A man with a white beard and a blue plaid shirt is looking towards a large waterfall. He is wearing a dark cap and sunglasses. The waterfall is multi-tiered and surrounded by lush green trees under a blue sky with white clouds.

John F. Barnes'

Myofascial Release

Approach®

MYOFASCIAL RELEASE

~ THE WAVE OF THE FUTURE! ~

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

LEARN MYOFASCIAL RELEASE FOR:

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

WHAT IS FASCIA?

Fascia is a tough connective tissue which spreads throughout the body in a three-dimensional web from head to foot without interruption. Trauma, posture or inflammation can create a binding down of fascia resulting in excessive pressure on nerves, muscles, blood vessels, osseous structures and/or organs. Since many of the standard tests such

as x-rays, myelograms, CAT scans, electromyography, etc, do not show the fascial restrictions, it is thought that an extremely high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but most go undiagnosed.

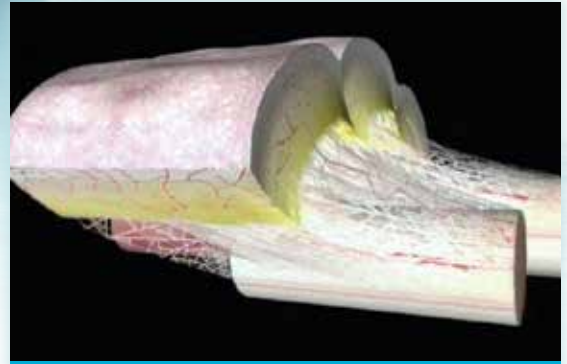
The viscoelastic quality of the fascial system causes it to resist a suddenly applied force. This explains why the "old form" of myofascial release, which was an attempt to force a system that cannot be forced, produced pain and limited results.

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

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

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

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



Fascia Photo by Permission of Dr J.C.Guiberteau





Myofascial Release

John F. Barnes, PT, LMT, NCTMB

*International lecturer, author
and authority on Myofascial Release*

John F. Barnes, PT, LMT, NCTMB, is a therapeutic 'icon' considered to be a teacher of the highest caliber. He has been teaching Myofascial Release seminars for over 40 years and has trained over 100,000 therapists. The awareness of the effectiveness of Myofascial Release is spreading across the country!

Scientific Verification!

There is a revolution happening... John F. Barnes, a renegade in his field, developed his Approach to Myofascial Release through his own trauma, intuition and over 50 years of experience treating people from all over the globe.

The 2015 Fascial Research Congress has just commenced with many of the expert presenters verifying the effectiveness and importance of treating the fascial system. All research in the past was performed on dead people. Obviously dead people are brittle and no attention was paid to the fluidity of the fascial system, the ground substance which is the vital transport medium of the air we breathe, the nutrition that we ingest, the hormones, bio chemicals and information that every cell needs to survive.

The work of Professor **Gerald Pollack, one of the leading experts in fluid dynamics, supports** the importance of treating the fluid aspect of the fascial system which involves unique principles developed by John F. Barnes, PT and not taught by others. We have been taught that there are three phases of water; ice, water and vapor. It turns out that there is a fourth phase of water that is liquid crystalline in nature which is the fascial system capable of change utilizing proper techniques.

