



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.

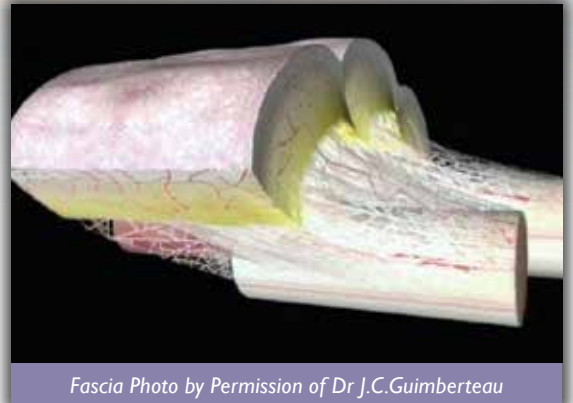
The viscoelastic quality of the fascial system causes it to resist a suddenly applied force. This explains why the "old form" of myofascial release, which was an attempt to force a system that cannot be forced, produced pain and limited results.

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 40 years and has trained well over 100,000 therapists.

Headline News !

The importance of the Fascial System took center stage this past spring in various forms of media across the world!

New scientific discoveries have verified what I have been teaching about the fascial system for over 40 years. My critics would say 'if what John was saying were true, then science would have to be wrong'.

Well it was wrong and it now has been proven wrong!

The New York University School of Medicine utilized new laser technology called Laser Scanning Confocal Microscopy. This new technology shows the 3 dimensional fibrous web and the fluid within that space, 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. The work of Dr. Gerald Pollack at the University of Washington provides the physics of how fluid moves through that system and provides a direct scientific connection of what we do as myofascial release therapists.

Are you tired of being tired? Are you feeling burned out? Frustrated?

I have run into so many therapists utilizing traditional techniques that are struggling in their attempts to help their patients/clients only to find their results to be temporary. They feel like a hamster on a treadmill, working hard, but seemingly getting nowhere.

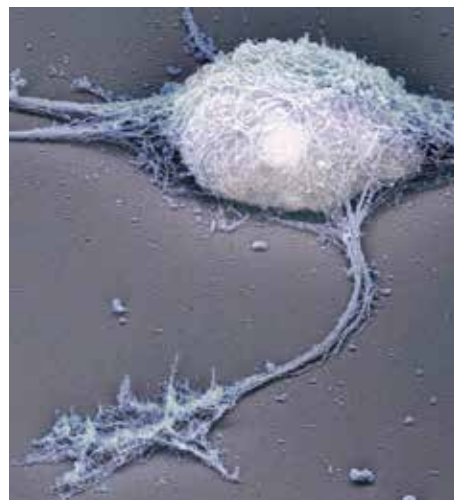
Including Myofascial Release into your treatment regimens will substantially help your patients/clients, add fulfillment to your career as you gain energy, rather than being drained.

Most of what we were taught in school has turned out to be wrong! As you know, the very basis of science is objectivity. Science tried to turn us into objects. We are not a bunch of widgets, to be stacked up and quantified. We are living, conscious human beings with a fascial system.

A paradigm is a shared set of assumptions. What most scientists have never done is look at the meta paradigm. This is the belief system that lies under all of the other theories that emanate from this belief. Two basic questions were posed, does consciousness matter or not matter? Scientists chose to believe that consciousness does not matter; too many variables and inconvenient to research.

I have great respect for researchers and scientists that build bridges, architecture, computers, however, to apply these principles to a living, conscious human beings unfortunately does not work.

Albert Einstein has speculated that science reveals only the external appearance of some deeper reality. Yet generations of scientists claim to study perception without consciousness, human nature without consciousness, attention without



Fascia surrounds every nerve of our body and restrictions can create crushing pressure on the nerve cell producing pain, spasm, restriction of motion.

consciousness, learning, brain physiology and healing without consciousness. I have found over the years, just because something is logical doesn't mean it has any basis in reality. You were not wrong, what we were taught was wrong.

We need to go back over 300 years to the father of modern medicine, Rene Descartes and Sir Isaac Newton. They struggled with the Church since Descartes wanted to study cadavers to increase his knowledge of anatomy.

