

John F. Barnes'  
**Myofascial  
Release**  
Approach®

Advanced



Science confirms what John F. Barnes, PT, LMT has been teaching for over 40 years—Tensegrity, Piezoelectricity, Phase Transition, Resonance & the Fractal Nature of the Incredible Luminescent Web of the Fascial System!

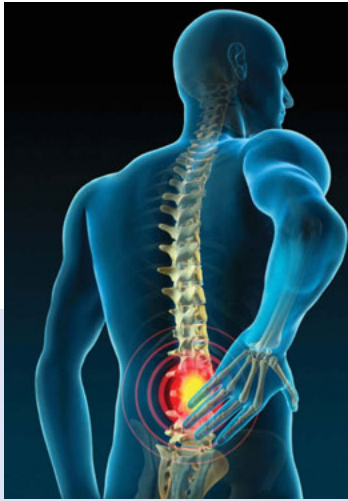
# A Word to Patients and Therapists:

Our Myofascial Release Treatment Centers and Seminars 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 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!

**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 Minneapolis, MN in 2013—see page 3 for details.

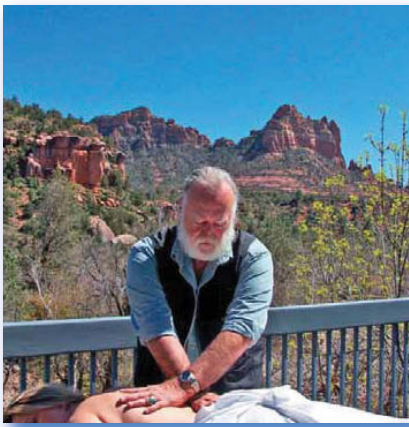


## DEAR THERAPISTS:

We encourage you to use this brochure as a teaching tool for your patients and as an incentive to plan your upcoming 2013 schedule. This brochure offers details on Myofascial Release III, “Beyond Technique”, which is scheduled for October 22–27, 2013, in Sedona, AZ. 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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# 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

**Midwest  
Location!**

### **SEDONA, AZ**

**JUNE 24–26, 2013**

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

### **MINNEAPOLIS, MN**

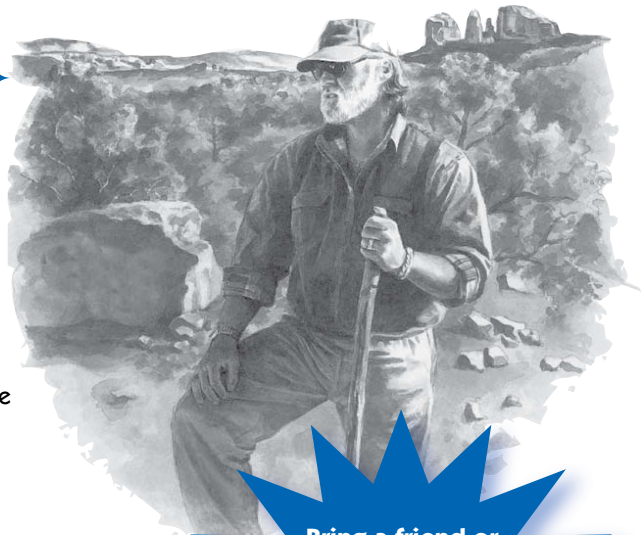
**AUGUST 26–28, 2013**

Radisson Blu  
(952) 881-5258

### **SEDONA, AZ**

**OCTOBER 10–13, 2013**

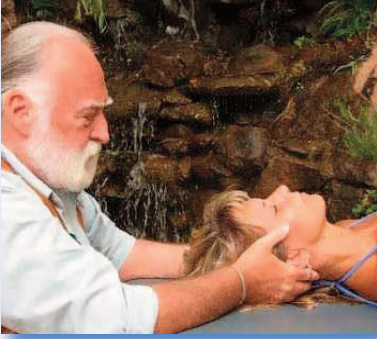
Site: Red Rock Memorial Lodge  
Accommodations: Sky Ranch Lodge  
(928) 282-6400



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

# 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.



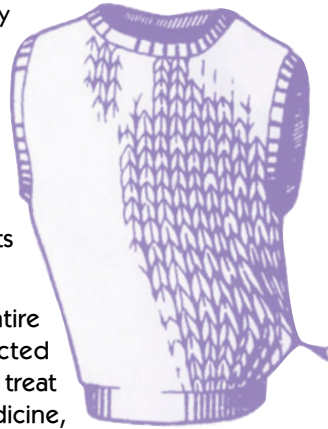
Health professionals have ignored the importance of an entire physiological system, the fascial system that profoundly influences all other structures of the body. This glaring omission has severely restricted your ability to relieve your symptoms and to heal.