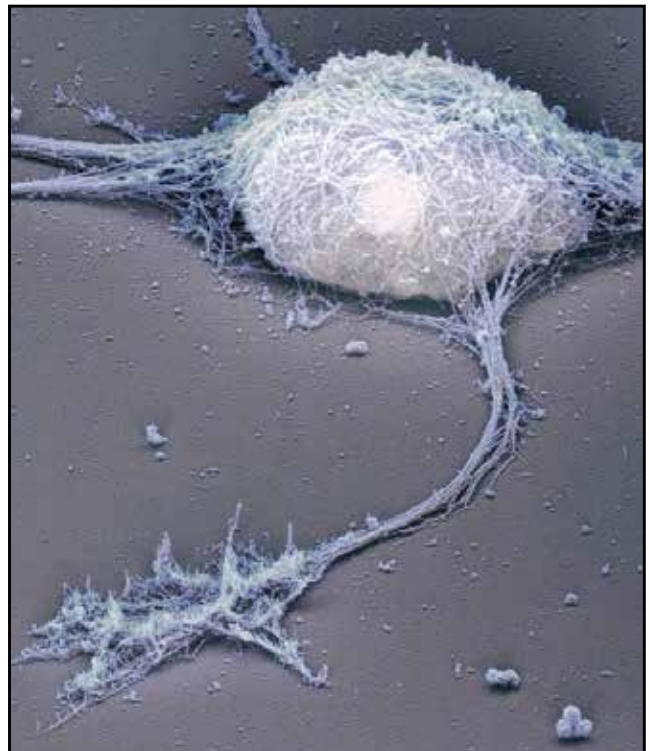
After 30 years of research, one of **Germany's leading scientists, Dr. Alfred Pischinger verifies** that the fascial system is the environment of every cell of our body. No nerve or blood vessel touches any one of the trillions of cells in our body.

When an individual undergoes trauma, surgery or thwarted inflammatory responses, the ground substance, the fluid component of the fascial system solidifies into crushing pressure and ultimately producing symptoms that we treat every day. Also, very importantly, **French hand surgeon, Dr. Jean-Claude Guimberteau after 20 years of research on the fascial system** was astonished that what he learned in medical school did not match his experience operating on living human beings. His work has culminated with a series of DVDs and his new book, the *Architecture of Human Living Fascia; the extracellular matrix and cells revealed through endoscopy*. John was honored to be

asked to contribute to Dr. Guimberteau's new book. For further details please refer to page 18.

The "Missing Link "

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



Fascia Photo by Permission of Dr. JC Guimberteau

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

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

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

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

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

This beautiful picture below illustrates the fascial system under great magnification and represents 30 years of research. It dramatically shows how the fascial system is both a fibrous network and a fluid system; which requires specific principles in fluid dynamics.



Fascia Photo by Permission of Dr. JC Guimberteau

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

Piezoelectricity

Piezoelectricity is a Greek word which means pressure electricity. It is a well-known fact that our cells are crystalline in nature. When you place pressure into a crystal it creates an electrical

flow. The sustained pressure of my Approach to Myofascial Release coupled with the time element, 5 minutes or longer per restriction creates a bioelectrical flow in our body, which leads into mechanotransduction.

Mechanotransduction

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

Phase Transition

These two occurrences, piezoelectricity and mechanotransduction dovetail together and then Phase Transition takes place. This is the phenomena of ice transforming into water. In our bodies a similar occurrence happens. The solidification of the ground substance becomes more fluid allowing the tissue to rehydrate and to glide taking crushing pressure off pain sensitive structures.

Resonance

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

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

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

The inclusion of the 'missing link', Myofascial Release, into your practice will greatly increase your ability to increase your effectiveness and the consistency of your results while enhancing people's lives.

