



experience the
Serenity
of Myofascial Release

A WORD TO PATIENTS AND THERAPISTS:

Myofascial Release Treatment Centers and Seminars sole purpose is to assist individuals in their desire to live a pain-free, active lifestyle. We also educate therapy professionals and patients in this unique and highly effective hands-on Approach. Our success rate is quite impressive with patients who have failed to improve with traditional medicine, therapy or surgery.

DEAR PATIENTS:

This brochure will help you understand the significant benefits of Myofascial Release. John F. Barnes, PT has two facilities to assist patients on their journey to optimum health. Our Centers are conveniently located on the East and West coasts and are staffed by the most highly skilled therapists who have been personally trained by John F. Barnes, PT. Many of our patients have spent a lot of money and valuable time trying to get well. You may have experienced undue pain and frustration and feel like you have been led down a blind alley receiving only temporary results. Let us assist you on your journey to a pain-free, active lifestyle!

Patients we welcome you to join us this year at one of our most unique seminars, Myofascial Healing. This seminar was designed over 8 years ago with the patient in mind. Learn self-treatment techniques and the theory behind the John F. Barnes' Myofascial Release Approach®. We are pleased to offer this extraordinary seminar in Sedona, AZ and Wilmington, DE in 2014—see page 9 for details.



DEAR THERAPISTS:

We encourage you to use this brochure as a teaching tool for your patients and as an incentive to plan your upcoming 2014 schedule. This brochure offers details on Myofascial Release III, “Beyond Technique,” which is scheduled for October 21–26, 2014, in Sedona, AZ. Repeat ANY seminar at half price! Remember, a true master continues to learn and attend classes. Revitalize yourself and your career by attending the specialty seminars in this brochure.

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QUANTUM LEAP RECAP!

A WORD FROM JOHN F. BARNES . . . YOU ARE SO BEAUTIFUL!!!



A record breaking 220 therapists were in attendance this past February at the Quantum Leap! seminar.

Greetings!

MFR therapists, your comments about your experience at the Quantum Leap! Seminar has been inspiring. People have asked me what it's like to interact with that many people. For me, it feels like driving a very powerful, high performance motorcycle; it's so incredibly responsive. My goal was to interact with each and every one of you so that we could all soar together into a higher dimension and I feel that we achieved that goal. I want to commend you on your courage and willingness to engage and participate with each other in such a loving way. I'm very proud of you.

For those of you who were not at Quantum Leap!, we want you to know that we were sending you our love through the beautiful luminescent web that connects us all.

I spontaneously played this song by Joe Cocker for the therapists at Quantum Leap! and it was helpful for us to shed some old messages of the past and open our hearts to new possibilities. Please listen with an open heart. I want you to never forget . . . that you are so beautiful!!!

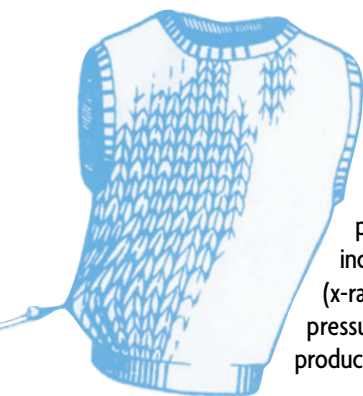
<http://www.youtube.com/watch?v=xsOSt3hNRY0&feature=share>

COMMENTS FROM THERAPISTS:

- ♦ *John, you are an amazing teacher and have changed my life in so many ways. I have been able to build a lucrative practice using the MFR Approach, and for this I owe you the deepest thanks. Your energy and teachings have affected me in such profound ways, and I am able to transpose this same energy and spirit in facilitating my clients. Looking forward to working with you again soon, my friend! Forever grateful.*
- ♦ *Thank you John . . . Reading your post brought such warmth to my body. When you mentioned to send love and to think of those not in attendance, my body literally began to vibrate and pulse at a higher frequency! We are a web and all connected and thank you for making it all possible!! Feeling the love and sending it back out!!*
- ♦ *This is the best I have felt in 8 months John! QL was amazing! I'm so grateful for the opportunity to connect with you & fellow MFR practitioners who have similar goals of bettering themselves both personally & professionally. We love you beyond words!*
- ♦ *YouTube You Are so Beautiful . . . I closed my eyes, hummed along and was transported right back to the seminar room in Sedona surrounded by love. You and this work are truly heaven's gift to me. Thank you John.*
- ♦ *Thank you. Words are not enough. My heart overflows. I see and feel and hear so differently. All of my senses are heightened. I am different. I am better. I have more to give. Thank you.*

DEAR MYOFASCIAL RELEASE PATIENTS:

We Encourage You To Discover Myofascial Release, the Most Effective Form of Therapy in the History of Healthcare! Those of you who have already tried Myofascial Release can attest to the profound benefits of this Approach.



Health professionals have ignored the importance of an entire physiological system, the fascial system that profoundly influences all other structures of the body. This glaring omission has severely restricted your ability to relieve your symptoms and to heal.

Trauma and inflammatory responses create myofascial restrictions that can produce crushing tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in any of the standard tests (x-rays, myelograms, MRI's, CAT scans, electromyography, etc.) This enormous pressure acts like a "straightjacket" on muscles, nerves, blood vessels and bones producing the symptoms of pain, headaches and restriction of motion.

The medical approach is to medicate patients so they temporarily are free from pain, but it does nothing about the "straightjacket" of pressure that is causing the pain. Traditional physical, occupational, and massage therapy, acupuncture, chiropractic and other forms of therapy treat the symptoms caused by the "straightjacket" effect of a restricted myofascial system, but does nothing about the "straightjacket" of pressure that causes and perpetuates the symptoms. This is why so many patients have only temporary results and never seem to get better with traditional therapy.