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.



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

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

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

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

2/15/2012

RIGHT

BEFORE MFR



2/16/2012

RIGHT

AFTER MFR—1 DAY LATER





# MYOFASCIAL RELEASE TREATMENT PROGRAMS

## COMPREHENSIVE INTENSIVE PROGRAM

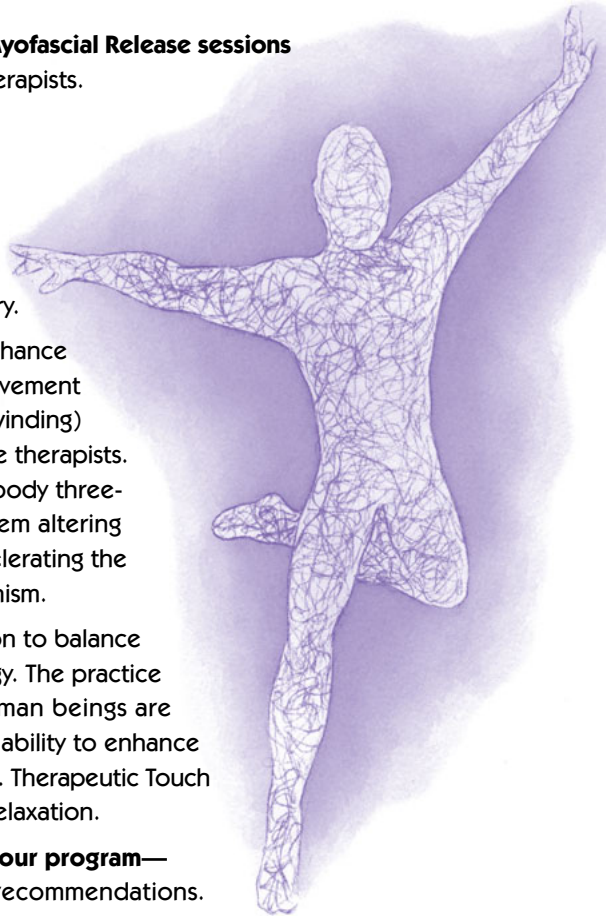
**Individualized program specifically designed to overcome chronic pain and mobility issues. The Comprehensive Intensive Program is a two to four week concentrated program that includes three key elements: Evaluation, Hands-on Myofascial Release Treatment and Instruction in our Home Self Treatment Program.**

### ► 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



At "Therapy on the Rocks" you can make an appointment for a relaxing whirlpool session and the very powerful group experience, "On the Rocks."

**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.

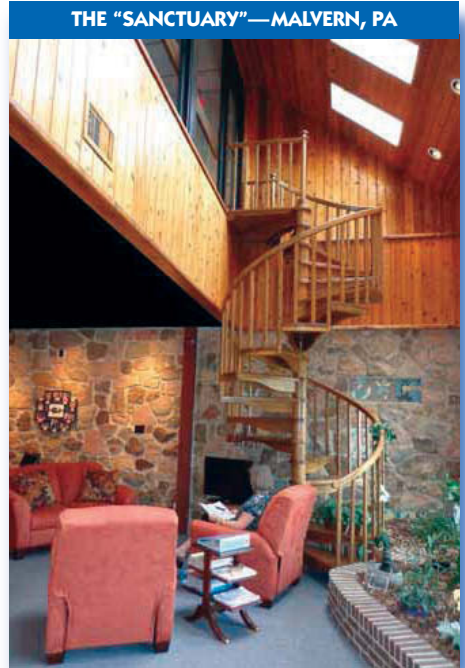
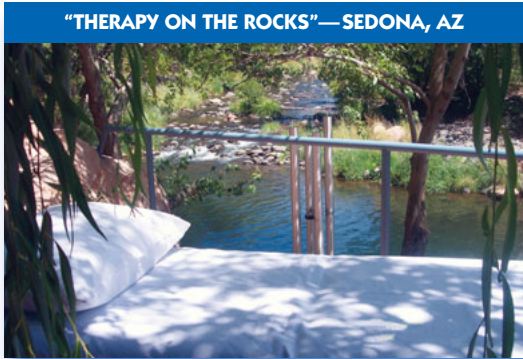
**On the Rocks Experience:** Led by John F. Barnes, PT, this powerful, effective and one of a kind group experience will take place outside in some of Sedona's most beautiful Red Rock Canyons and vortexes. Learn self enhancement and personal growth exercises, be treated outside and encounter a profound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

# THE 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.**



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

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

### THE "SANCTUARY"—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.





they didn't know how to treat my problems. My problems were numerous and no one could see how everything was linked.