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

MYOFASCIAL RELEASE I



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

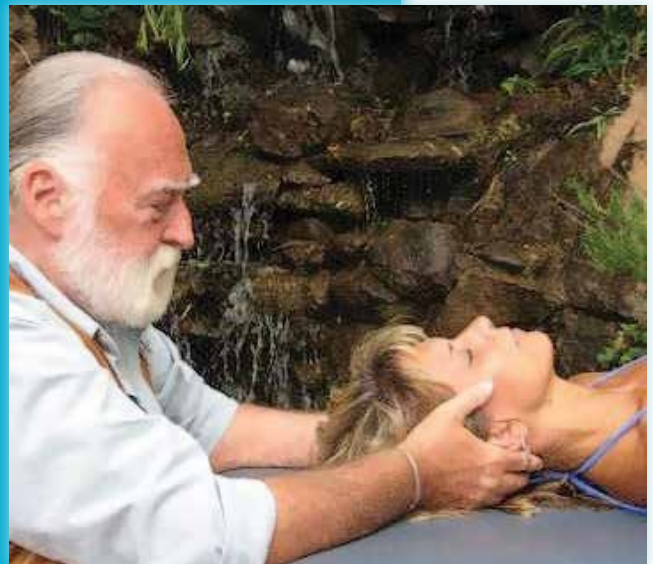
20 Contact Hours

MYOFASCIAL RELEASE TECHNIQUES:

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

THE FASCIAL CRANIUM

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



ENJOY A NEW, EXCITING AND LUCRATIVE CAREER!

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

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

Symptoms are the tip of the iceberg of a much deeper, important problem – myofascial restrictions! Science has now discovered what I have been teaching for over 40 years; i.e., pain, dysfunction and disease are caused by a prolonged inflammatory response. Trauma and the resultant inflammatory response create myofascial restrictions that ultimately create the symptoms.

Myofascial Release allows the chronic inflammatory response to resolve and eradicates the enormous pressure of myofascial restrictions exerted on pain-sensitive structures to alleviate symptoms and to allow the body’s natural healing capacity to function properly.

– ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS –

MYOFASCIAL RELEASE I

LOCATIONS AND DATES

SPOKANE, WA

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

DECATUR, GA

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

SEDONA, AZ

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

WARWICK, RI

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

BAY CITY, MI

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

MINNEAPOLIS, MN

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

PITTSBURGH, PA

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

VIRGINIA BEACH, VA

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

ALBUQUERQUE, NM

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

DENVER, CO

June 3-5, 2016
Hilton Garden Inn
(303) 603-8000

MYRTLE BEACH, SC

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

FAYETTEVILLE, AR

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

ASHEVILLE, NC

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

INDIANAPOLIS, IN

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

CHICAGO, IL

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

TIGARD, OR

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

MADISON, WI

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

DAYTONA BEACH, FL

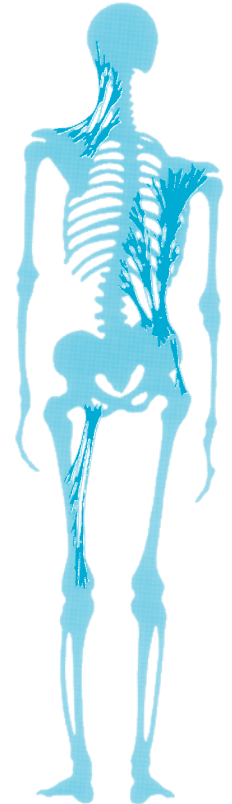
November 11-13, 2016
Daytona Beach Resort
(386) 672-3770

CHARLOTTESVILLE, VA

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

WILMINGTON, DE

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



Myofascial Restrictions

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

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

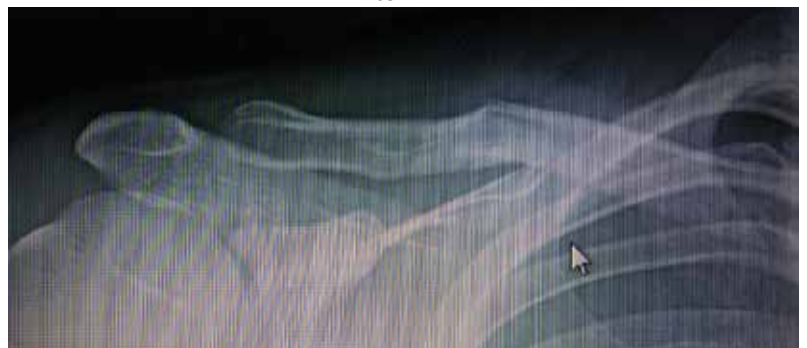
Myofascial Release helps to enhance our healing potential in both acute and chronic pain. Thank you John for showing us the right direction!