Only the John F. Barnes' Myofascial Release Approach® treats the entire myofascial complex eliminating the pressure caused by the restricted myofascial system (the straightjacket) that creates the symptoms. We treat patients from all over the world with Myofascial Release when medicine, surgery, traditional therapy or massage did not produce the desired results.

MYOFASCIAL RELEASE UTILIZES THE FRACTAL PRINCIPLES OF NATURE



MYOFASCIAL RELEASE TREATMENT PROGRAMS

COMPREHENSIVE INTENSIVE PROGRAM

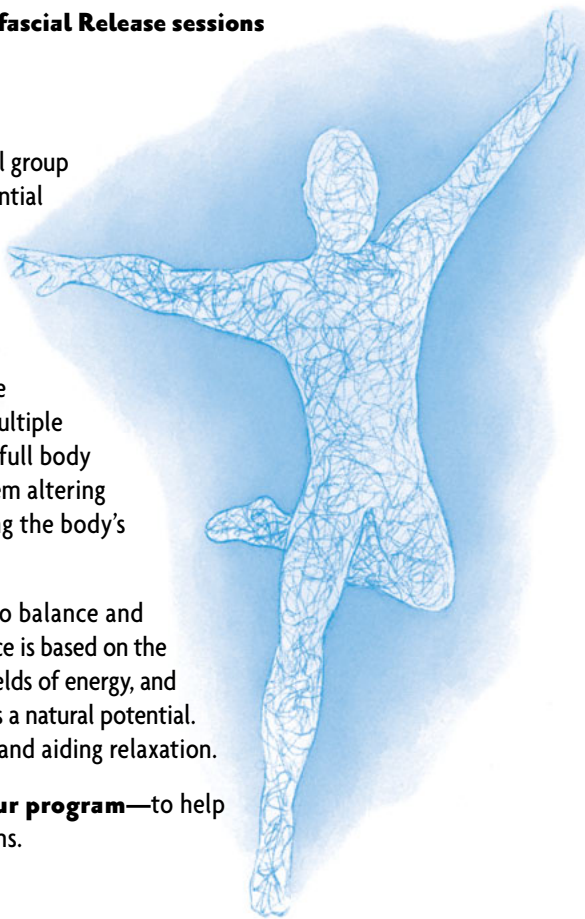
Individualized program specifically designed to overcome chronic pain and mobility issues. The Comprehensive Intensive Program is a two to four week concentrated program that includes three key elements: Evaluation, Hands-on Myofascial Release Treatment and Instruction in our Home Self Treatment Program.

♦ EVALUATION INCLUDES:

- Whole body evaluation
- Range of motion and flexibility testing
- Hands-on whole body assessment for fascial restrictions

♦ TREATMENT INCLUDES:

- **A team of diverse and multi-talented Myofascial Release therapists** will discuss and review daily each patient's individual condition and progress. All therapists on staff have been trained personally by John F. Barnes, PT. Each therapist on staff possesses their own distinctive healing gifts. This team approach combines talents and skills to exclusively meet your personal needs.
- **One-on one, personalized hands-on Myofascial Release sessions** with our compassionate and caring therapists.
- **Multiple sessions per day.**
- **Inner Journey Workshop**—a small personal group setting designed to improve your healing potential by enhancing your awareness in your body via discussion and guided imagery.
- **Myofascial Unwinding Workshop**—a chance to experience and take part in the movement component of myofascial release (unwinding) in a small intimate session with multiple therapists. The unwinding process allows for full body three-dimensional release of the fascial system altering habitual muscular responses, and accelerating the body's inherent self correcting mechanism.
- **Therapeutic Touch**—a one hour session to balance and promote the flow of human energy. The practice is based on the assumptions that human beings are complex fields of energy, and that the ability to enhance healing in another is a natural potential. Therapeutic Touch is useful in reducing pain, and aiding relaxation.
- **Re-evaluation at the conclusion of your program**—to help measure progress and make recommendations.



OUR GOAL IS TO RETURN YOU TO A PAIN-FREE, ACTIVE LIFESTYLE!

ADDITIONAL TREATMENT PROGRAMS

In addition to the Comprehensive Intensive Treatment Program which is two to four weeks in duration, we are pleased to offer several less concentrated programs which allow less involved patients to experience Myofascial Release. We encourage patients that either reside and/or are visiting the Philadelphia or Sedona areas to contact us to set up an appointment for Myofascial Release or massage.

The “Sanctuary”—Malvern, PA



Our Local Program: Experience Myofascial Release treatment tailored to individual needs following a thorough full body initial evaluation to locate the cause of your problem. Included is our Myofascial Freedom home self-treatment program designed to teach you effective ways to treat yourself at home. Also, bask in the soothing warmth of our sauna and whirlpool. This program is designed to help our patients return to a pain free, active lifestyle.

"Therapy on the Rocks"—Sedona, AZ



Experience a Myofascial Release session on one of our spectacular decks!

Deluxe Relaxation Program: This half day of pampering includes our soothing creekside whirlpool followed by a half hour 'Fascial Facial' and a half hour of 'Therapeutic Touch' with Aroma Therapy. Finish the day with a full hour introduction to Myofascial Release treatment and moist heat or cold pack treatment while listening to a "glowing" relaxation CD.

On the Rocks Experience: Led by John F. Barnes, PT, this powerful, effective and one of a kind group experience will take place outside in some of Sedona's most beautiful Red Rock Canyons and vortexes. Learn self enhancement and personal growth exercises, be treated outside and encounter a profound mind/body experience.