They finally came to an agreement to fragment the human being. This fragmentation of the human being has reached a point of total absurdity. This was the beginning of dualism where mind was separated from matter. It was wrong then and it is wrong now. Traditional therapy is based on Newtonian or classical physics which comes from the reductionist point of view, as if you can separate the systems in life, which you can't. We are taught that we are mindless machines or just bags of chemicals. This was proven to be a false concept by Max Plank, the father of quantum physics in 1923.

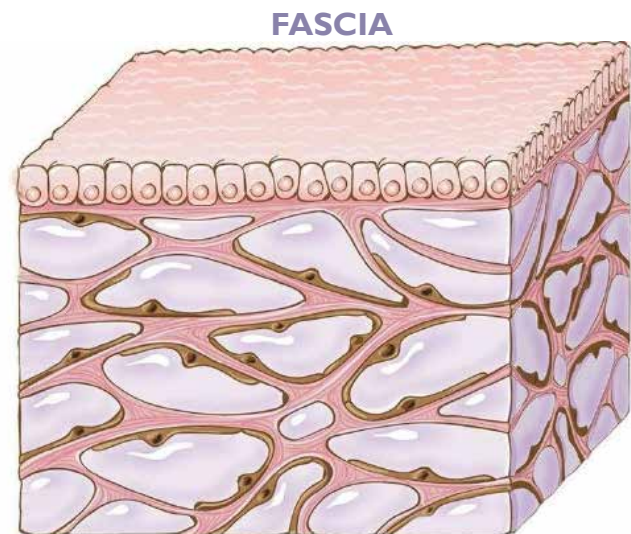
Most of what we learned in school was from cadavers. Dead people are brittle! The attention was only given to structure since there was no longer fluid present in our bodies and cadavers are not conscious. There is a new book the [Extra Cellular Matrix: Ground Substance Regulation](#) by Dr. Alfred Pischinger which represents over 30 years of research on the fascial system. Dr. Pischinger describes the importance of the fascia's extracellular matrix (ECM), and states that almost every disease starts within the ECM. Dr. Pischinger has discovered that there is no nerve or blood vessel that touches any one of the trillions cells of our body. This completely obliterates the Neuronal Theory which is the basis of all forms of traditional therapy and medicine stating that everything comes from the brain and nervous system.

To apply the classical physics principles of traditional therapy through manipulation, mobilization, massage, exercise, modalities and other forms of bodywork, only produces short term results. Basically, you and I were taught to do the impossible!

With Myofascial Release we utilize both the biomechanical principles of classical physics or Newtonian Physics and utilize a wide array of principles and techniques based on fluid dynamics and quantum physics. This allows us to treat the entire human being and the cause/effect relationship successfully for lasting results that our patients/clients need.

Trauma changes what should be fluid in the Fascial System into a solid mass that can create crushing pressures, approximately 2,000 pounds per square inch of pressure on pain sensitive structures producing the symptoms that you and I treat. We were only taught to treat symptoms, and not the cause of this whole dysfunctional scenario.

The Fascial System is the main transport medium of our body carrying the food we ingest, the fluid we drink, the oxygen we breathe, the biochemicals and hormones, the information and energy of the trillions of cells that our body needs to thrive. All of that cannot reach the cell, when the fluid component of the Fascial System has solidified from trauma.



This image comes from the recent research mentioned above. It demonstrates the importance of the fluidity of the ground substance which requires the very unique principles that we teach to be successful.

Within the cells is a micro fascial system. The cells are being crushed by the fascial restrictions causing malfunction of the cell, and as the cell attempts to excrete, it cannot travel to the lymphatic system due to the solidification of the fascia's ground substance. This is a very painful, chaotic physiological process that ends as a serious problem for many of us.

The good news is that Myofascial Release helps to free the crushing pressure and return that which has solidified into a more fluid system capable of glide.

View Myofascial Release as the 'Missing Link' in Therapy and Healthcare.

My Approach is based on the scientific principles of classical Newtonian Physics, Quantum Physics and recent discoveries in Fluid Dynamics. The inclusion of Myofascial Release into your treatment regimens will greatly enhance your efforts to help others in a compassionate, consistent, and highly effective way.