I was only able to walk very slowly. Some days I couldn't even do that. In every body position, whether standing, lying, or sitting, I was always in intense pain (vaginal, back, hips, and tailbone pain). Holding my upper body in an upright position was only possible by pushing myself up with my arms or leaning against a chair or wall. Leaning slightly forward to wash a dish or to cook was incredibly painful, scary and sometimes not even possible.

**I felt completely exhausted, spending all of my energy to survive the pain and cope with life. I also could not relax anymore. I was constantly looking for a moment to catch my breath and finally feel a moment of peace without pain and tension.**

I didn't feel any joy in my life. All I was doing was trying to cope and hide. My physical suffering led to depression, isolation and, of course, weighed heavily on my marriage. I felt incapable of being a mother, working in my profession, being a wife, and the smallest household chores were impossible. My whole life felt painful and I felt constantly overwhelmed and close to a nervous breakdown!

After a four year search for healing, I discovered the John F. Barnes' Myofascial Release Approach® while vacationing in Sedona, AZ. I came across an advertisement in a local Sedona magazine and after reading the list of women's health issues that Myofascial Release and Therapy on the Rocks addresses, I knew I had finally found the right method. After only one Myofascial Release session, I felt an incredible improvement with my incontinence issues. Six weeks later, I went back to Sedona, AZ for a 2-week Myofascial Release Intensive, which changed my life completely.

The Myofascial Release Intensive allowed me to not only to face the physical problems and to dive into the suffering caused by giving birth, but also to look at the traumas of a previous miscarriage and a car and motorcycle accident (30 and 7 years ago.) During the Myofascial Release Intensive, I realized how much these old traumas were still trapped in my body and how MFR could get rid of my whiplash problems.

**After the first day of the Myofascial Release Intensive, I could feel life and vibrancy in areas of my body that I hadn't felt in over four years.** A few days later, I was practicing ashtanga yoga, and dancing underneath the stars of Sedona. I could do movements I had not even imagined of being able to do ever again. I can now carry my son, run and play with him, do my job of being a yoga teacher, be a wife and a lover for my husband. I have found health in my body, confidence in my life, peace in my mind and a smile on my face.

John asked me after some days following the Intensive to join the Myofascial Healing Seminar which was an amazing life changing experience. Just after attending two seminars (the Healing Seminar and the Fascial-Pelvis Seminar) I am able to help myself when I experience upcoming symptoms. I can't wait to return to Sedona for more training!

"Healing is a process and not an event" until this day (3 months after the Myofascial Release Intensive) I continue to heal, my health still improves every day. My body feels more and more stable, my trust stronger and stronger, and my soul lighter and lighter.

Thank you John, Rob, Donna, June and Lynn!!! I can't wait to see you again soon.

**Daniela Schmid, Frankfurt, Germany**

# 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](mailto:sedona@myofascialrelease.com) • [therapyontherocks.net](http://therapyontherocks.net)

## TO A PAIN FREE, ACTIVE LIFESTYLE!

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



# SCIENCE VERIFIES THAT MYOFASCIAL RELEASE STIMULATES THE BODY'S NATURAL ANTI-INFLAMMATORY, INTERLEUKIN 8



**JOHN F. BARNES, PT, LMT** International lecturer, author and authority on Myofascial Release

I view my Myofascial Release Approach as a triangle; the 1st point is Structural Myofascial Release, the 2nd point Myofascial Unwinding and the 3rd point Myofascial Rebounding.

Myofascial Rebounding enhances the effects of “sustained pressure” structural Myofascial Release. Myofascial Rebounding deals with frequency and rhythmic vibration transforming the energy of the fluid system into resonance. Resonance is essential for the release that occurs from all forms of Myofascial Release. The resonance of our internal ‘liquid light’ acts like a ‘tsunami’ freeing away restrictions, decreasing pain and increasing motion.

**Your patients/clients will love the rhythmic motions of Myofascial Rebounding for it creates the opportunity for an ‘oceanic’ experience that is profound and life changing.**

The sustained pressure of structural Myofascial Release eventually energizes the liquid crystals of the body to rise to a level of excitation where resonance occurs.

