



Learn the...

John F. Barnes' Myofascial Release Approach®

MYOFASCIAL RELEASE

— THE WAVE OF THE FUTURE! —

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

LEARN MYOFASCIAL RELEASE FOR:

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

WHAT IS FASCIA?

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

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

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

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

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

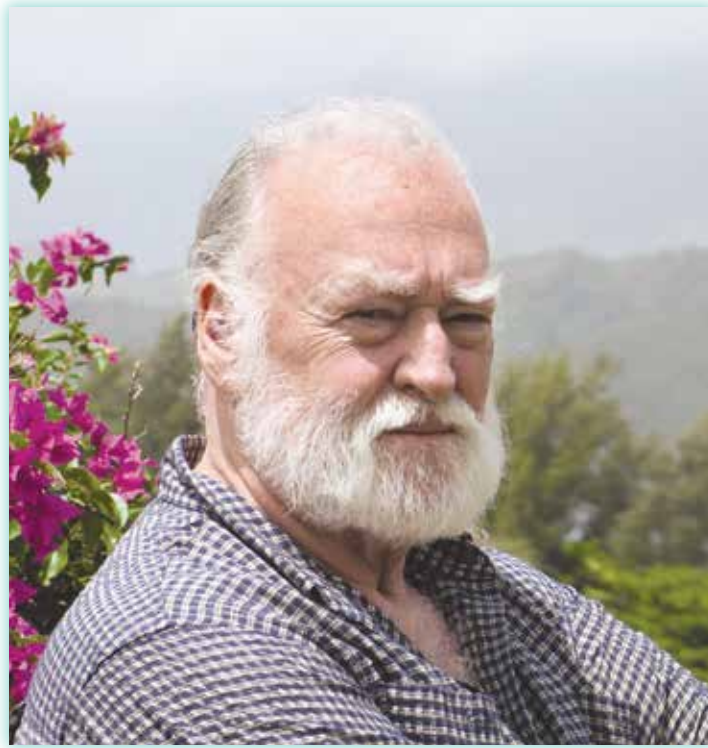
Our seminars are designed to be "hands-on" experiences. The seminars listed in this brochure all build upon one another providing a logical, step-by-step, comprehensive Approach for the treatment of pain, headaches and dysfunction. The Barnes' Myofascial Release Approach® is easily learned so that you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

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



Fascia Photo by Permission of Dr J.C.Guiberteau





Myofascial Release

John F. Barnes, PT, LMT, NCTMB

*International lecturer, author
and authority on Myofascial Release*

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

MYOFASCIAL RELEASE VS 'REAL' MYOFASCIAL RELEASE

3 Things You Should Know Before Signing Up For A Myofascial Release Class

Written by Joni Edmunds, DPT
Perth Myofascial Release
perthmfr@icloud.com

All myofascial release is the same, right? If this were true, finding a myofascial release therapist would be easy! However, the myriad of classes and certifications offered to therapists all under the name of 'myofascial release' means there can be differences between practitioners' treatments, as well as, seminars.

With any topic, I like to find the original source, assuming that this leads me to the purest version available. A search for the source of modern-day myofascial release leads us straight to John F. Barnes, PT. Finding John may take a bit of sifting through other styles and versions of myofascial release, but a thorough search pays off. Here's what we discover: Real myofascial release, as taught by John since the 1970's, incorporates three major myofascial techniques in conjunction with one another:

- Structural Release • Rebounding •
- Unwinding

Understanding each component will help you to know if you are getting 'real' myofascial release.

1. Myofascial Structural Release – *waiting for the melt!*

Structural release involves applying gentle, sustained pressure into areas of tightness, restriction, or pain and waiting for your body to release. Never forceful, pressures are applied to gently reach the barrier of the tissue restriction. At first, you will feel an elastic or springy give and this is fool's gold. It feels like a release. It feels like a bit of change. However, the tissue will just spring back once the pressure is disengaged. Why? This 'fool's gold' is the elastic component of the tissue giving way. The only way to experience a lasting change in the tissue is to wait. Additional time spent holding the pressure (beyond 5 minutes for each restriction) enables your connective tissue to fully 'melt' and lengthen. Science is telling us that there is yet another benefit to waiting long enough to allow for a phase change in the tissue. Beyond 5 minutes, your body will begin producing interleukin, which is a natural anti-inflammatory! This response is only elicited when pressure is sustained and uninterrupted – no rubbing, poking, manipulating, or bouncing!