- Peter Podbielski, PT, DPT

Before MFR



After MFR



MYOFASCIAL UNWINDING

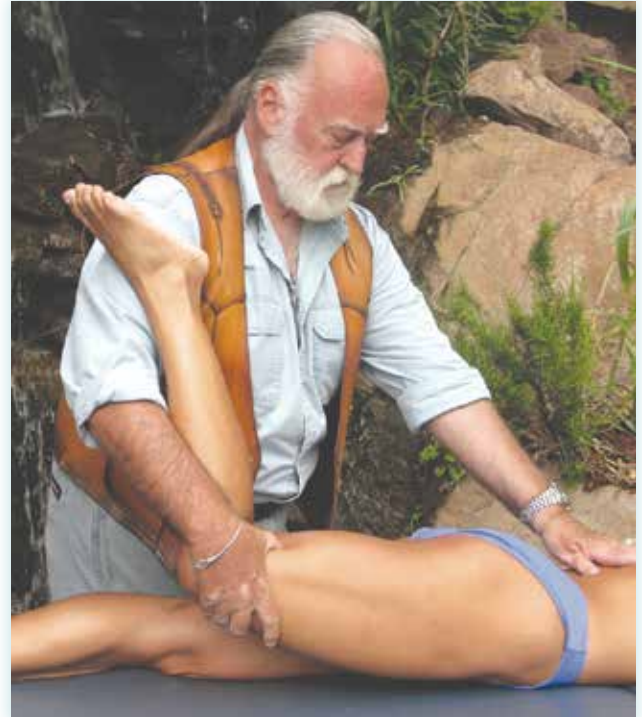
Prerequisite: Myofascial Release I™

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

20 Contact Hours

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

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



LOCATIONS AND DATES

SEDONA, AZ

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

MINNEAPOLIS, MN

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

VIRGINIA BCH, VA

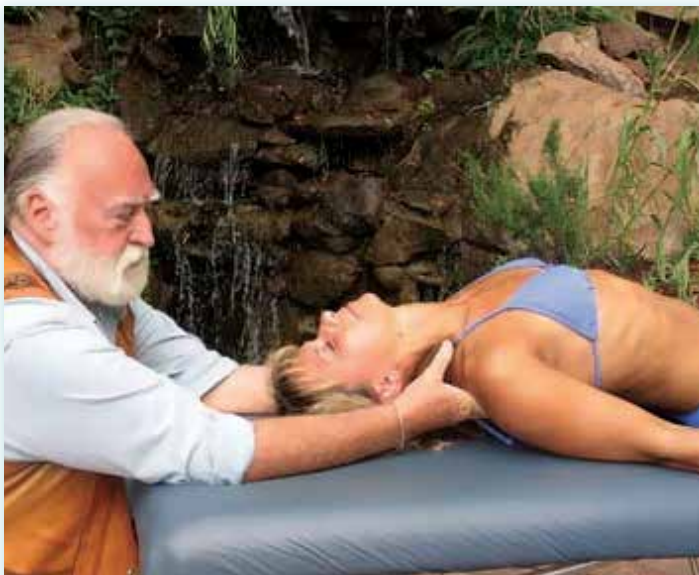
May 9-11, 2016
Holiday Inn North Beach
(757) 428-1711

MYRTLE BEACH, SC

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

CHICAGO, IL

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



“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



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

LOCATIONS AND DATES

SEDONA, AZ

March 17-20 (1/2 days) 2016

Poco Diablo Resort
(928) 282-7333

MINNEAPOLIS, MN

April 8-10, 2016

Best Western
(952) 854-8200

VIRGINIA BCH, VA

May 12-15 (1/2 days) 2016

Holiday Inn North Beach
(757) 428-1711

MYRTLE BEACH, SC

July 14-17 (1/2 days) 2016

Hilton Resort
(843) 449-5000

CHICAGO, IL

September 23-25, 2016

Indian Lakes Resort
(630) 529-0200

MYOFASCIAL RELEASE IS SO INCREDIBLY IMPORTANT!