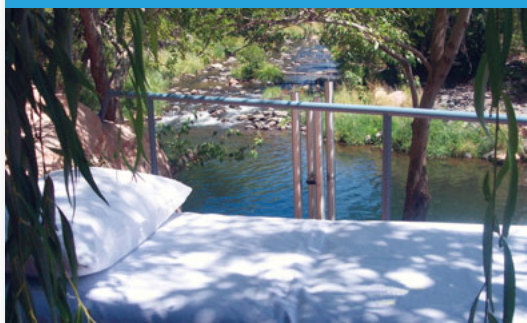
THERAPY FOR THE THERAPIST

Feeling tired and burned out? Are you always the care-taker? Do you want to develop skills and confidence to provide consistent results for your patients? The “THERAPY FOR THE THERAPIST” Program is designed specifically for you!

Offered onsite at **The “Sanctuary” in Malvern, Pennsylvania** and at **“Therapy on the Rocks” in Sedona, Arizona**, this unique and one-of-a kind program meets the needs of therapists who are experiencing pain, tightness and in desperate need of rejuvenation.

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

“THERAPY ON THE ROCKS”—SEDONA, AZ



THE “SANCTUARY”—MALVERN, PA



THE BEST GIFT I EVER GAVE MYSELF!

Dear John Barnes and all the staff at the Malvern Myofascial Release “Sanctuary”, I want to thank you all for the deeply transformative therapeutic week I spent participating in your ‘Therapy for the Therapist’ program. I found it to be an amazing opportunity for professional and personal growth.

Three sessions of hands on therapy a day with some of the most talented physical therapists in the world has regenerated me! I haven’t felt this good since . . . well, maybe ever!

My 56 year old knees don’t creak and ache anymore, my neck range of motion improved, my pelvis is level and my shoulders aren’t mistaken for earrings anymore! I feel like a kid again with more energy to devote to my patients, my business and the people I love.

*I admire the relaxing and peaceful setting of your new Myofascial Release Center, the ‘Sanctuary’. The treatment rooms were spacious and comfortable with gorgeous views of woodlands, decorated with inspirational art, a soft robe, moist heat or ice after treatments, and great music. **The infra-red sauna and hot tub were divine!** And the beautiful rock walls and leather sofas were so inviting and luxurious; it was hard to leave at the end of each day.*

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

Emily E, LPTA, LMT, Maine

SKILL ENHANCEMENT SEMINAR

PREREQUISITE: MYOFASCIAL RELEASE I

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

To be taken soon
after completing
MYOFASCIAL RELEASE I



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 F. Barnes and our staff. Personal treatment sessions with John F.

"THERAPY ON THE ROCKS"—SEDONA, AZ

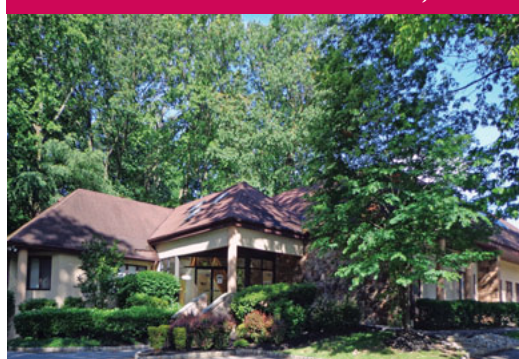


The Skill Enhancement Seminar is a very positive and rewarding experience. I felt very comfortable and welcome. The openness and feedback from the team of therapists was much appreciated. I have a lot more self confidence about practicing Myofascial Release with my clients and about myself.

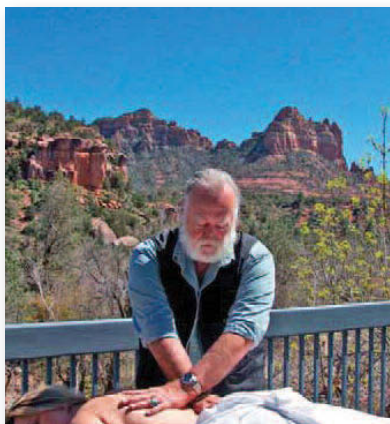
What an enjoyable and significant learning experience. There was no pressure and it was so important to receive the personal supervision for refinement of my skills.

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



- ◆ 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.



MYOFASCIAL HEALING SEMINAR

DESIGNED SPECIFICALLY 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 bodies.

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. Encourage your

patients/clients to attend the Myofascial Healing Seminars to enhance their treatment response, cut their healthcare costs and provide a way of helping them to continue to heal.

THE MYOFASCIAL HEALING SEMINAR WILL GUIDE YOU TO THE DEPTHS OF YOUR ESSENCE FOR AUTHENTIC HEALING.

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

After suffering with fibromyalgia for years, my pain is finally gone! I feel so much better!

John is a therapist of the highest caliber. I could feel the compassion flowing from his gentle touch. The power and love within this seminar supported me in overcoming my pain.

LOCATIONS AND DATES

SEDONA, AZ

JUNE 23–25, 2014

Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282–6400

SEDONA, AZ

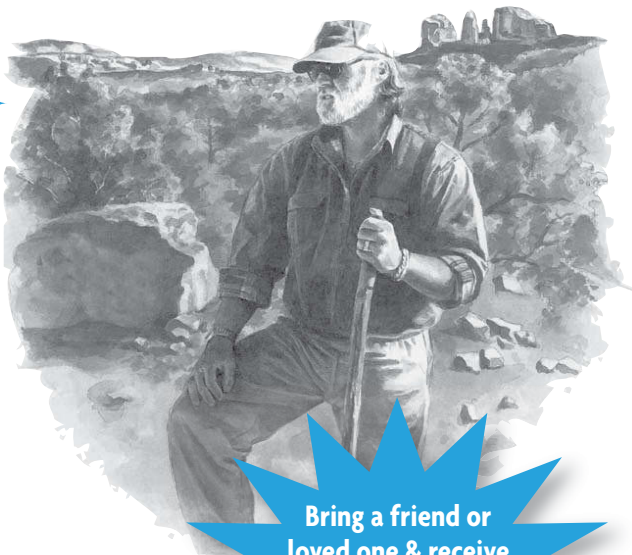
NOVEMBER 6–9, 2014 (1/2 DAYS)

Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282–6400

WILMINGTON, DE

DECEMBER 5–7, 2014

Doubletree Hilton
(302) 478–6000



Bring a friend or
loved one & receive
a discount of
\$100 each!

