CAPE COD, MA

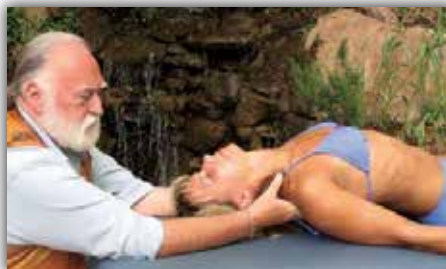
September 9-11, 2019
Ocean Edge Resort
(508) 896-9000

Prerequisite: Myofascial Release I™

ADVANCED MYOFASCIAL UNWINDING

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

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



LOCATION AND DATES

SEDONA, AZ

June 20-23 (1/2 days) 2019
Poco Diablo Resort
(928) 282-7333

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

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.

Sincerely, John F. Barnes, P.T.



New Prerequisites for MFR III

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

LOCATION AND DATES

SEDONA, AZ

September 24-29, 2019

Poco Diablo Resort

(928) 282-7333

TO APPLY: Please send your picture, resume and a letter stating what the Myofascial Release Approach has done for you personally and professionally, why you feel you are ready for this seminar and what your goals are for this 6 day retreat. Mail to MFR Seminars, 42 Lloyd Avenue, Malvern, PA 19355, along with a check for \$500. Those not accepted will receive a full refund.

QUANTUM LEAP! SEMINAR

Quantum Leap! Coming in 2019



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

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

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

LOCATION AND DATES:

LAKE OF THE OZARKS, MO

Central, Missouri

August 22-25 (1/2 days) 2019

Tan-Tar-A Resort

(573) 348-3131

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

FASCIAL CRANIUM !



Due to popular demand, John F. Barnes, PT has designed a new seminar, the '**Fascial Cranium**'.

You will explore and learn unique Myofascial Release principles for the fascial cranium and intraoral structures to increase physiological function, enhance cognition, and decrease headaches, cervical, sinus and TMJ pain.

This will also be a treatment seminar for you. Your head and whole body will receive powerful treatments with individual and group experiences. This class will be an extraordinary learning experience, with deep healing and fun with your Myofascial Release colleagues and friends.

**Exciting
New
Seminar!!**

LOCATION AND DATES

KEY WEST, FL

January 17-20 (1/2 days) 2019

Key West Resort

(305) 293-1818

CAPE COD, MA

September 12-15 (1/2 days) 2019

Ocean Edge Resort

(508) 896-9000

**DON'T MISS OUT ON
THE CAPE COD
SEMINAR WHICH IS
FILLING UP QUICKLY!**



Enhance your Cranial Expertise

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

Prerequisite for
Myofascial
Release III

THERAPY FOR THE THERAPIST

Feeling tired and burned out? Are you always the care-taker? Do you want to develop skills and confidence to provide consistent results for your patients? **"THERAPY FOR THE THERAPIST"** is designed specifically for you! This unique and one-of-a kind program meets the needs of the therapists who are experiencing pain, tightness and in desperate need of rejuvenation.

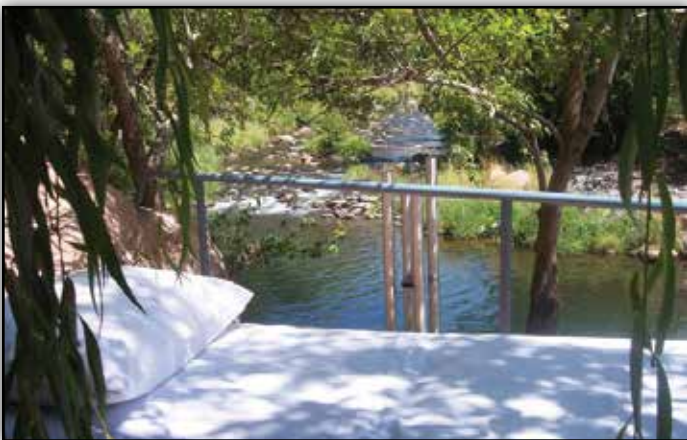
Sessions are multiple times per day for a total of 15 hours per week. Concentrated treatment with our teams of highly skilled Myofascial Release therapists' elicits the catalyst in promoting efficient, deep healing. Therapists returning home from the "Therapy for the Therapist" Program experience quantum leaps in health, inner calmness, therapeutic intuition and heightened proprioceptive awareness.

THE BEST GIFT I EVER GAVE MYSELF!

Dear John Barnes and all the staff at the Malvern Myofascial Release "Sanctuary", I want to thank you all for the deeply transformative therapeutic week I spent participating in your 'Therapy for the Therapist' program. I found it to be an amazing opportunity for professional and personal growth. Three sessions of hands-on therapy a day with some of the most talented physical therapists in the world has regenerated me! I haven't felt this good since . . . well, maybe ever!

I have been working in physical therapy for 20 years, but never invested 100% of my time and energy toward healing myself, until this week of 'Therapy for the Therapist'. Thanks to Myofascial Release and John, I now know I am worth it. I deserve it. And I need it . . . every year! Everyone does.