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

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

UPDATE!

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



FASCIAL-PELVIS

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

20 Contact Hours



TECHNIQUES FOR THE FASCIAL-PELVIS:

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

LOCATIONS AND DATES

LAS VEGAS, NV

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

JACKSONVILLE, FL

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

PASADENA AREA

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

CALGARY, ALBERTA

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

CINCINNATI, OH

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

NASHUA, NH

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

MORRISTOWN, NJ

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

MINNEAPOLIS, MN

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

ANCHORAGE, AK

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

SEDONA, AZ

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

BOSTON AREA

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

DALLAS, TX

November 18-20, 2016
Magnolia Hotel
(214) 750-6060

CHICAGO AREA

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

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

CERVICAL-THORACIC

Prerequisite: Myofascial Release I™

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

20 Contact Hours



LOCATIONS AND DATES

SEDONA, AZ

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

WILMINGTON, DE

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

MADISON, WI

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

TECHNIQUES FOR THE CERVICAL-THORACIC:

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

VACATION SERIES & SPECIALTY SEMINARS

SAVE \$300
By registering for any three seminars!



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

Women's Health
February 11-14, 2016

Myofascial Healing
February 15-17, 2016

Cervical-Thoracic
February 18-21, (1/2 days) 2016

Poco Diablo Resort
(928) 282-7333



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

Myofascial Release I
March 10-13 (1/2 days) 2016

Myofascial Unwinding
March 14-16, 2016

Myofascial Release II
March 17-20 (1/2 days) 2016

Poco Diablo Resort
(928) 282-7333



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

Myofascial Release I
April 1-3 2016

Myofascial Unwinding
April 5-7, 2016

Myofascial Release II
April 8-10 2016

Best Western
(952) 854-8200



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

Myofascial Release I
May 5-8, (1/2 days) 2016

Myofascial Unwinding
May 9-11, 2016

Myofascial Release II
May 12-15, (1/2 days) 2016

Holiday Inn North Beach
(757) 428-1711



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

Myofascial Rebounding
June 16-19 (1/2 days) 2016

Myofascial Healing
June 20-22, 2016

Advanced Myofascial Unwinding
June 23-26 (1/2 days) 2016

Poco Diablo Resort
(928) 282-7333



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

Myofascial Release I
July 7-10 (1/2 days) 2016

Myofascial Unwinding
July 11-13, 2016

Myofascial Release II
July 14-17 (1/2 days) 2016

Hilton Resort
(843) 449-5000



Wilmington, DE Wilmington and the Brandywine Valley blends the arts, dining and entertainment amenities of the city with the history and beauty of the surrounding countryside.

Cervical-Thoracic
August 5-7, 2016

Myofascial Rebounding
August 9-11, 2016

Advanced Unwinding
August 12-14, 2016

Doubletree Hilton
(302) 478-6000



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

Myofascial Release I
September 16-18, 2016

Myofascial Unwinding
September 20-22, 2016

Myofascial Release II
September 23-25, 2016

Indian Lakes Resort
(630) 529-0200



Madison, WI From the family-friendly activities to the natural beauty of Olbrich Botanical Gardens and the University of Wisconsin Arboretum, there is something for everyone in Madison! Venture out of Madison and you'll encounter fascinating artistic communities and rolling green landscapes.