It is critical to note that Structural Myofascial Release can only be performed on dry skin. Using oils or creams during treatment means the therapist is sliding on your skin and therefore unable to properly sustain pressures that release and melt restrictions in your body.

2. Myofascial Unwinding – *untangling knots!*

Everyone has an innate ability to self-correct tension, postural imbalances, and tissue restrictions through natural, intuitive movement! When you first wake up in the morning and have that urge to yawn and roll and stretch a bit before hopping out of bed, you are experiencing a snippet of your body's self-correction

mechanism. Similarly, when you've been sitting at the computer for too long and feel the urge to reach your arms up over your head and arch your upper back over the back of the chair getting a nice stretch through your arms, chest and shoulders, you are unwinding. With the help of a therapist to support your body and minimize the effect of gravity, your body can stretch and move for more than a quick snippet which takes the unwinding to a deeper level to thoroughly clear your body of stress, holding patterns, and tension!

3. Myofascial Rebounding – waves of release!

Remember getting rocked by mom or grandma as an infant or young child? What about the gentle wave that moves through your body when you're floating on a raft in the water? Doesn't it feel soothing and luxurious? Our grandparents intuitively followed the patterns of nature to offer a therapeutic experience to us as infants. We are approximately 75% fluid, and when rocked, an internal wave of motion and energy begins to form and move through the fluid inside our bodies. If the rocking is gently sustained and continued over time, as with rebounding, this fluid motion perpetuates and begins to reach and affect the solidified areas of our bodies. This wave gently starts to invade those tight, restricted areas giving opportunity for softening just as waves at the beach gently erode away the shoreline. With rebounding, every cell of your body can be reached, even the denser structures such as your bones, by this profound fluid wave. Rebounding is also helpful for accessing and clearing out those habitual holding and bracing patterns which hang out in our bodies due to a buildup

of stress and trauma. Feel like you're in a cycle of feeling better after treatment but the tension and tightness just comes back? Rebounding may be the missing piece that can eradicate bracing and holding patterns to eliminate the cycle of chasing symptoms!

Real myofascial release incorporates these three skills during treatment to offer a whole-body approach and effective results with changes that last!

Ready to take your healing journey to a whole new level? Find a therapist who has been trained by John F. Barnes, PT and experience 'real' myofascial release. Experience the difference!



*Feeling like your body is being forced?
(Not John F. Barnes' Myofascial Release Approach®)*



*Is your practitioner using oils or creams?
(Not John F. Barnes' Myofascial Release Approach®)*



Have you experienced the gentle rocking of rebounding during treatment? (Yes, 'Real' Myofascial Release)

MESSAGE FROM JOHN F. BARNES, PT, LMT, NCBTMB



In the early 1970's my private practice was flourishing. However, since I was the only one doing Myofascial Release, all of the clients only wanted to see me and not my staff of other therapists. I decided to put aside a weekend to teach my therapists some of the Myofascial Release techniques. I then decided to put a small ad in a therapy newspaper to see if other therapists might be

interested in attending and was interviewed by a local reporter about the benefits of MFR. My staff thought my eagerness to share MFR was a ridiculous idea and that I would be lucky if two or three people responded. They were wrong! The day my advertisement was published, my phones rang off the hook. Over two hundred people registered for my first Myofascial Release Seminar!

I scheduled one seminar at a time for the next year, until it became obvious that there was an enormous need and thirst for Myofascial Release. I have now had the opportunity of training over 100,000 therapists and physicians, who are in turn treating millions of people with Myofascial Release. The seminars are still growing. Despite all of the criticism and attacks, it has been worth it. For years I felt like I was swimming upstream or running the gauntlet. There has been a major shift in awareness and acceptance now. The wave is behind us, lifting us up to greater heights; the demand for Myofascial Release is enormous and growing exponentially.

There will always be resistance from others. They may sound well intentioned, but deep down some resent other's success. Listen to what others say, consider it from all angles, but if in your heart it feels right, do it! Control your own destiny. Do it and never give up! Lean into the wind!