**Resonance is where the molecules begin to vibrate in unison allowing the blocked energy to flow and the tissues to rehydrate. This vibrational resonance and resultant re-liquidation of the tissue is what I call a “release.”**

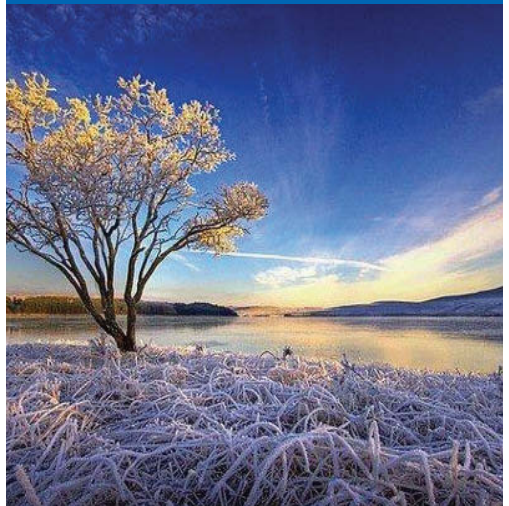
You will find the following excerpt from Carol Davis, DPT, EdD, FAPTA very informative and noteworthy. ENJOY!

*“I think the wonder of all of this is that, by sustaining the pressure at the fascial restriction as John F. Barnes, PT teaches us, we are creating the piezo electric effect in the colloidal ground substance, which sends out electrons and photons as information, and vibration to stimulate this signaling for cells involved in neutralizing the free radicals (ions) associated with the inflammatory process.”*

*As the fascia’s ground substance “melts” through the ‘phase transition’ with heat and pressure, the fascia elongates and opens up to allow reduced pressure on pain sensitive tissue for the reduction of pain and restoration of motion, and to open up channels of communication. Fascia is a conductive tissue for vibration. Photons and electrons are sub atomic particles in wave form that carry information and communication.*

*Usually anti-inflammatories are taken by mouth (aspirin, NSAIDs) which have well known side effects. The only previously known non chemical anti-inflammatory was soft laser. Now . . . we know how it is that we’ve had this powerful healing tool within us, mediated by properly following the John F. Barnes’ Myofascial Release Approach® principles.*

## THE BEAUTIFUL FRACTAL NATURE OF OUR UNIVERSE



*Get out of your analytical left brain, stay in channel 3, your feeling sense, find the restrictions (hot, hard, tender), press straight down gently with soft hands as in soft clay until you feel the patient's resistance, take a breath, gently take the slack out from between your hands without sliding on the skin until you come to a dead halt. That first release is the elastin and muscular part of the restriction. Now bring your attention to your palms and wait there. In 90–120 seconds you will feel the fascia start to move (John and I suspect this is when your energy wave and the wave of the patient's energy come into synchrony or resonance) and then follow the unwinding of the tissue, for another 3-5 minutes, without sliding on the skin (minimum of 5 minutes per release.)*

*As soon as you allow your mind to drift or go into your analytical left brain,—Channel 5—you interrupt the flow of the mindful, intentional vibration coming through you.*

**MAGIC?** *No . . . just good healing principles being taught by John F. Barnes, PT for 40 years! Dr. James Oschman has said, (I paraphrase here)—there are 2 main sources for healing photons in our universe—the sun, and the hands of a mindful healer.*

*Photons are all around us. We are swimming in them. They are entering and exiting our body/ minds continually.*

*What makes sustained release Myofascial Release so special is that the healing aspect of the John F. Barnes' Myofascial Release Approach® is mediated through our intention (to help) and attention (to the flow of the release and the essence of the fascial matrix of our patient as we contact it by way of our hands and energy.)”*

### **Carol Davis, DPT, EdD, FAPTA**

Author and Editor—Complementary Therapies in Rehabilitation

Professor Emerita, Department of Physical Therapy, University of Miami Miller School of Medicine

John F. Barnes Myofascial Release Physical Therapist, Polestar Pilates Rehabilitation Center in Coral Gables, FL

## **FASCIA: A LIQUID CRYSTALLINE MATRIX**

Quantum Physics demonstrates that the basis of matter is light or electromagnetic energy. What we see has its roots as invisible energy. The electromagnetic field which underlies physical reality is a vast sea of energy and information that flows through us and the universe as a hologram.



Permission by JC Guimberteau

Science is now verifying the principles that I have been teaching for over 40 years. The importance of sustaining pressure at the restricted barrier to create “phase transition” is paramount for lasting results. **Science is also stating that holding the barrier 5 minutes or longer, stimulates the production of Interleukin 8 which is our body's natural anti-inflammatory.** This begins to explain the profound results that one receives when Myofascial Release is performed.