THE “SANCTUARY”

EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

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

THE “SANCTUARY”—MALVERN, PA



THE “SANCTUARY”

42 Lloyd Avenue, Malvern, PA, 19355

1-800-FASCIAL (327-2425) • 610-644-0136 tel • 610-644-1662 fax
malvern@myofascialrelease.com

OUR MISSION IS TO RETURN YOU

- Back Pain
- Headaches
- Fibromyalgia
- Neurological Dysfunction
- Chronic Fatigue Syndrome
- Neck Pain
- Jaw Pain (TMJ)
- Sports Injuries
- Myofascial Pain Syndrome
- Chronic Pain
- Carpal Tunnel
- Scoliosis
- Disc Problems
- Whiplash
- Infants/Children
- Migraines
- Adhesions
- Sciatica

“THERAPY ON THE ROCKS”

WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

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”—SEDONA, AZ



“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!

- | | | |
|-----------------------------------|------------------------|--|
| • Pelvic Floor Pain & Dysfunction | • Urinary Incontinence | • Infertility problems |
| • Mastectomy Pain | • Painful Intercourse | • Urinary Urgency |
| • Vulvodynia | • Endometriosis | • Painful Scars |
| • Interstitial Cystitis | • Lymphedema | • Problematic breast implant/reduction scars |
| • Menstrual Problems | • Urinary Frequency | • Episiotomy Scars |
| • Coccydynia (tail bone pain) | • Adhesions | |

TESTIMONIALS

A 16 year old boy fractured his right clavicle while skiing in Colorado. The first X-ray was taken in the 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 unwinding, he 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



AFTER

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

MY HEADACHE

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

MY HEADACHE RELATES TO MEDICAL HISTORY

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

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



LIFE CHANGER

Since coming to Sedona, I have noticed numerous positive changes in my health. My whole mind and body had significant changes, not just my headaches. My posture, stride, and energy level all improved dramatically. I feel younger, more energetic, stronger, and most importantly, I now see life as a positive. I want to live; I am so much happier and optimistic. My mindbody awareness is at levels unseen before. Myofascial Release therapy at ‘Therapy on the Rocks’ in Sedona, Arizona changed my life, and it can change yours too.

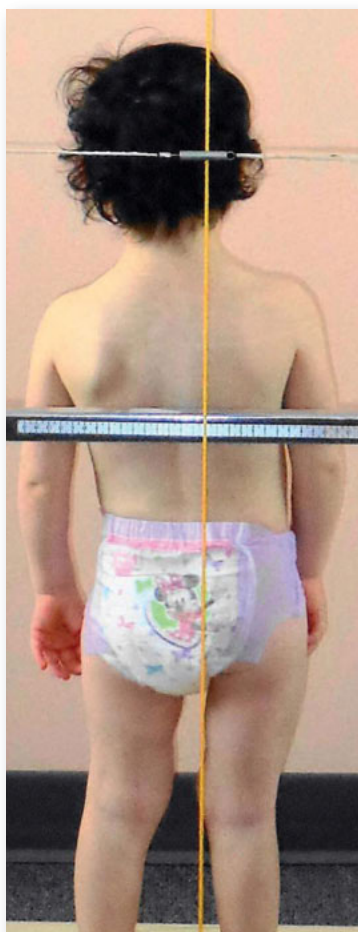
Christopher F. — California

MYOFASCIAL RELEASE IS SO INCREDIBLY IMPORTANT!

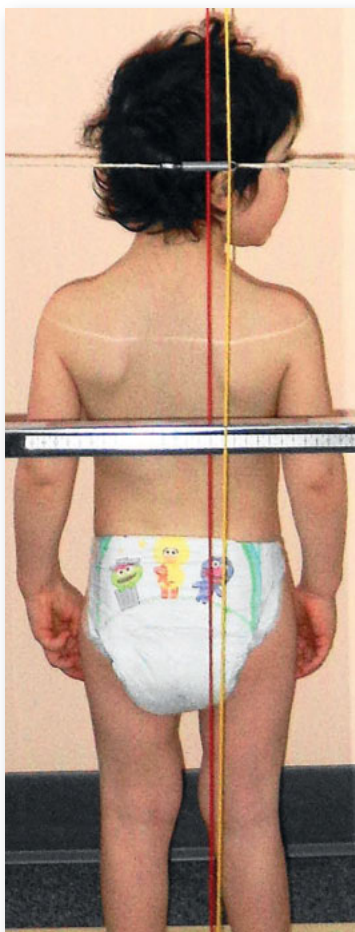
Three year old Serena lived in China and was limping at age 15 months. The U.S. Embassy Medical Unit said she was fine, that there was no problem. Upon returning home to the United States, doctors at Children's National Hospital in Washington, D.C. examined her, ran x-rays, and found that her left hip was completely dislocated. The surgeons rebuilt her hip socket. Four months later, this little girl was facing further aggressive surgery because her hip was moving out of the socket again.

Upon the recommendation of her hometown 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! Her orthopedic surgeon was extremely impressed. See her before and after pictures below:

BEFORE



AFTER



"... the hip is "rock solid" and the orthopedic surgeon is very happy with the progress Serena has made..." (Serena's Father)

We wouldn't be hearing news like this if it weren't for all your hard work and that of your staff. Thank you, thank you! (Serena's Mother)

THE INSTANT MY LIFE CHANGED

BY JOHN F. BARNES, PT, LMT, NCTMB

One moment I was powerful. I felt myself falling backward and the next moment the things that I loved the most, motion and challenge, were taken from me in a blinding flash!