Myofascial Release I
November 4-6, 2016

Myofascial Rebounding
November 8-10, 2016

Cervical-Thoracic
November 11-13, 2016

Madison Marriott West
(608) 831-2000

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

PARKERSBURG, WV
March 5 & 6, 2016
Blennerhasset Hotel
(304) 422-3131

TACOMA, WA
March 19 & 20, 2016
Courtyard by Marriott
(253) 591-9100

SAN ANTONIO, TX
March 19 & 20, 2016
Wyndham Riverwalk
(210) 354-2800

ITHACA, NY
April 2 & 3, 2016
Hotel Ithaca
(607) 272-1000

BOWLING GREEN, KY
May 14 & 15, 2016
Holiday Inn
(270) 745-0088

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

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

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

FORT MYERS, FL
October 22 & 23, 2016
Sanibel Marriott Resort
(239) 466-4000

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



“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

OKLAHOMA CITY, OK
March 12 & 13, 2016
Crowne Plaza
(405) 848-4811

DULUTH, MN
May 14 & 15, 2016
Radisson Harborview
(218) 727-8981

MILWAUKEE, WI
May 21 & 22, 2016
Hyatt Regency
(414) 276-1234

TROY, NY
(Albany Area)
June 11 & 12, 2016
Hilton Garden Inn
(518) 272-1700

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

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

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

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

“I have gained so many new treatment ideas during the Pediatric Myofascial Workshop. We spent the perfect amount of time in hands-on workshops that I have a good handle on how to perform these techniques correctly to get maximum results with my pediatric patients.”

WOMEN'S HEALTH SEMINAR THE MYOFASCIAL RELEASE APPROACH

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

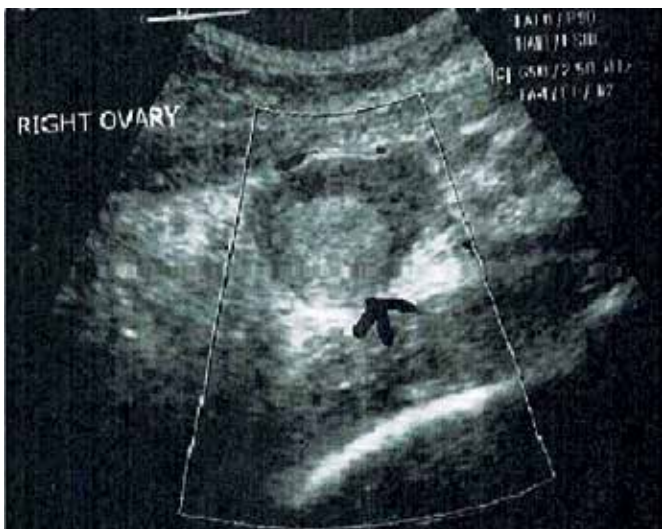
Increase your knowledge, skill and income by adding this important dimension to your practice. In this seminar you will receive extensive treatment for your own pelvic problems. Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.

25 Contact Hours



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

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



SOLID RIGHT OVARIAN MASS

“My wife told me that she has a cyst on her right ovary and “ it does not look good”. During her routine ultrasound it was discovered that she had a dermoid cyst. The doctor suggested surgery to remove the whole right ovary. He warned us that solid cysts do not go away and that my wife would need surgery.

My wife saw an advanced John F. Barnes' Myofascial

Release therapist the following day and subsequently completed 10 Myofascial Release sessions. When my wife had her second ultrasound performed, the cyst was completely gone! “No surgery” the doctor said. What a relief! Thank you John for bringing Myofascial Release to our lives!”

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

“The Women's Health seminar was absolutely awesome. There was a feeling of being part of something incredibly important... like witnessing a piece of history. It felt like John was opening the door for us to be a part of a significant shift in the healthcare field.”

LOCATIONS AND DATES

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

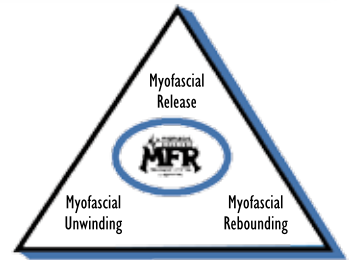
NEW YORK, NY
August 25-28, 2016
Holiday Inn Midtown
(212) 581-8100

East Coast!