We are over 100,000 strong in our efforts to improve healthcare!... Join us.

John F. Barnes, PT

There is an old saying that I think is relative here...

"No matter how far you have travelled down the wrong road, turn around!"

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 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

DETROIT, MI

July 6-8, 2018
MGM Grand
(313) 465-1777

BOSTON, MA

August 17-19, 2018
Sonesta Hotel
(617) 806-4200

INDEPENDENCE, OH

(Cleveland Area)
Aug 17-19, 2018
Doubletree Hotel
(216) 447-1300

FT. WORTH, TX

August 24-26, 2018
Renaissance Hotel
(817) 870-1000

WINNIPEG, MANITOBA

September 28-30, 2018
Holiday Inn South
(204) 452-4747

LAS VEGAS, NV

Oct. 4-7 (1/2 days) 2018
Alexis Park Resort
(702) 796-3300

BOISE, ID

October 19-21, 2018
Red Lion
(208) 344-7691

RALEIGH, NC

November 9-11, 2018
Doubletree Hotel
(919) 828-0811

MINNEAPOLIS, MN

November 9-11, 2018
Hyatt Regency
(612) 370-1234

ORLANDO, FL

November 16-18, 2018
Hilton Hotel
(407) 313-4300

SANTA CRUZ, CA

November 16-18, 2018
Hilton Hotel
(831) 440-1100

KEY WEST, FL

Jan. 3-6 (1/2 days) 2019
Doubletree Resort
(305) 293-1818

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 NORTHWEST 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

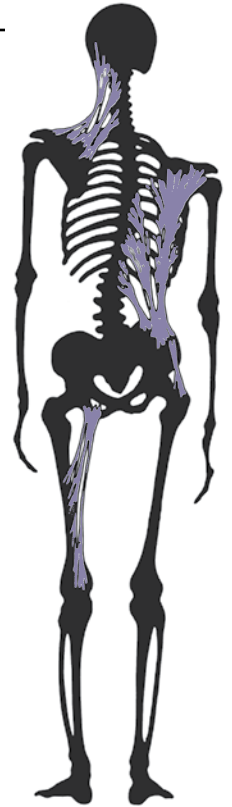
June 7-9, 2019
Doubletree Hotel
(319) 731-4444

PORTLAND, ME

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

CHICAGO SUBURBS BURR RIDGE, IL

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



Myofascial Restrictions

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

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

- Peter Podbielski, PT, DPT

Before MFR



After MFR



MYOFASCIAL UNWINDING

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:

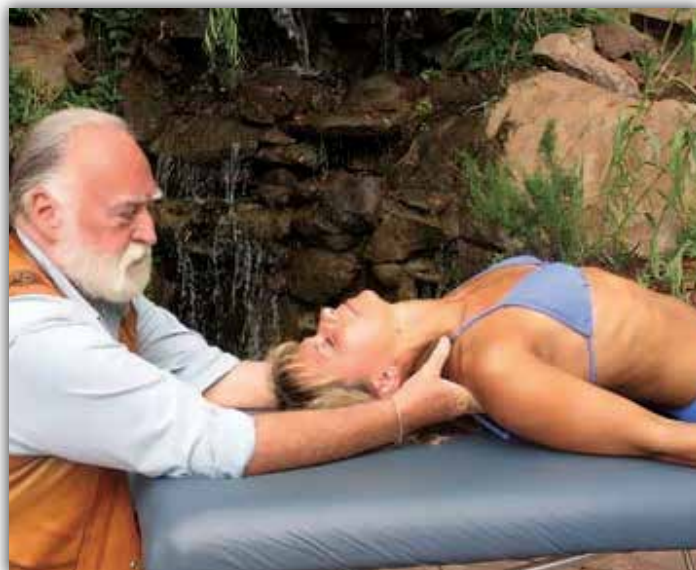
- Decrease Pain
- Increase Range of Motion
- Eliminate Subconscious “Holding or Bracing Patterns”
- Increase Your Proprioceptive Awareness
- Increase Functional Mobility of the Neuro/Myofascial/Osseous Systems