**My goal is to help you lead a calm, tranquil and enjoyable life and to develop the Myofascial Release skills necessary to be one of the finest therapists in the world.**

**John F. Barnes, PT, LMT, NCTMB**

## LOCATIONS AND DATES

### SEDONA, AZ

**JUNE 20–23, 2013 (1/2 days)**

Site: Red Rock Memorial Lodge

Accommodations: Sky Ranch Lodge  
(928) 282–6400

### CHICAGO, IL

**NOVEMBER 11–13, 2013**

Indian Lakes Resort

(630) 529–0200



## 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 SEMINAR

### 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.

**This important seminar can be taken as a separate course and it is highly recommended to be taken in conjunction with Myofascial Release III.**

## LOCATIONS AND DATES

### WILMINGTON, DE

**APRIL 26–28, 2013**

Doubletree Hilton  
(302) 478–6000

**East Coast Location!**

### SEDONA, AZ

**JUNE 27–30, 2013 (1/2 days)**

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

## LOCATION AND DATE

### SEDONA, AZ

**OCTOBER 20–21, 2013**

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 22–27, 2013

**TIMES:** Full-day October 22<sup>nd</sup>, Half-days October 23<sup>rd</sup> through October 27<sup>th</sup>. 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

#### MADISON, WI

**MAY 7–9, 2013**  
Sheraton Hotel  
(608) 251–2300

#### VICTORIA, BC

**JUNE 3–5, 2013**  
Harbour Towers  
(250) 385–2405

#### OCEAN CITY, MD

**JULY 15–17, 2013**  
Carousel Oceanfront  
(410) 524–1000

#### NASHVILLE, TN

**AUGUST 6–8, 2013**  
Hilton Garden Inn  
(615) 369–5900

#### HILTON HEAD, SC

**SEPTEMBER 9–11, 2013**  
Omni Oceanfront  
(843) 842–8000

### LOCATIONS AND DATES

#### MADISON, WI

**MAY 10–12, 2013**  
Sheraton Hotel  
(608) 251–2300

#### VICTORIA, BC

**JUNE 6–9, 2013 (1/2 days)**  
Harbour Towers  
(250) 385–2405

#### OCEAN CITY, MD

**JULY 18–21, 2013 (1/2 days)**  
Carousel Oceanfront  
(410) 524–1000

#### NASHVILLE, TN

**AUGUST 9–11, 2013**  
Hilton Garden Inn  
(615) 369–5900

#### HILTON HEAD, SC

**SEPTEMBER 12–15, 2013**  
**(1/2 days)**  
Omni Oceanfront  
(843) 842–8000



# Vacation Series & Specialty Seminars

BY REGISTERING FOR ANY THREE SEMINARS!



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

**Myofascial Release I**  
May 3–5, 2013

**Myofascial Unwinding**  
May 7–9, 2013

**Myofascial Release II**  
May 10–12, 2013

**SHERATON HOTEL**  
(608) 251–2300



**Victoria, British Columbia**—Whether you're strolling along the causeway in the Inner Harbour, enjoying a whale watching adventure, indulging in the distinct cuisine, or taking in a local theatre production, Victoria's attractions add up to a trip that's nothing short of breathtaking.

**Myofascial Release I**  
May 30–June 2, 2013  
(1/2 days)

**Myofascial Unwinding**  
June 3–5, 2013

**Myofascial Release II**  
June 6–9, 2013  
(1/2 days)

**HARBOUR TOWERS**  
(250) 385–2405



**Sedona, AZ**—Red Rock Country is considered the most exquisitely beautiful area in the world!

**Myofascial Rebounding**  
June 20–23, 2013  
(1/2 days)

**Myofascial Healing**  
June 24–26, 2013

**Advanced Myofascial Unwinding**  
June 27–30, 2013  
(1/2 days)

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



**Ocean City, MD**—Maryland's Eastern Shore that boasts a 10-mile beachfront, a 3-mile boardwalk and an endless number of eateries and shops. Ocean City is an appealing destination for families.

**Myofascial Release I**  
July 11–14, 2013  
(1/2 days)

**Myofascial Unwinding**  
July 15–17, 2013

**Myofascial Release II**  
July 18–21, 2013  
(1/2 days)

**CAROUSEL OCEANFRONT**  
(410) 524–1000



**Nashville, TN**—Scores of songs are dedicated to the city of music. But, while music is the lifeblood of Nashville, visitors will also find here a city of culture and history, natural beauty and pure Southern charm.