MYOFASCIAL RELEASE I



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

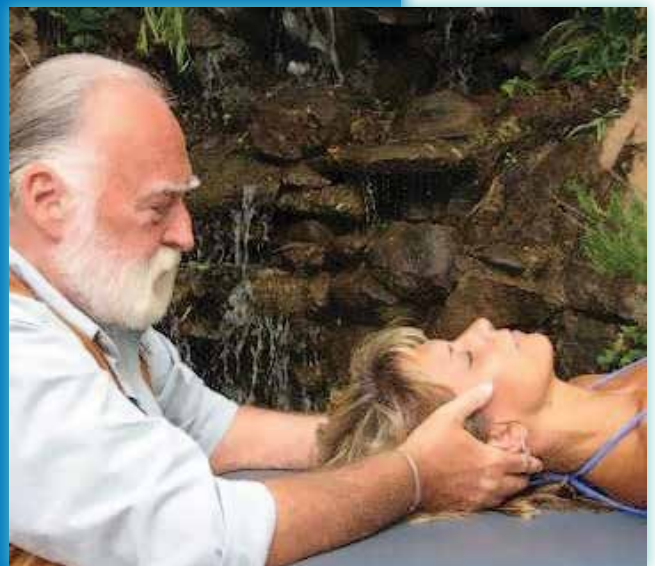
20 Contact Hours

MYOFASCIAL RELEASE TECHNIQUES:

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

THE FASCIAL CRANIUM

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



ENJOY A NEW, EXCITING AND LUCRATIVE CAREER!

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

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

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

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

— ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS —

MYOFASCIAL RELEASE I

LOCATIONS AND DATES

MIAMI Area

(Sunny Isles, FL)
Jan. 8-11 (1/2 days) 2015
Newport Beachside Resort
(305) 949-1300

SEDONA, AZ

March 12-15 (1/2 days) 2015
Poco Diablo Resort
(928) 282-7333

OKLAHOMA CITY, OK

March 20-22, 2015
Sheraton Hotel
(405) 235-2780

HARRISBURG, PA

April 10-12, 2015
Crowne Plaza
(717) 234-5021

KANSAS CITY, MO

April 10-12, 2015
Embassy Suites
(816) 756-1720

OTTAWA, ONTARIO

April 24-26, 2015
Courtyard by Marriott
(613) 241-1000

ATLANTIC CITY, NJ

May 8-10, 2015
Tropicana Hotel
(609) 340-4000

MISSOULA, MT

May 29-31, 2015
Holiday Inn
(406) 721-8550

CINCINNATI, OH

May 29-31, 2015
Hyatt Regency
(513) 579-1234

WORCESTER, MA

June 5-7, 2015
Beechwood Hotel
(508) 754-5789

LONG ISLAND, NY

June 19-21, 2015
Hyatt Regency
(631) 784-1234

NIAGARA FALLS, NY

Aug. 6-9 (1/2 days) 2015
Sheraton at the Falls
(716) 285-3361

NEW ORLEANS, LA

August 21-23, 2015
Hilton Hotel
(504) 524-8890

ORANGE, CA

(Disneyland Area)
August 28-30, 2015
Doubletree by Hilton
(714) 634-4500

CAPE COD, MA

September 10-13
(1/2 days) 2015
Ocean Edge Resort
(508) 896-9000

EVANSTON, IL

(Chicago Area)
September 25-27, 2015
Hilton Garden Inn
(847) 475-6400

BURLINGTON, VT

September 25-27, 2015
Sheraton Hotel
(802) 865-6600

DESTIN, FL

(Emerald Coast
NW Florida)
November 5-8
(1/2 days) 2015
Hilton Sandestin
(850) 267-9500

MORRISTOWN, NJ

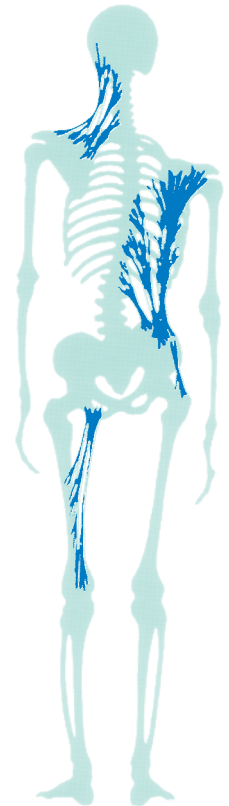
(Northern NJ)
November 13-15, 2015
Hyatt Hotel
(973) 647-1234