I felt a crushing force as my sacrum hit the floor with 300 pounds on my back. Everything went quiet as I lay there stunned. As my awareness flickered back into my body, I felt numb. I couldn't move my legs. Eventually, the numbness wore off and the pain began. Horrible pain in my back, pelvis and legs. I couldn't move my legs! I lay there for quite a long time gasping for air, followed by some motion which was slow and agonizing. In that moment, my beliefs were also shattered radically expanding my mind and my view of healing.

I was training for an upcoming weight lifting and karate competition and went to the gym to work out. There was no

one else there to help “spot” me. I was doing high repetition squats with over 300 pounds and I got to the point where I couldn't get up from my last repetition. I had been a gymnast when I was younger. So, I decided to do a “back roll” to get out from under the weight, forgetting that when your hands are grasping a bar with over 300 pounds on it, your hands can't let go. I crashed on the ground with tremendous force, herniating the disc at L5 and ripping my lumbar ligaments. I lay on the ground stunned and unable to move. After the numbness and the shock subsided, the pain began to run through my body. My body shook violently. As I said, in that horrible instant, the things that I loved the most, motion and competition were taken from me!

Life became a struggle! I tried every form of therapy available only to be disappointed with temporary results. No one wanted to get better more than me, but I felt trapped by the pain and tightness. I was in worse shape than most of my patients. An orthopedist recommended spinal surgery and fused my L5 area. The surgery helped decrease the intensity of the pain, but I still had constant pain, fatigue, and limited motion.

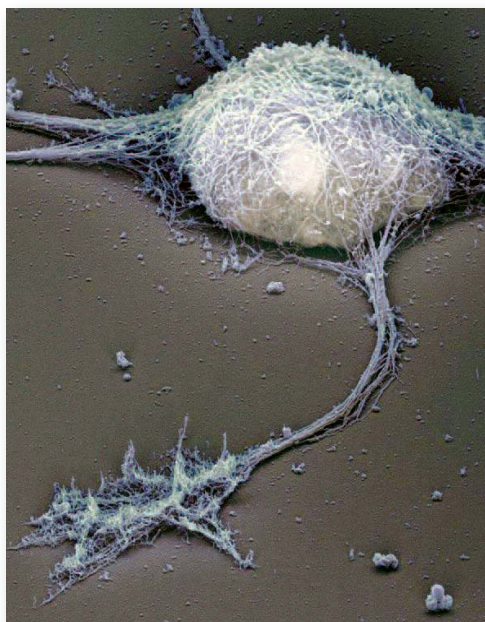
There was a point when I realized that nobody was going to help me, but me and I started to treat myself. I found that if I put pressure into the areas that hurt or felt hard, that it helped to relieve the pain. But, I was still very strong and was trying to “force” my way through the restrictions. Over time, I learned to be gentler and more patient. I learned that the problems were not at the “end range” as we were taught. The real problems were in the fascial restrictions that lie before the “end range” which created symptoms, limitation of “end range” and the resultant pain.

As I continued to treat myself, I made such a dramatic recovery that I realized that I had stumbled onto something very important! I had to share this knowledge with my patients and my fellow therapists. I found as I put sustained pressure into the tightness, I started to have strange sensations that went far beyond the origin and insertion of a particular muscle. I eventually realized that the principles that I was developing must be releasing the connective tissue, the fascia. It was during this time that I also fully realized how vital the mind/body connection is in the healing process.

My Myofascial Release Approach is a new paradigm that recognizes the multi-dimensional aspects of the human being; fascia, tensegrity, quantum physics, piezoelectricity, and the 'fractal' nature of the fascial system.

It has been estimated that myofascial restrictions can create a tensile strength of up to approximately 2,000 pounds per square inch. It is felt that this enormous and excessive pressure of the myofascial restrictions on pain-sensitive structures can produce many of the pains, headaches and other undesirable symptoms that cause many people's suffering. Most of these conditions go undiagnosed, however, as all of the standard tests, such as x-rays, myelograms, computerized tomographic scans (CAT scans) and electromyograms (EMG) do not show fascial restrictions. Many conventional medical, dental, and therapeutic techniques frequently target the symptom, resulting in poor or temporary results. Addressing the cause—the unresolved myofascial restrictions—is what is needed to truly solve the problem.

Physical therapy, occupational therapy and all forms of massage, bodywork and the 'old form' of Myofascial Release basically do not stop at the fascial barrier and/or do not wait long enough at the barriers. All forms of massage from light, medium to heavy, etc. are generally gliding over the collagenous barrier. What is being missed is the release of the collagenous barrier! Other forms of therapy release the elasto-muscular component and this provides an apparent change which lasts only a couple of hours or days. Myofascial Release finds the barrier for the phenomenon of piezoelectricity, mechanotransduction, chaos, and phase transition which leads to resonance which is essential for authentic healing to occur. The stimulation of these phenomena is significant and are quite different from what we have learned in the past.



A Nerve Cell with its Fractal Fascial Environment

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 the various forms of physical therapy, occupational therapy, massage, bodywork and energy techniques enhance your effectiveness.

The universe and human beings alike have a beautiful fractal nature. The model of reality that we were taught while logical turns out to be incomplete and terribly flawed. A model of reality is also called a paradigm, a set of shared assumptions. The incomplete and flawed portrayal of human beings has led us to techniques that are very limited in their results.

You and I were taught from the traditional view that we are mindless machines and or just bags of chemicals . . . Do you really believe this?

What you and I learned to be proven facts has been turned inside out and upside down the last 3–5 years. While this may seem disconcerting, in actuality it provides hope. This powerful, emerging paradigm allows us to be better therapists in helping our patients and client lead healthier, pain-free lives. This new paradigm is cost effective, compassionate and incredibly beneficial to you, your patients and your profession.