Prerequisite: Myofascial Release I™

MYOFASCIAL REBOUNDING

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



The Myofascial Triad

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

LOCATIONS AND DATES

SEDONA AZ

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

WILMINGTON, DE

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

MADISON, WI

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

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

ADVANCED MYOFASCIAL UNWINDING

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

LOCATIONS AND DATES:

SEDONA, AZ

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

WILMINGTON, DE

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



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

SUBTLE ENERGY SEMINAR

EXPAND YOUR SENSITIVITY AND AWARENESS!

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

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

MYOFASCIAL RELEASE III – “BEYOND TECHNIQUE”

An Exciting Adventure!

Prerequisites: Myofascial Release I, Fascial-Pelvis, Cervical-Thoracic, Myofascial Unwinding, Myofascial Rebounding, Advanced Myofascial Unwinding, Myofascial Release II, and a one week Skill Enhancement Seminar at either of our Myofascial Release Treatment Centers.

DATES

SEDONA, AZ

October 18-23, 2016



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.



MFR Insight

Unlock the Questions You Have About Myofascial Release & Join Us on Facebook!

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

Feel free to share your insights, thoughts and comments to help spread the word on Myofascial Release.

Link to our Facebook profile: <https://www.facebook.com/profile.php?id=100009467368110>

Link to our group, MFR Insight: <https://www.facebook.com/groups/919187738175898/>

What Students Are Saying:



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

MYOFASCIAL 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 15-17, 2016
Poco Diablo Resort
(928) 282-7333

WILMINGTON, DE
April 22-24, 2016
Doubletree Hilton
(302) 478-6000

East Coast!

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

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



To Register See Page 19

SKILL ENHANCEMENT SEMINAR

Prerequisite: Myofascial Release I™

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



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

SKILL ENHANCEMENT WITH JOHN F. BARNES, PT

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

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



“The Sanctuary” - Malvern, PA



“Therapy on the Rocks” - Sedona, AZ

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

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

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

EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

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



“THE SANCTUARY”

42 Lloyd Avenue, Malvern, PA, 19355

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

Malvern@myofascialrelease.com

OUR MISSION IS TO RETURN YOU

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

WOMEN’S HEALTH PROBLEMS:

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

WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

Sedona’s majestic Red Rock Canyons lie nestled between the beauty of the Grand Canyon, just a 2 hour drive north, and the cosmopolitan charm of Phoenix, a magnificent two hour drive south. Drive through Oak Creek Canyon (between Sedona and Flagstaff) on scenic Highway 89A, where spring fed Oak Creek cuts its way through a 28 mile long, 3,000 foot deep gorge and where the forces of nature have acted to create a visual masterpiece. Visit the quaint mining town of Jerome, built on the precipice of Mingus Mountain, with unique shopping available and spectacular views of the Sedona Valley.

Sedona, Arizona is truly a unique destination spot where visitors can enjoy a multitude of activities: hiking trails leading into the heart of the Red Rocks, jeep and helicopter tours, horseback riding, train and balloon rides await visitors. Beautiful and varied art galleries, Southwest and eclectic shopping opportunities, ancient Native American ruins, golf on the rocks, Slide Rock State Park and a multitude of high quality restaurants are minutes away.



“THERAPY ON THE ROCKS”

676 North Highway 89A • Sedona, AZ 86336

928-282-3002 • 928-282-7274 fax

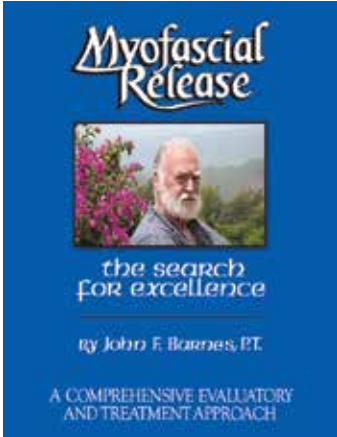
Sedona@myofascialrelease.com • Therapyontherocks.net

TO A PAIN FREE, ACTIVE LIFESTYLE!