GREENSBORO, NC

November 20-22, 2015
Marriott Hotel
(336) 379-8000

COLUMBIA, MD

December 4-6, 2015
Sheraton Town Center
(410) 730-3900



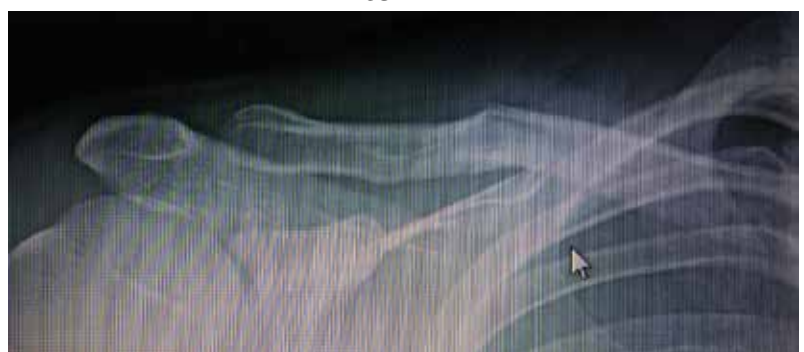
**Myofascial
Restrictions**

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

Before MFR



After MFR



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

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

- Peter Podbielski, PT, DPT

MYOFASCIAL UNWINDING

Prerequisite: Myofascial Release I™

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

20 Contact Hours

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

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



LOCATIONS AND DATES

MIAMI Area (Sunny Isles, FL)

January 12-14, 2015
Newport Beachside Resort
(305) 949-1300

SEDONA, AZ

March 16-18, 2015
Poco Diablo Resort
(928) 282-7333

KANSAS CITY, MO

April 14-16, 2015
Embassy Suites
(816) 756-1720

ATLANTIC CITY, NJ

May 12-14, 2015
Tropicana Hotel
(609) 340-4000

CINCINNATI, OH

June 2-4, 2015
Hyatt Regency
(513) 579-1234

NIAGARA FALLS, NY

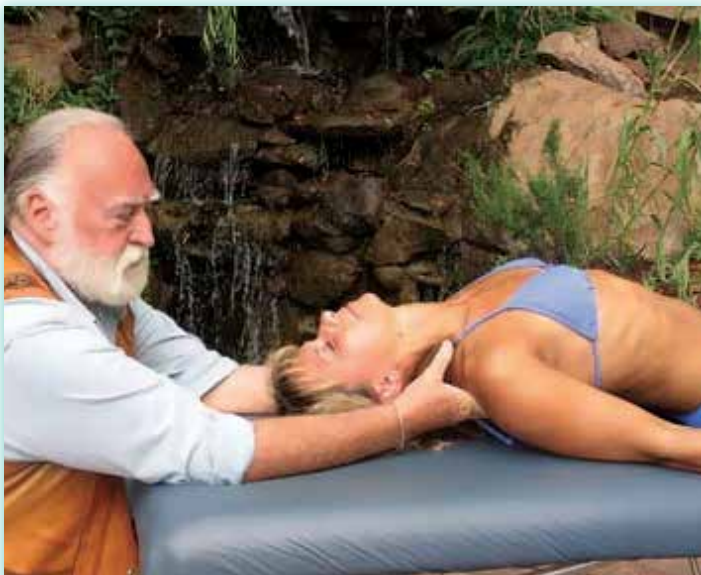
August 10-12, 2015
Sheraton at the Falls
(716) 285-3361

CAPE COD, MA

September 14-16, 2015
Ocean Edge Resort
(508) 896-9000

DESTIN, FL

(Emerald Coast
NW Florida)
November 9-11, 2015
Hilton Sandestin
(850) 267-9500



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

MYOFASCIAL RELEASE II

Prerequisite: Myofascial Release I™

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

20 Contact Hours



LEARN ADVANCED MYOFASCIAL TECHNIQUES FOR:

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

LOCATIONS AND DATES

MIAMI Area (Sunny Isles, FL)	SEDONA, AZ	KANSAS CITY, MO	ATLANTIC CITY, NJ
Jan. 15-18 (1/2 days) 2015 Newport Beachside Resort (305) 949-1300	March 19-22 (1/2 days) 2015 Poco Diablo Resort (928) 282-7333	April 17-19, 2015 Embassy Suites (816) 756-1720	May 15-17, 2015 Tropicana Hotel (609) 340-4000
CINCINNATI, OH	NIAGARA FALLS, NY	CAPE COD, MA	DESTIN, FL
June 5-7, 2015 Hyatt Regency (513) 579-1234	August 13-16 (1/2 days) 2015 Sheraton at the Falls (716) 285-3361	September 17-20 (1/2 days) 2015 Ocean Edge Resort (508) 896-9000	(Emerald Coast NW Florida) November 12-15 (1/2 days) 2015 Hilton Sandestin (850) 267-9500

MYOFASCIAL RELEASE IS SO INCREDIBLY IMPORTANT!

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

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

UPDATE!