LOCATIONS AND DATES

SEDONA, AZ

JUNE 19–22, 2014 (1/2 DAYS)

Site: Red Rock Memorial Lodge

Accommodations: Sky Ranch Lodge

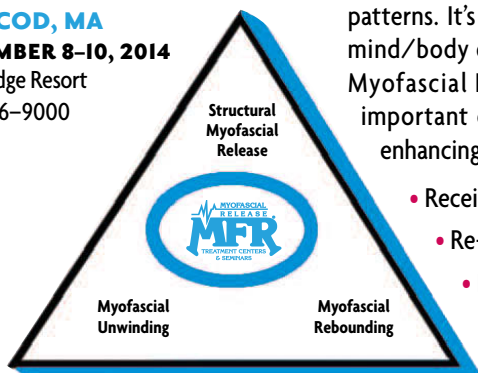
(928) 282–6400

CAPE COD, MA

SEPTEMBER 8–10, 2014

Ocean Edge Resort

(508) 896–9000



MYOFASCIAL REBOUNDED

PREREQUISITE: MYOFASCIAL RELEASE I

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

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

ADVANCED MYOFASCIAL UNWINDING

PREREQUISITES: MYOFASCIAL RELEASE I, MYOFASCIAL UNWINDING, MYOFASCIAL RELEASE II

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

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

SUBTLE ENERGY SEMINARS I & II

EXPAND YOUR SENSITIVITY & AWARENESS!

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

We will be using the system of Therapeutic Touch as an energetic healing approach. You will expand your sensitivity and awareness by exploring new levels of stillness, listening, awareness, focus and intentionality, energetic perception, interconnection and intuitive knowing as they relate to our own healing and thus to the deepening healing of patients.

LOCATIONS AND DATES

SEDONA, AZ

JUNE 26–29, 2014 (1/2 DAYS)

Site: Red Rock Memorial Lodge

Accommodations: Sky Ranch Lodge

(928) 282–6400

East Coast!

NEW YORK, NY

AUGUST 22–24, 2014

Holiday Inn Midtown

(212) 581–8100

LOCATIONS AND DATES

LEVEL I

SEDONA, AZ

OCTOBER 19–20, 2014

Site: Red Rock Memorial Lodge

Accommodations: Sky Ranch Lodge

(928) 282–6400

**Don't Miss Out!
Subtle Energy II**

LEVEL II

PREREQUISITE: SUBTLE ENERGY I

SEDONA, AZ

JUNE 29–30, 2014

Site: Red Rock Memorial Lodge

Accommodations: Sky Ranch Lodge

(928) 282–6400

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, PT, LMT

An Exciting Adventure!



PREREQUISITES: Myofascial Release I, Fascial-Pelvis, Cervical-Thoracic, Myofascial Rebounding, Myofascial Unwinding, Myofascial Release II, Advanced Myofascial Unwinding, and a one week Skill Enhancement Seminar at either of our Myofascial Release Treatment Centers. The opportunity to work closely with you will help us in making final selections for the course. The structure, environment, prerequisites and cost of the seminar have been carefully calculated to admit only those that we feel are ready for this next evolutionary leap.

DATES: October 21–26, 2014

TIMES: Full-day October 21st, Half-days October 22nd through October 26th. Times will vary.

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

HOTEL: Sky Ranch Lodge (928) 282-6400—Reserve Early!

PRICE: \$1800 or \$1495 if registered 2 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.

(CEU's are not offered for this seminar.)

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 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

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. You will learn advanced skills to 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

NEW YORK, NY

MAY 6-8, 2014

Holiday Inn Midtown
(212) 581-8100

MYRTLE BEACH, SC

JULY 14-16, 2014

Hilton Hotel
(843) 449-5000

LAS VEGAS, NV

SEP. 29-OCT. 1, 2014

Alexis Park Resort
(702) 796-3300

SAN FRANCISCO, CA

JUNE 3-5, 2014

Holiday Inn Golden Gateway
(415) 441-4000

CHICAGO, IL

AUGUST 5-7, 2014

Indian Lakes Resort
(630) 529-0200

DALLAS, TX

NOVEMBER 18-20, 2014

Marriot Las Colinas
(972) 831-0000

LOCATIONS AND DATES

NEW YORK, NY

MAY 9-11, 2014

Holiday Inn Midtown
(212) 581-8100

MYRTLE BEACH, SC

JULY 17-20, 2014

Hilton Hotel
(843) 449-5000

LAS VEGAS, NV

OCTOBER 2-5, 2014

(1/2 DAYS)
Alexis Park Resort
(702) 796-3300

SAN FRANCISCO, CA

JUNE 6-8, 2014

Holiday Inn Golden Gateway
(415) 441-4000

CHICAGO, IL

AUGUST 8-10, 2014

Indian Lakes Resort
(630) 529-0200

DALLAS, TX

NOVEMBER 21-23, 2014

Marriot Las Colinas
(972) 831-0000

**SAVE
\$300**

VACATION SERIES & SPECIALTY SEMINARS

BY REGISTERING FOR ANY THREE SEMINARS!



New York, NY— Visit all of the famous New York attractions. Carnegie Hall, Lincoln Center, the fabulous Theater District, or catch a Broadway show.

Myofascial Release I
May 2–4, 2014

Myofascial Unwinding
May 6–8, 2014

Myofascial Release II
May 9–11, 2014

HOLIDAY INN MIDTOWN
(212) 581-8100



San Francisco, CA— Experience Fisherman's Wharf, Union Square, the beautiful Golden Gate Park and the bustling district of Chinatown.