**Myofascial Release I**  
August 2–4, 2013

**Myofascial Unwinding**  
August 6–8, 2013

**Myofascial Release II**  
August 9–11, 2013

**HILTON GARDEN INN**  
(615) 369–5900



**Hilton Head, SC**—Follow the sun to Hilton Head Island, where you can enjoy world-class golf, beautiful beaches, fabulous restaurants and endless shopping opportunities.

**Myofascial Release I**  
September 5–8, 2013

**Myofascial Unwinding**  
September 9–11, 2013

**Myofascial Release II**  
September 12–15, 2013  
(1/2 days)

**OMNI OCEANFRONT**  
(843) 842–8000



**Chicago, IL**—The Indian Lakes resort in Bloomingdale is a grand Chicago resort which offers lush greenery, gardens, spa retreat and fabulous dining without ever leaving the grounds. Only 30 minutes from downtown Chicago and airport.

**Cervical–Thoracic**  
November 8–10, 2013

**Myofascial Rebounding**  
November 11–13, 2013

**Women's Health**  
November 14–17, 2013

**INDIAN LAKES RESORT**  
(630) 529–0200



## 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

**SYRACUSE, NY**  
**APRIL 12-14, 2013**  
Sheraton Hotel  
(315) 475-3000

**TALLAHASSEE, FL**  
**AUGUST 23-25, 2013**  
Doubletree by Hilton  
(850) 224-5000

**BILLINGS, MT**  
**OCTOBER 25-27, 2013**  
Hilton Garden Inn  
(406) 655-8800

**BALTIMORE, MD**  
**NOVEMBER 22-24, 2013**  
Doubletree by Hilton  
(410) 235-5400

**PHILADELPHIA, PA**  
**MAY 10-12, 2013**  
Crowne Plaza West  
(215) 477-0200

**LA CROSSE, WI**  
**SEPTEMBER 13-15, 2013**  
Radisson Hotel  
(608) 784-6680

**COLUMBUS, OH**  
**NOVEMBER 15-17, 2013**  
Doubletree by Hilton  
(614) 885-3334

**FRESNO, CA**  
**DECEMBER 6-8, 2013**  
Holiday Inn  
(559) 233-6650

**SPRINGFIELD, MA**  
**JUNE 7-9, 2013**  
Marriott Hotel  
(413) 781-7111

**SEDONA, AZ**  
**OCTOBER 17-20, 2013 (1/2 days)**  
Site:  
Red Rock Memorial Lodge  
Accommodations:  
Sky Ranch Lodge  
(928) 282-6400



## 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

**MINNEAPOLIS, MN**  
**AUGUST 23-25, 2013**  
Radisson Blu  
(952) 881-5258

**CHICAGO, IL**  
**NOVEMBER 8-10, 2013**  
Indian Lakes Resort  
(630) 529-0200

# WOMEN'S HEALTH MYOFASCIAL RELEASE SEMINAR

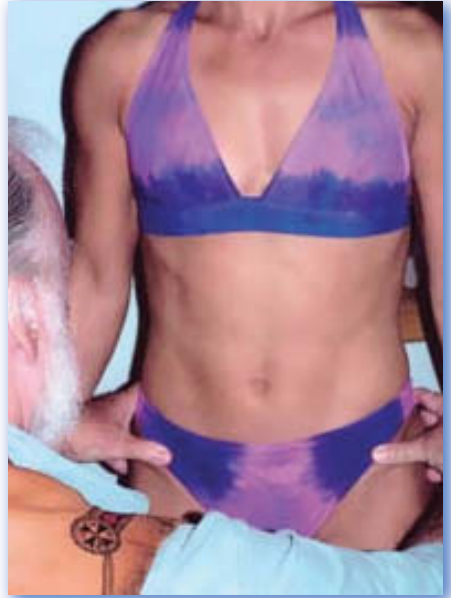
**PREREQUISITES: MYOFASCIAL RELEASE I, FASCIAL-PELVIS, MYOFASCIAL UNWINDING**

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!**



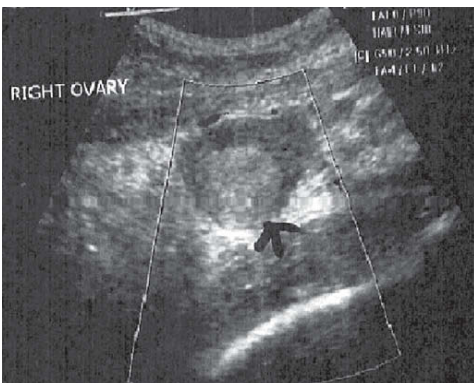
In this seminar you will receive extensive treatment for your own pelvic problems. Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.