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



FASCIAL-PELVIS

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

20 Contact Hours



TECHNIQUES FOR THE FASCIAL-PELVIS:

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

LOCATIONS AND DATES

ATLANTA, GA

March 27-29, 2015
Crowne Plaza Ravinia
(770) 395-7700

MADISON, WI

June 12-14, 2015
Radisson Hotel
(608) 833-0100

DEARBORN, MI

September 25-27, 2015
Adoba Hotel
(313) 592-3622

BEDFORD, PA

(Cumberland MD Area)
April 17-19, 2015
Omni Bedford Springs
(814) 623-8100

CLEVELAND, OH

June 12-14, 2014
Doubletree by Hilton
(216) 241-5100

SEDONA, AZ

October 15-18 (1/2 days) 2015
Seminar Site: Red Rock Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

SAN FRANCISCO, CA

May 1-3, 2015
Holiday Inn Golden Gateway
(415) 441-4000

SACRAMENTO, CA

August 21-23, 2015
Crowne Plaza NE
(916) 338-5800

SAN DIEGO, CA

November 6-8, 2015
Handlery Hotel
(619) 298-0511

LAKEWOOD CO

(Denver Suburbs)
May 15-17, 2015
Holiday Inn
(303) 980-9200

NORWALK, CT

September 18-20, 2015
Doubletree by Hilton
(203) 853-3477

NASHVILLE, TN

November 13-15, 2015
Hilton Garden Inn
(615) 369-5900

BUFFALO, NY

November 20-22, 2015
Adam's Mark Hotel
(716) 845-5100

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

CERVICAL-THORACIC

Prerequisite: Myofascial Release I™

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

20 Contact Hours



LOCATIONS AND DATES

SEDONA, AZ

February 19-22
(1/2 days) 2015
Poco Diablo Resort
(928) 282-7333

OCEAN CITY, MD

July 16-19 (1/2 days) 2015
Carousel Resort
(410) 524-1000

A Look Into 2016

KEY WEST, FL

January 7-10
(1/2 days) 2016
Doubletree Hilton
(305) 293-1818

TECHNIQUES FOR THE CERVICAL-THORACIC:

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

VACATION SERIES & SPECIALTY SEMINARS

SAVE \$300
By registering for any three seminars!



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

Women's Health February 12-15, 2015	Myofascial Healing February 16-18, 2015	Cervical Thoracic February 19-22 (1/2 days) 2015	Poco Diablo Resort (928) 282-7333
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Sedona, AZ Adventure abounds in gorgeous Sedona, AZ. Jeep tours, balloon and helicopter rides, hiking and biking awaits you in the majestic 'Red Rock' Canyons.

Myofascial Release I March 12-15 (1/2 days) 2015	Myofascial Unwinding March 16-18, 2015	Myofascial Release II March 19-22 (1/2 days) 2015	Poco Diablo Resort (928) 282-7333
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Kansas City, MO A dynamic city with a vibrant arts scene, great restaurants, and an eclectic mix of shops. Take time to discover a blend of new and traditional favorites.

Myofascial Release I April 10-12, 2015	Myofascial Unwinding April 14-16, 2015	Myofascial Release II April 17-19, 2015	Embassy Suites (816) 756-1720
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Atlantic City, NJ Centered on the famous four-mile boardwalk, AC offers excitement of the casinos and the piers, offering many kid-friendly amusement rides and carnival games.

Myofascial Release I May 8-10, 2015	Myofascial Unwinding May 12-14, 2015	Myofascial Release II May 15-17, 2015	Tropicana Hotel & Casino (609) 340-4000
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Cincinnati, OH One of the nation's most walkable cities. Enjoy the exciting nightlife, entertainment and fabulous riverside restaurants of the 'Queen City.'

Myofascial Release I May 29-31, 2015	Myofascial Unwinding June 2-4, 2015	Myofascial Release II June 5-7, 2015	Hyatt Regency (513) 579-1234
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Sedona, AZ Red Rock country is a gorgeous four season playground for everyone.

Myofascial Rebounding June 18-21 (1/2 days) 2015	Myofascial Healing June 22-24, 2015	Advanced Unwinding June 25-28 (1/2 days) 2015	Poco Diablo Resort (928) 282-7333
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Ocean City, MD Offers entertainment for everyone. Whether it's strolling along our world-famous Boardwalk, riding a thrilling roller coaster or relaxing on the beach, Ocean City is a wonderful destination.

Women's Health July 9-12, 2015	Myofascial Rebounding July 13-15, 2015	Cervical-Thoracic July 16-19 (1/2 days) 2015	Carousel Resort (410) 524-1000
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Niagara Falls, NY A North American natural wonder, Niagara Falls flows with scenic views, thrilling attractions, family-friendly and interactive exhibits, miles of hiking trails and delectable dining options.