LOCATIONS AND DATES

DETROIT, MI July 10-12, 2018 MGM Grand (313) 465-1777	BOSTON, MA August 21-23, 2018 Sonesta Hotel (617) 806-4200	LAS VEGAS, NV October 8-10, 2018 Alexis Park Resort (702) 796-3300
MINNEAPOLIS, MN November 13-15, 2018 Hyatt Regency (612) 370-1234	KEY WEST, FL January 7-9, 2019 Doubletree Resort (305) 293-1818	SEDONA, AZ March 11-13, 2019 Poco Diablo Resort (928) 282-7333
PACIFIC NORTHWEST 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

“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™



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

DETROIT, MI July 13-15, 2018 MGM Grand (313) 465-1777	BOSTON, MA August 24-26, 2018 Sonesta Hotel (617) 806-4200	LAS VEGAS, NV October 11-14 (1/2 days), 2018 Alexis Park Resort (702) 796-3300	MINNEAPOLIS, MN November 16-18, 2018 Hyatt Regency (612) 370-1234
KEY WEST, FL Jan. 10-13 (1/2 days) 2019 Doubletree Resort (305) 293-1818	SEDONA, AZ Mar. 14-17 (1/2 days) 2019 Poco Diablo Resort (928) 282-7333	PACIFIC NORTHWEST 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			

MYOFASCIAL RELEASE IS SO INCREDIBLY IMPORTANT!

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

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

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

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



Before



After

FASCIAL-PELVIS

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



TECHNIQUES FOR THE FASCIAL-PELVIS:

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

LOCATIONS AND DATES

NEWPORT NEWS, VA
August 24-26, 2018
Marriott Hotel
(757) 873-9299

HONOLULU, HI
September 7-9, 2018
Alohilani Resort
(808) 922-1233

ST. LOUIS, MO
(Clayton Plaza Area)
September 21-23, 2018
Sheraton Hotel
(314) 863-0400

SYRACUSE, NY
October 5-7, 2018
Sheraton Hotel
(315) 475-3000

OKLAHOMA CITY, OK
November 2-4, 2018
Sheraton Hotel
(405) 235-2780

HOUSTON, TX
November 16-18, 2018
Hilton Westchase
(713) 974-1000

WILMINGTON, DE
Nov. 30-Dec. 2, 2018
Doubletree Hotel
(302) 478-6000

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

***“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

MYRTLE BEACH, SC
September 13-16 (1/2 days) 2018
Hilton Beach Resort
(843) 449-5000

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

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

TECHNIQUES FOR THE CERVICAL-THORACIC:

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

VACATION SERIES & SPECIALTY SEMINARS

**SAVE
\$300**

By registering for any
three seminars!



Boston/Cambridge, MA Visit this historic area, its harbors, and incredible seafood. Do not miss visiting famous Faneuil Hall Marketplace located in the heart of downtown Boston. This intriguing complex of distinctive shops, performers, food stands and restaurants brought new life to a historic meeting place.

Myofascial Release I
August 17-19, 2018

Myofascial Unwinding
August 21-23, 2018

Myofascial Release II
August 24-26, 2018

Sonesta Cambridge
(617) 806-4200



Myrtle Beach, SC Experience beautiful, pristine beaches, numerous water activities, including boating and fishing or just relax and watch the dolphins from the shoreline.

Women's Health
September 6-9, 2018

Myofascial Healing
September 10-12, 2018

Cervical Thoracic
Sept. 13-16 (1/2 days) 2018

Hilton Beach Resort
(843) 449-5000



Las Vegas, NV Enjoy the incredible shows, the tasty variety of gourmet foods from top chefs and cornucopian buffets. Visit the sea life at the Mandalay Bay Shark Reef and hike the spectacular Red Rock Canyon!

Myofascial Release I
Oct. 4-7 (1/2 days) 2018

Myofascial Unwinding
October 8-10, 2018

Myofascial Release II
Oct. 11-14 (1/2 days) 2018

Alexis Park Resort
(702) 796-3300



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

Myofascial Release I
November 9-11, 2018

Myofascial Unwinding
November 13-15, 2018

Myofascial Release II
November 16-18, 2018

Hyatt Regency
(612) 370-1234



Key West, FL Explore this party town's clear waters, savor a Key West Sunset or take a stroll down Duval Street and enjoy fun nightclubs and music. Relax and enjoy Key West's laid-back attitude!