## LOCATION AND DATE

**CHICAGO, IL**  
**NOVEMBER 14-17, 2013**  
Indian Lakes Resort  
(630) 529-0200

## 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!"



## THE NURTURING MFR COMMUNITY CONTINUES TO GROW & EXPAND

### THERAPISTS ARE ATTENDING OUR SEMINARS IN DROVES

John F. Barnes' Myofascial Release® virtual communities and networks are evolving daily. **Share, exchange ideas and network with others** involved in this unique and remarkably effective Approach.

### MFR-TALK

Sign-up for our **free discussion group** where patients and therapists network and share ideas with other MFR enthusiasts.

Daily submissions are added by therapists and patients. To sign-up visit [www.myofascialrelease.com](http://www.myofascialrelease.com)

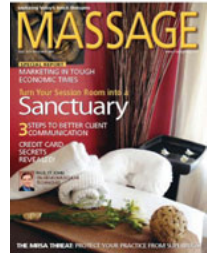


### JOHN F. BARNES' BLOG

View **John F. Barnes' latest blog** submission by visiting [www.myofascialrelease.com](http://www.myofascialrelease.com)

### ARTICLES

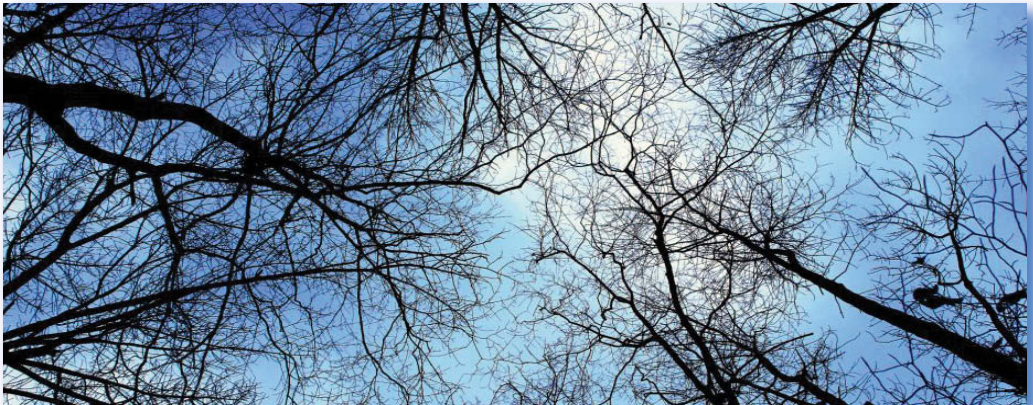
**Therapeutic Insight Editorials** a monthly series of articles written by John F. Barnes, PT for Massage Magazine. **Visit the Resource Section of [www.myofascialrelease.com](http://www.myofascialrelease.com)**



### JOIN OVER 3,000 FRIENDS ON OUR FACEBOOK SITE!

Daily posts and images allow you to keep on top of the **latest trends and communication in the world of Myofascial Release.**

[www.facebook.com/myofascial.release](http://www.facebook.com/myofascial.release)



THE INTERCONNECTEDNESS AND FRACTAL NATURE OF THE FASCIAL SYSTEM, THE WORLD WIDE WEB, & OUR UNIVERSE.



# JOHN F. BARNES' MYOFASCIAL RELEASE® THERAPIST DIRECTORY

## ▶ ARE YOU A PATIENT LOOKING FOR A QUALIFIED MYOFASCIAL RELEASE THERAPIST?

Visit [www.myofascialreleasedirectory.com](http://www.myofascialreleasedirectory.com) or [www.myofascialrelease.com](http://www.myofascialrelease.com) to find a therapist in your area.

## ▶ THERAPISTS—DO YOU WANT TO GROW YOUR CLIENT BASE?

If you have taken any one of the John F. Barnes' Myofascial Release Seminars® you can give yourself or your facility more visibility and worldwide exposure.



## EQUINE MYOFASCIAL RELEASE

**Weekly calls come into our Myofascial Release Centers asking for information about treating horses and animals.** Tamara Thomas, PT began her Myofascial Release training with John F. Barnes, PT in 1990 and introduced Tamara to applying MFR to horses. **Massage therapists, equine chiropractors, physical therapists, veterinarians, horse trainers and owners are using Myofascial Release to enhance their work and help their horse, human and canine clients.** Tamara and John's son Mark Barnes collaborate to offer seminars, videos and manuals. For more information visit [equinemyofascialrelease.com](http://equinemyofascialrelease.com) or [somapt.com](http://somapt.com)





## MYOFASCIAL RELEASE I

ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS.