Myofascial Release I August 6-9 (1/2 days) 2015	Myofascial Unwinding August 10-12, 2015	Myofascial Release II August 13-16 (1/2 days) 2015	Sheraton at the Falls (716) 285-3361
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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.

Myofascial Release I Sept. 10-13 (1/2 days) 2015	Myofascial Unwinding Sept. 14-16, 2015	Myofascial Release II Sept. 17-20 (1/2 days) 2015	Ocean Edge Resort (508) 896-9000
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Destin, FL Enjoy Northwest Florida's emerald-green water and the powdery sand. Inspirational walks along the beach, swimming in the Gulf, relaxation and incredible dining experiences await you.

Myofascial Release I Nov. 5-8 (1/2 days) 2015	Myofascial Unwinding Nov. 9-11, 2015	Myofascial Release II Nov. 12-15 (1/2 days) 2015	Hilton Sandestin Resort (850) 267-9500
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Introductory Workshop

MYOFASCIAL MOBILIZATION

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

12 Contact Hours

LOCATIONS AND DATES

AMARILLO, TX

February 28 & March 1, 2015
Holiday Inn West
(806) 322-4777

MEMPHIS, TN

March 14 & 15, 2015
Holiday Inn
(901) 525-5491

ANCHORAGE, AK

March 28 & 29, 2015
Hilton Hotel
(907) 272-7411

MILWAUKEE AREA

(Brookfield, WI)
March 28 & 29, 2015
Sheraton Hotel
(262) 364-1100

KENNEWICK, WA

(Tri-Cities Area)
April 18 & 19, 2015
Red Lion Hotel
(509) 783-0611

GRAND RAPIDS, MI

May 30 & 31, 2015
Hilton Hotel
(616) 957-0100

KNOXVILLE, TN

August 29 & 30, 2015
Crowne Plaza
(865) 522-2600

CEDAR RAPIDS, IA

September 12 & 13, 2015
Doubletree by Hilton
(319) 731-4444

GILLETTE, WY

October 3 & 4, 2015
Clarion Inn
(307) 686-3000

TERRE HAUTE, IN

October 17 & 18, 2015
Holiday Inn
(812) 232-6081

CONCORD, NH

November 7 & 8, 2015
Holiday Inn
(603) 224-9534

ST. PAUL, MN

November 21 & 22, 2015
Doubletree Hilton
(651) 291-8800



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

Introductory Workshop

PEDIATRIC MYOFASCIAL RELEASE



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

12 Contact Hours

LOCATIONS AND DATES

PHOENIX AREA

(Tempe AZ)
February 7 & 8, 2015
Embassy Suites
(480) 897-7444

DURHAM, NC

March 21 and 22, 2015
Hilton Hotel
(919) 383-8033

BERKELEY, CA

(San Francisco Area)
March 28 & 29, 2015
Doubletree Hilton
(510) 548-7920

BOSTON SUBURBS

(Wakefield, MA)
April 18 & 19, 2015
Sheraton Colonial
(781) 245-9300

ELLCOTT CITY, MD

(DC/Baltimore Area)
May 16 & 17, 2015
Turf Valley Resort
(410) 465-1500

CHICAGO, IL

June 6 & 7, 2015
Marriott Midway
(708) 594-5500

DALLAS, TX

September 12 & 13, 2015
Sheraton Suites
(214) 747-3000

NEWARK, NJ

September 12 & 13, 2015
Hilton Hotel
(973) 622-5000

PITTSBURGH, PA

October 3 & 4, 2015
Omni Hotel
(412) 281-7100

ST. PETERSBURG, FL

October 24 & 25, 2015
Hilton Hotel
(727) 894-5000

PASADENA, CA

November 21 & 22, 2015
Hilton Hotel
(626) 577-1000

KANSAS CITY, MO

December 5 & 6, 2015
Embassy Suites
(816) 756-1720

WOMEN'S HEALTH SEMINAR THE MYOFASCIAL RELEASE APPROACH

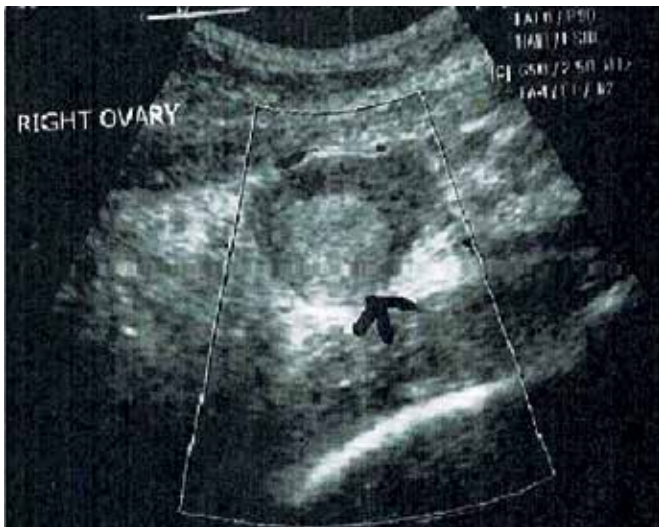
Prerequisites: Myofascial Release I™, Fascial-Pelvis, Myofascial Unwinding

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

25 Contact Hours

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

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



SOLID RIGHT OVARIAN MASS

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

My wife saw an advanced John F. Barnes' Myofascial

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