Myofascial Release I
Jan. 3-6 (1/2 days) 2019

Myofascial Unwinding
Jan. 7-9, 2019

Myofascial Release II
Jan. 10-13 (1/2 days) 2019

Fascial Cranium
Jan. 17-20 (1/2 days) 2019

Doubletree Resort
(305) 293-1818



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 of 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, and 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

Sneak Peek: Chicago, IL- MFR I, Unwinding, MFR II, July 2019 and Lake of Ozarks, MO- Women's Health, Healing, Quantum Leap, August 2019

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

BURNABY, BRITISH COLUMBIA

September 8 & 9, 2018
Delta Hotel
(888) 236-2427
(604) 453-0750

PITTSBURGH, PA

(Cranberry Twp. Suburbs)
Sept. 22 & 23, 2018
Marriott North
(724) 772-3700

EL PASO, TX

October 6 & 7, 2018
Doubletree Hotel
(915) 532-8733

WICHITA, KS

October 13 & 14, 2018
Hyatt Regency
(316) 293-1234

APPLETON, WI

October 27 & 28, 2018
Radisson Paper Valley
(920) 733-8000

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



“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

ANN ARBOR, MI

Sept. 29 & 30, 2018
Courtyard by Marriott
(734) 995-5900

SPRINGFIELD, MA

October 6 & 7, 2018
Hilton Garden Inn
(413) 886-8000

CINCINNATI, OH

(Covington, KY Area)
October 20 & 21, 2018
Marriott Rivercenter
(859) 261-2900

COSTA MESA, CA

(Orange Cty., CA)
November 17 & 18, 2018
Westin S. Coast Plaza
(714) 540-2500

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

“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.

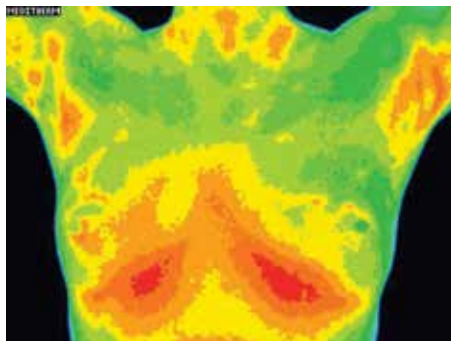
25 Contact Hours

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

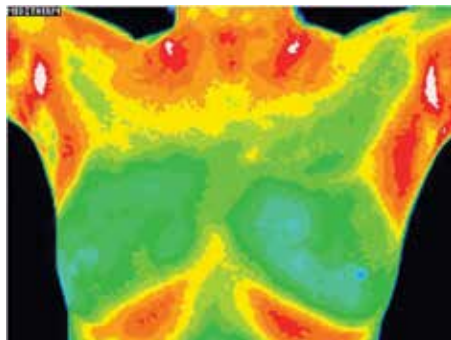


THIS FASCINATING INTERMEDIATE “HANDS-ON” SEMINAR WILL TEACH YOU IMPORTANT MYOFASCIAL RELEASE, VISCERAL RELEASE AND MYO/GYNO-FASCIAL RELEASE:

- 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



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

“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

MYRTLE BEACH, SC

September 6-9, 2018
Hilton Beach Resort
(843) 449-5000

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

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.

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™



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

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

MYOFASCIAL RELEASE III - "BEYOND TECHNIQUE"

Dear Friends:

The contents of this fascinating seminar will include Advanced Myofascial Release, Cranial and Myofascial Unwinding techniques, visualization, guided imagery and subtle energy techniques; emphasizing the development of your proprioceptive senses for whole body evaluation and treatment.

Bond with fellow therapists as you treat one another to help clear yourself mentally, physically, and emotionally so that you can become true healers.

This powerful and enjoyable experience will allow your essence to re-emerge in a healthy, positive, balanced fashion. This will be done in a supportive, loving environment designed to bring out your full potential to become authentic healers.

I look forward to being with you. Sincerely,
John F. Barnes, P.T.