Emily E., LPTA, LMT, Maine
Developer of Mermaid Fascial Freedom™



"Therapy on the Rocks" - Sedona, AZ
(928) 282-3002



"The Sanctuary" - Malvern, PA
1-800-FASCIAL (327-2425)

ENROLLMENT IS LIMITED

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.

To be taken soon
after completing
MYOFASCIAL RELEASE I
Prerequisite for
Myofascial Release III



In this Relaxed, No Pressure Environment You Will:

- Work alongside our team of highly skilled therapists as we treat patients from around the world.
- Receive daily treatment for yourself to help you resolve any problems you may be experiencing.
- Learn how to ground and center yourself.
- Fine tune your dialoguing skills
- Improve your confidence.
- Learn Myofascial Freedom Self-Treatment techniques for yourself and your patients.
- Immerse yourself in a therapeutic retreat like no other & witness firsthand the healing effects of the Myofascial Release Approach®
- Experience the flow of a long established cash-based private practice to use a model to build or enhance your own practice.

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.



"The Sanctuary" - Malvern, PA
1-800-FASCIAL (327-2425)



"Therapy on the Rocks" - Sedona, AZ
(928) 282-3002

ENROLLMENT IS LIMITED

ONLY 4 THERAPISTS PER WEEK THEREBY MAXIMIZING & PERSONALIZING YOUR LEARNING EXPERIENCE

EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

To complement your treatments, there are a group of world famous gardens; Winterthur Gardens, the internationally acclaimed Longwood Gardens, the Chanticleer Garden Estate and many historical country inns and horse farms are all within a short drive.



“THE SANCTUARY”

42 Lloyd Avenue, Malvern, PA, 19355

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

Malvern@myofascialrelease.com

NURSE BETTY WELCOMES YOU TO HER HOME FOR ONLY \$35/NIGHT!

With her home less than a mile from The Sanctuary, Nurse Betty offers lodging at very reasonable rates to therapists and patients who visit us. Those who have stayed there have loved it! Lodging includes a private bedroom and use of the house, including a full kitchen. There are 4 bedrooms with 2 shared bathrooms including a private entrance on the lower level. Nurse Betty is a highly respected and dedicated nurse who works long hours, so guests often have the place to themselves. For those interested in these comfortable accommodations within a 2 minute drive or 20 minute walk, you can’t beat the rate and the comradery of sharing a home with other MFR enthusiasts.

OUR MISSION IS TO RETURN YOU

- Back Pain
- Jaw Pain (TMJ)
- Disc Problems
- Headaches
- Sports Injuries
- Whiplash
- Fibromyalgia
- Myofascial Pain Syndrome
- Infants/Children

WOMEN’S HEALTH PROBLEMS:

- Pelvic Floor Pain & Dysfunction
- Urinary Incontinence
- Infertility
- Mastectomy Pain
- Painful Intercourse
- Urinary Urgency
- Vulvodynia
- Endometriosis
- Painful Scars

WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

“Therapy on the Rocks”, our Western Myofascial Release Treatment Center, is located in Sedona, Arizona nestled on a cliff along side a fifty foot waterfall cascading into the pristine water of Oak Creek Canyon. “Therapy on the Rocks” offers the perfect setting for healing. Magnificent views of the red rocks of Sedona are seen from the cozy treatment rooms, redwood sunning decks, and our creek side whirlpool.

Western majestic Red Rock Canyons lie nestled between the beauty of the Grand Canyon, just a 2 hour drive north, and the 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 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

SEDONA, AZ

February 11-13, 2019
Poco Diablo Resort
(928) 282-7333

SEDONA, AZ

June 17-19, 2019
Poco Diablo Resort
(928) 282-7333

LAKE OF THE OZARKS, MO

Central, Missouri
August 19-21, 2019
Tan-Tar-A Resort
(573) 348-3131

WILMINGTON, DE

December 6-8, 2019
Doubletree Hotel
(302) 478-6000

Midwest

**East
Coast**



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!
- Fascial Cranium

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

- Women's Health Seminar:
The Myofascial Release Approach

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

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

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

- Myofascial Healing Seminar

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

Continuing Education:

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

Discounts:

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

Registration Fee and Cancellation Policy:

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

Tax Reform Act Of 1986, as amended by the 2017 Tax Cuts and Jobs Act: Registration fees, travel and lodging expenses incurred by a business or self-employed taxpayer while attending a convention or seminar that maintains or improves job skills 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)

- ☐ Myofascial Release I
☐ Myofascial Unwinding
☐ Myofascial Release II
☐ Fascial-Pelvis
☐ Cervical-Thoracic
☐ Myofascial Rebounding
☐ Advanced Myofascial Unwinding

- ☐ Myofascial Mobilization
☐ Pediatric Myofascial Release
☐ Women's Health Seminar
☐ Myofascial Healing
☐ Subtle Energy
☐ Myofascial Release III
☐ Fascial Cranium
☐ 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