Myofascial Release I
May 30–June 1, 2014

Myofascial Unwinding
June 3–5, 2014

Myofascial Release II
June 6–8, 2014

**HOLIDAY INN
GOLDEN GATEWAY**
(212) 581-8100



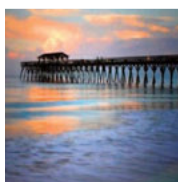
Sedona, AZ— Red Rock Country is a gorgeous four season's playground for everyone.

Myofascial Rebounding
June 19–20, 2014
(1/2 days)

Myofascial Healing
June 23–25, 2014

**Advanced Myofascial
Unwinding**
June 26–29, 2014
(1/2 days)

**SITE: RED ROCK
MEMORIAL LODGE
ACCOMMODATIONS:
SKY RANCH LODGE**
(928) 282-6400



Myrtle Beach, SC— Enjoy a dose of Southern hospitality—Myrtle Beach style—as we introduce you to 60 miles of sunny beaches, blue skies, and endless fun! Find your home away from home!

Myofascial Release I
July 10–13, 2014
(1/2 days)

Myofascial Unwinding
July 14–16, 2014

Myofascial Release II
July 17–20, 2014
(1/2 days)

HILTON HOTEL
(843) 449-5000



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

Myofascial Release I
August 1–3, 2014

Myofascial Unwinding
August 5–7, 2014

Myofascial Release II
August 8–10, 2014

INDIAN LAKES RESORT
(630) 529-0200



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

Women's Health
September 4–7, 2014
(1/2 days)

Myofascial Rebounding
September 8–10, 2014

Cervical–Thoracic
September 11–14, 2014
(1/2 days)

OCEAN'S EDGE RESORT
(508) 896-9000



Las Vegas, NV— Enjoy the excitement of the casinos and all that Vegas has to offer!

Myofascial Release I
September 25–28, 2014

Myofascial Unwinding
Sep. 29–Oct. 1, 2014

Myofascial Release II
October 2–5, 2014
(1/2 days)

ALEXIS PARK RESORT
(702) 796-3300



Dallas, TX— From lush green spaces to innovative dining and memorable entertainment, BIG things happen in Dallas.

Myofascial Release I
November 14–16, 2014

Myofascial Unwinding
November 18–20, 2014

Myofascial Release II
November 21–23, 2014

MARRIOTT LAS COLINAS
(972) 831-0000

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 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

LEARN TECHNIQUES FOR THE FASCIAL–PELVIS:

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



LOCATIONS AND DATES

OTTAWA, ONTARIO

APRIL 11–13, 2014

Courtyard by Marriott
(613) 241-1000

ATLANTIC CITY, NJ

MAY 30–JUNE 1, 2014

Tropicana Casino
(609) 340-4000

DULUTH, MN

SEPTEMBER 12–14, 2014

Radisson Hotel
(718) 727-8981

SEDONA, AZ

OCTOBER 16–19, 2014 (1/2 DAYS)

Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

VANCOUVER, BC

NOVEMBER 7–9, 2014

Holiday Inn Centre
(604) 879-0511

GREEN BAY, WI

MAY 2–4, 2014

Hyatt Hotel
(920) 432-1234

PHOENIX, AZ

JUNE 6–8, 2014

Sheraton Downtown
(602) 262-2500

SOUTH BEND, IN

SEPTEMBER 26–28, 2014

Site: Century Center
Accommodations: Doubletree by Hilton
(574) 234-2000

NEW YORK, NY

OCTOBER 24–26, 2014

Holiday Inn Midtown
(212) 581-8100

AUGUSTA, ME

NOVEMBER 14–16, 2014

Senator Inn & Spa
(207) 622-5804

OCALA, FL

MAY 16–18, 2014

Holiday Inn
(352) 629-9500

LONG BEACH, CA

JUNE 27–29, 2014

Hilton Hotel
(562) 983-3400

HOUSTON, TX

OCTOBER 10–12, 2014

Holiday Inn Westchase
(713) 532-5400

CHARLOTTE, NC

OCT. 31–NOV. 2, 2014

Hilton Executive Park
(704) 527-8000

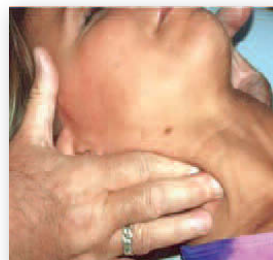
CERVICAL–THORACIC PREREQUISITE: MYOFASCIAL RELEASE I

This fascinating 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

LEARN TECHNIQUES FOR THE CERVICAL–THORACIC:

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



LOCATIONS AND DATES

WILMINGTON, DE

APRIL 11–13, 2014

Doubletree Hilton
(302) 478-6000

CAPE COD, MA

SEPTEMBER 11–14, 2014 (1/2 DAYS)

Ocean Edge Resort
(508) 896-9000

WOMEN'S HEALTH MYOFASCIAL RELEASE SEMINAR

PREREQUISITES: MYOFASCIAL RELEASE I, FASCIAL-PELVIS, MYOFASCIAL UNWINDING

Increase your knowledge, skill and income by adding this important dimension to your practice or start your own women's healthcare facility.

THIS FASCINATING NEW 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

**Find the
Pain,
Look
Elsewhere
for the
Cause!**

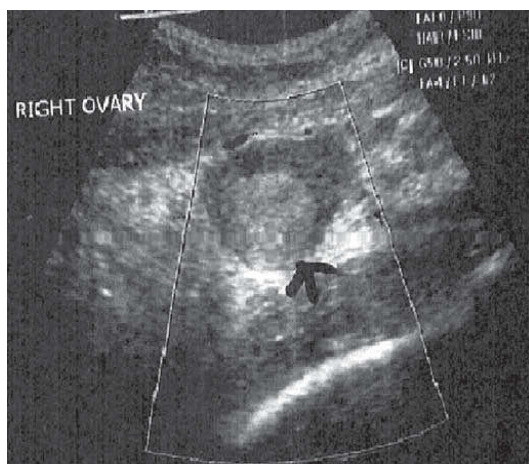


In this seminar you will receive extensive treatment for your own pelvic problems. Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.