Dates: October 23-28, 2018

Times: Full-day October 23rd, Half-days October 24-28, 2018. Times will vary.

Location: Poco Diablo Resort

Nestled like a diamond in the foothills of towering red cliffs, Sedona is considered to be one of the natural wonders of the world. Its sheer red walls and pinnacles reach heights of 2,500 feet with the waterfalls of Oak Creek cutting their way through majestic pine forests. It is a landscape masterpiece that has taken nature's architect millions of years to sculpt.

Hotel: Poco Diablo Resort (928) 282-7333

Price: \$1800 or \$1495 if registered two weeks prior to the seminar date.

To Apply: Please send your picture, resume and a letter stating what the Myofascial Release Approach has done for you personally and professionally, why you feel you are ready for this seminar and what your goals are for this 6 day retreat.

Mail to MFR Seminars, 42 Lloyd Avenue, Malvern, PA 19355, along with a \$500 deposit.
Those not accepted will receive a full refund.

Since it is essential to have a compatible group in attitude, openness and skill level, we reserve the right to accept only those that we feel are functioning at the proper level at this time.



*Empower Yourself!
Develop Clarity, Tranquility, and Authentic Power.*

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.

SUBTLE
ENERGY
SEMINAR

EXPAND YOUR SENSITIVITY AND AWARENESS!

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

**Prior to
Fascial-Pelvis in
Wilmington!**

Location: Wilmington, Delaware

Dates: November 28 & 29, 2018

Accommodations: Doubletree Hotel (302) 478-6000

East Coast!

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!!**



Enhance your Cranial Expertise

LOCATION AND DATES

WILMINGTON, DE

(Easily Accessible)

July 27, 28, 29, 2018

Doubletree Hotel

(302) 471-6000

KEY WEST, FL

January 17-20 (1/2 days) 2019

Doubletree Resort

(305) 293-1818

**DON'T MISS OUT ON
THE KEY WEST, FL
SEMINAR WHICH IS
ALREADY HALF FULL -
REGISTER TODAY!**

**SOLD OUT
IN 5 DAYS!**

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

KEY WEST MYOFASCIAL IMMERSION!



Immerse yourself in Myofascial Release. Repeat Myofascial Release I, Myofascial Unwinding and Myofascial Release II at **HALF PRICE** !

See page 9 for details

Enjoy the Florida sun a bit longer and attend the Fascial Cranium Seminar in the tropical party town of Key West Florida where you will enjoy turquoise waters, boating, fishing, fabulous restaurants and exciting nightlife!



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

East Coast!

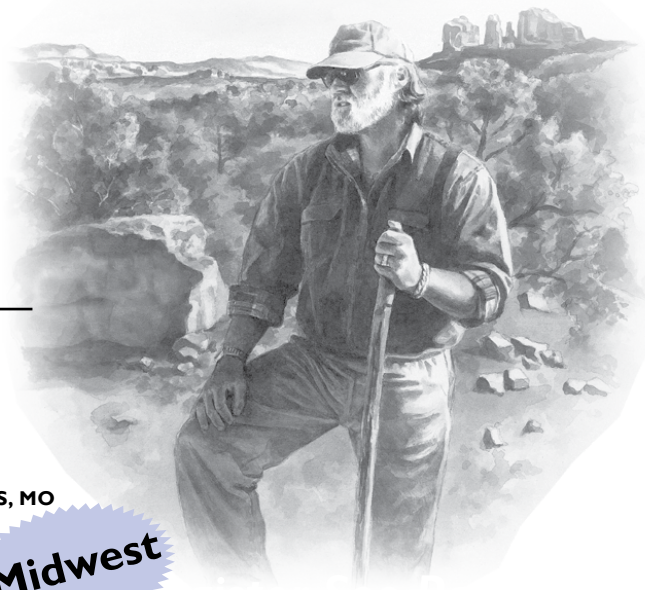
MYRTLE BEACH, SC
September 10-12, 2018
Hilton Beach Resort
(843) 449-5000

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

SEDONA, AZ
February 11-13, 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

Midwest



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.

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

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.



“Therapy on the Rocks” - Sedona, AZ



“The Sanctuary” - Malvern, PA

- 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.”

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