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

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

LOCATIONS AND DATES

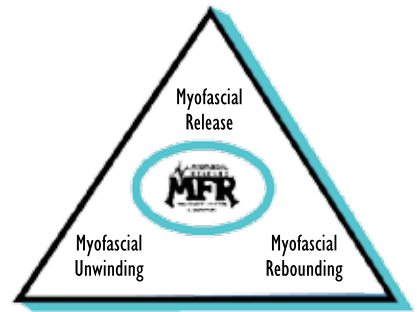
SEDONA, AZ
February 12-15, 2015
Poco Diablo Resort
(928) 282-7333

OCEAN CITY, MD
July 9-12, 2015
Carousel Resort
(410) 524-1000

MYOFASCIAL REBOUNDING

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 are an important combination acting as a powerful catalyst enhancing your effectiveness!



The Myofascial Triad

“I had always liked the idea of a whole body approach to treatment, but this is taking it to another level.”

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

LOCATIONS AND DATES

SEDONA, AZ June 18-21 (1/2 days) 2015 Poco Diablo Resort (928) 282-7333	OCEAN CITY, MD July 13-15, 2015 Carousel Resort (410) 524-1000
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A Look Into 2016

KEY WEST, FL
January 11-13, 2016
Doubletree Hilton
(305) 293-1818

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.

LOCATIONS AND DATES:

Midwest Location!

SEDONA, AZ June 25-28 (1/2 days) 2015 Poco Diablo Resort (928) 282-7333	KANSAS CITY, MO September 25-27, 2015 Embassy Suites (816) 756-1720
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- Learn Advanced Unwinding Techniques
- Refine Your Dialoging Skills
- Receive Extraordinary Treatment
- Enhance Your Sensitivity, Focus and Concentration

QUANTUM LEAP! SEMINAR

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

Learn:

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

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

Plan Ahead for 2016

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

LOCATION AND DATES

KEY WEST, FL
January 14-17 (1/2 days) 2016
Doubletree Hilton
(305) 293-1818



HOW IS MYOFASCIAL RELEASE BENEFITING YOU?

PATIENT TESTIMONIALS



Before



After

"I was diagnosed with Bell's Palsy three months after giving birth to my first child. I could not close my eye, smile, or raise my eyebrow on the affected side of my face. My face was literally frozen, and I had trouble speaking, eating, and drinking— even playing with my baby!"

"The doctor's protocol for me was to take high doses of a steroid in hopes that I would not suffer any long-term nerve damage. This path would have required that I stop breastfeeding my little girl who would have had to go on formula until I had finished rounds of steroids; and there was no guarantee that the steroids would actually help."

"Luckily, I had previous successful experience with Myofascial Release treatments after a car wreck in 2008, which left me unable to sit or walk without pain. So rather than filling the prescription for the steroid and buying formula for my baby (especially after we had worked so hard learning how to breastfeed), I turned to my MFR therapist, Julie."

"I saw Julie within 24 hours of being diagnosed, and after one treatment session, I was able to move my face more freely! Most Bell's palsy sufferers progressively get worse over the first few days, and I was already seeing movement in my cheek. I was given 'homework' that included a myriad of different exercises to help soften my tight face."

"It's now been almost a month, and I can smile and play with my little girl again with no problems at all. Most people who didn't see me during that time don't even know I ever had Bell's palsy. And I am indescribably happy that I did not take the stint of steroids, for both my daughter's and my benefit."