I have had the opportunity of training over 75,000 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 this Seminar at 1/2 price!



### LOCATIONS AND DATES

#### ATLANTIC CITY, NJ

**MAY 3–5, 2013**  
Tropicana Resort  
(609) 340–4000

#### VICTORIA, BC

**MAY 30–JUNE 2, 2013** (1/2 days)  
Harbour Towers  
(250) 385–2405

#### OCEAN CITY, MD

**JULY 11–14, 2013** (1/2 days)  
Carousel Oceanfront  
(410) 524–1000

#### EUREKA, CA

**AUGUST 23–25, 2013**  
Red Lion Hotel  
(707) 445–0844

#### HOUSTON, TX

**SEPTEMBER 27–29, 2013**  
Hyatt Regency  
(713) 654–1234

#### MIAMI, FL

**NOVEMBER 22–24, 2013**  
Doubletree Grand  
(305) 372–0313

#### MADISON, WI

**MAY 3–5, 2013**  
Sheraton Hotel  
(608) 251–2300

#### SIOUX FALLS, SD

**MAY 31–JUNE 2, 2013**  
Holiday Inn  
(605) 339–2000

#### NASHVILLE, TN

**AUGUST 2–4, 2013**  
Hilton Garden Inn  
(615) 369–5900

#### HILTON HEAD, SC

**SEPTEMBER 5–8, 2013** (1/2 days)  
Omni Oceanfront  
(843) 842–8000

#### AUGUSTA, ME

**OCTOBER 4–6, 2013**  
Senator Inn & Spa  
(207) 622–8800

#### WILMINGTON, DE

**DECEMBER 6–8, 2013**  
Doubletree Hilton  
(302) 478–6000

#### SAN JOSE, CA

**MAY 17–19, 2013**  
Hyatt Place  
(408) 998–0400

#### SALT LAKE CITY, UT

**MAY 31–JUNE 2, 2013**  
Sheraton Hotel  
(801) 401–2000

#### SARASOTA, FL

**AUGUST 16–18, 2013**  
Lido Beach Resort  
(941) 388–2161

#### SOUTH BEND, IN

**SEPTEMBER 13–15, 2013**  
Site: Century Ctr.  
Accommodations: Doubletree by Hilton  
(574) 234–2000

#### SALEM, OR

**NOVEMBER 22–24, 2013**  
Site: Salem Conference Ctr.  
Accommodations: Grand Salem Hotel  
(503) 540–7800

# 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 or \$895**  
 if registered 2 weeks prior to seminar date

**MYOFASCIAL RELEASE III**  
**\$1,800 or \$1,495**  
 if registered 2 weeks prior to seminar date  
*(See page 15 for details on applying)*

**SUBTLE ENERGY: LEVEL 1**  
**\$450 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](http://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](mailto:seminars@myofascialrelease.com)

## REGISTRATION FORM

Please check the appropriate box(es)

**Seminar Location**  
**City/State:**

\_\_\_\_\_

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

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 \_\_\_\_\_

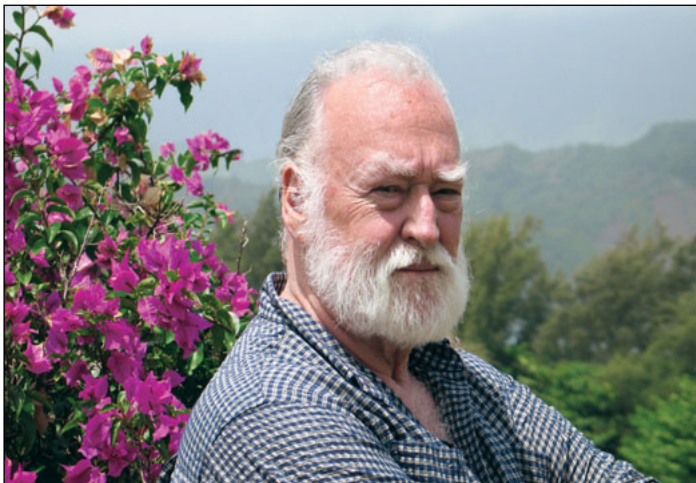
City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Email \_\_\_\_\_



**JOHN F. BARNES, PT** internationally recognized icon, therapist, author and authority on Myofascial Release



PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
JENKINTOWN, PA  
PERMIT NO. 58

## **PATIENTS**

Return to a Pain Free, Active Lifestyle

## **THERAPISTS**

Deepen Your Skills

## **ACHIEVE**

Inner Tranquility



**LEARN FROM THE EXPERTS!**

**75,000 THERAPISTS TRAINED!**