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

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

MYOFASCIAL RELEASE MERCHANDISE



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

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

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



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/

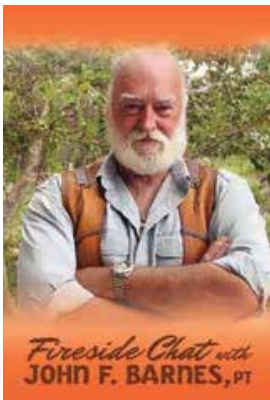
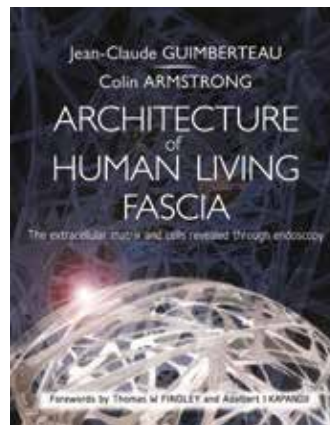
clients to educate, motivate and inspire them to accelerate, deepen and enhance their treatment response. \$49.95

NEW BOOK!

ARCHITECTURE OF HUMAN LIVING FASCIA

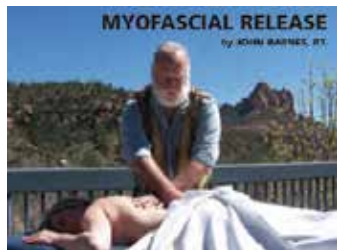
By Jean-Claude
Guimberteau,
Colin Armstrong

Dr. Guimberteau, renowned French surgeon has published a richly illustrated and historic book. A picture is worth a thousand words. This book and accompanying DVD clearly shows the fascia system of a living person which reveals piezoelectricity, mechanotransduction, phase transition and resonance; the essence of Myofascial Release. His outstanding work is a must for MFR therapists and is the book of the century! \$75.00



"FIRESIDE CHAT" DVD BY JOHN F. BARNES

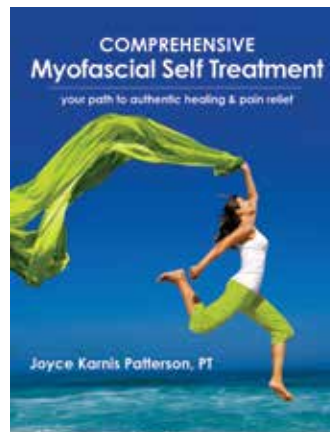
The Fireside Chat DVD with John F. Barnes, PT will give the viewer a chance to gain an inside look at John F. Barnes' perspective on the principles and methods employed in his Myofascial Release Approach. \$49.95



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



COMPREHENSIVE MYOFASCIAL SELF TREATMENT BOOK

By Joyce Karnis Patterson, PT.

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

TO ORDER... CALL 1-800-FASCIAL

REGISTRATION INFORMATION

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

- Myofascial Release I
- Fascial-Pelvis Myofascial Release
- Cervical-Thoracic Myofascial Release
- Myofascial Unwinding
- Myofascial Release II
- Myofascial Rebounding
- Advanced Myofascial Unwinding
\$750 for each seminar or
\$695 if registered 2 weeks
prior to seminar date

- Women's Health Seminar:
The Myofascial Release Approach
\$1,000 for each seminar or
\$895 if registered 2 weeks
prior to the seminar date

- Myofascial Mobilization Workshop
- Pediatric Myofascial Release Workshop
- Subtle Energy
\$450 for each seminar or
\$395 if registered 2 weeks
prior to seminar date

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

Continuing Education:

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

Discounts:

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

Registration Fee and Cancellation Policy:

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

Tax Reform Act Of 1986:

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

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

IMPORTANT

Seminar Location City: _____ State: _____

Check the appropriate box(es)

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

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