LOCATION AND DATE

CAPE COD, MA
SEPTEMBER 4-7, 2014
Ocean Edge Resort
(508) 896-9000

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!"

MYOFASCIAL RELEASE I

ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS.

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 standard 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; chronic pain, dysfunction and disease can be caused by a prolonged thwarted 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.

Repeat any Seminar at 1/2 price!



LOCATIONS AND DATES

DETROIT, MI
MAY 2-4, 2014

Adoba Hotel
(313) 592-3622

CLEVELAND, OH
MAY 30-JUNE 1, 2014

Doubletree by Hilton
(216) 241-5100

MYRTLE BEACH, SC
JULY 10-13, 2014 (1/2 DAYS)

Hilton Hotel
(843) 449-5000

NORWALK, CT
SEPTEMBER 19-21, 2014

Doubletree by Hilton
(203) 853-3477

DAYTON, OH
OCTOBER 10-12, 2014

Crowne Plaza
(937) 224-0800

SACRAMENTO, CA
NOVEMBER 21-23, 2014

Crowne Plaza
(916) 338-5800

NEW YORK, NY
MAY 2-4, 2014

Holiday Inn Midtown
(212) 581-8100

SAN FRANCISCO, CA
MAY 30-JUNE 1, 2014

Holiday Inn Golden Gateway
(415) 441-4000

CHICAGO, IL
AUGUST 1-3, 2014

Indian Lakes Resort
(630) 529-0200

LAS VEGAS, NV
SEPTEMBER 25-28, 2014 (1/2 DAYS)

Alexis Park Resort
(702) 796-3300

JACKSONVILLE, FL
OCTOBER 17-19, 2014

Hyatt Regency
(904) 588-1234

SPRINGFIELD, MO
NOVEMBER 21-23, 2014

Doubletree by Hilton
(417) 831-3131

BOISE, ID
MAY 16-18, 2014

Grove Hotel
(208) 333-8000

BUFFALO, NY
JUNE 20-22, 2014

Adam's Mark
(716) 845-5100

PASADENA, CA
AUGUST 22-24, 2014

Hilton Hotel
(626) 577-1000

CALGARY, ALBERTA
SEPTEMBER 26-28, 2014

Delta Bow Valley
(403) 266-1980

DALLAS, TX
NOVEMBER 14-16, 2014

Marriott Las Colinas
(972) 831-0000

REGISTER FOR ANY THREE SEMINARS CALL TODAY! 1-800-FASCIAL

SAVE \$300

Prices:

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 the seminar or

\$895 if registered 2 weeks prior to seminar date

MYOFASCIAL RELEASE III

\$1,800 for the seminar or

\$1,495 if registered 2 weeks prior to seminar date

(See page 17 for details on applying)

SUBTLE ENERGY: LEVEL I OR LEVEL II

\$450 for the seminar or

\$395 if registered 2 weeks prior to seminar date

MYOFASCIAL HEALING SEMINAR

\$550 for the seminar 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.

Registration Fee and Cancellation Policy:

Full payment is required to reserve a space. Enrollment is limited. Fee includes workbook and materials, seminar instruction, hands-on workshop training, continental breakfast, afternoon refreshments, and seminar certificate. 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.

Pay by credit card or check.

Make check (U.S. Funds only) payable to:

MFR SEMINARS

42 Lloyd Avenue
Malvern, PA 19355

1-800-FASCIAL (327-2425)
610-644-1662 (Fax)

seminars@myofascialrelease.com

REGISTRATION FORM

Please check the appropriate box(es)

Seminar Location—City/State:

☐ Myofascial Release I

☐ Myofascial Unwinding

☐ Myofascial Release II

☐ Fascial-Pelvis

☐ Cervical-Thoracic

☐ Myofascial Rebounding

☐ Advanced Myofascial Unwinding

☐ Women's Health Seminar

☐ Myofascial Release III

☐ Subtle Energy I

☐ Subtle Energy II

☐ Myofascial Healing

Charge to: ☐ Visa ☐ MasterCard Ex. Date _____

3-Digit Security Code _____

Card # _____

Cardholder Name _____

Signature _____

☐ Enclosed is my check for: \$ _____

Name _____

Prof. Initials (PT,OTR/L,MT,etc.) _____ Healing Seminar Participants Occupation _____

Address _____

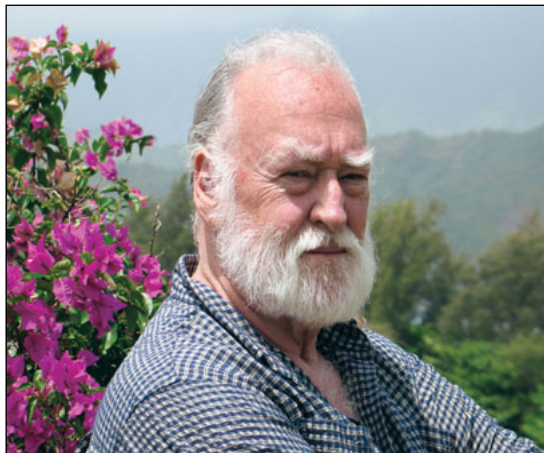
City _____ State _____ Zip _____

Phone: () _____

Email _____

1-800-FASCIAL (327-2425)

23



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PERMIT NO. 58

Learn from John F. Barnes, PT
therapeutic icon and internationally acclaimed
author and authority on Myofascial Release.



Visit MFR Talk on

DEEPEN YOUR MYOFASCIAL RELEASE SKILLS!