Julie W., Memphis, TN

"I was experiencing recurring lower abdominal/back tightness and pelvic discomfort during menstruation, on November 2013, I was sent for an initial ultrasound examination to determine whether I had Polycystic Ovarian Syndrome. Instead, the specialists found a 2cm fibrous Left ovarian cyst, as well as a thickened endometrium, measuring 2.2 cm with fundal fibroid 7 x 6.6 x 7.5 cm. Upon consultation with my physician, I requested and was granted a Myofascial Release therapy prescription to Therapy on the Rocks."

"I had a follow up ultrasound examination. Results showed my endometrium now measured half the thickness of its previous depth from 2.2 to 1.1 cm and absence of the Left ovarian cyst with significantly reduced fundal fibroid of 5.7 x 5.4 x 6.5 cm. I no longer experience cramping during menstruation and have less pain throughout the abdomen and back with self-treatments. I look forward to continuing my treatments in Sedona."

Kate S., Payson, AZ

"After only 4 weeks at Therapy on the Rocks, I feel ten times more improvement than I received in 2 entire years of Chiropractic, Deep Tissue and Trigger Point Therapy. My pain subsided in 2 weeks and I was finally able to relax and sleep. The people were gracious and I would recommend Myofascial Release to anyone who needed help with pain."

Max S., Springfield, IL

THERAPIST TESTIMONIALS

I have had a long history of dental trauma since childhood. Since discovering Myofascial Release my quality of life has improved immensely. Recently, I suffered another dental injury. I was unable to speak or eat. Initially, I had a bit of a panic response since I am not in close proximity to a therapist to be treated right away. So, I sat quiet, trusted the work, the process and myself and softened into Myofascial self-treatment. Remembering all that John has taught me allowed me to center myself and connect into my healing space. I am thrilled to say that my pain is almost gone and my function restored.

Myofascial Release has and continues to change my life in every way. Personally, professionally, physically and spiritually. Because of Myofascial Release, I am able to live my life with joy and freedom. It is a true gift, a blessing for which I am thankful every day.

*Karen W., PT
Greenfield, MA*

"Growing up an 'accident prone' kid left me with a lot of scars and scar tissue throughout my body. During my 20's, I got into cycling. I would ride for mile upon mile; it was so enjoyable. In my mid-30's, movement became increasingly difficult so I started receiving massage. Then my neck "went out"; and then it was my back. I started receiving regular chiropractic care. I added acupuncture and energy work into the mix. I myself became a Reiki practitioner and then a massage therapist. While in massage school, I learned about John Barnes and Myofascial Release. I decided to take a class when I completed massage school."

"Well, the changes I felt in my body from that one weekend class were amazing. There was no way that I could not share this with my massage clients. When I started using MFR techniques, my clients started getting better and felt the difference between MFR and massage. They told their friends and my practice became very busy. So busy, that my husband became an Myofascial Release therapist too! Myofascial Release has helped me to help myself; and being able to teach my client's self-care with myofascial principles has empowered my clients to help themselves as well."

*Deb E., LMT, NCTM
Mattapoisett, MA*

"I owe John a lifetime of gratitude. His principles apply not just to therapy, but to life as well. In the past ten years I have been a therapist and a patient; in many ways I have made progress beyond measure. Because of John & Myofascial Release, my life is rich in so many ways... Of course I realize that not every day is going to bring 'sunshine & rainbows', but I have confidence now, that whatever the weather may bring, I am going to be more than, 'just fine.'"

*Julie L., OTR/L
Memphis, TN*

MYOFASCIAL HEALING SEMINAR

A Seminar for the Patient and Therapist



The Myofascial Healing Seminar will guide you to the depths of your essence for authentic healing in the most beautiful place in the world – Sedona, Arizona.

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

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

FOR THE PATIENT:

The Myofascial Healing Seminar will teach you how to “treat” yourself and is designed to help those wanting to enhance their progress and take a quantum leap in their healing. Through lectures and workshops patients will learn how to help eliminate their pain and energize their body. Send your patients/clients to the Myofascial Healing Seminars to enhance their treatment response, cut their healthcare costs and provide a way of helping them to continue to heal.

FOR THE THERAPIST: HEAL YOURSELF

The Myofascial Healing Seminar is also for you, the therapist, and your friends and family, providing all of you an inexpensive way to lift your spirits, soothe your mind and eliminate your pain while enhancing your healing journey.

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

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

LOCATIONS AND DATES

Midwest Location!

SEDONA, AZ

February 16-18, 2015
Poco Diablo Resort
(928) 282-7333

SEDONA, AZ

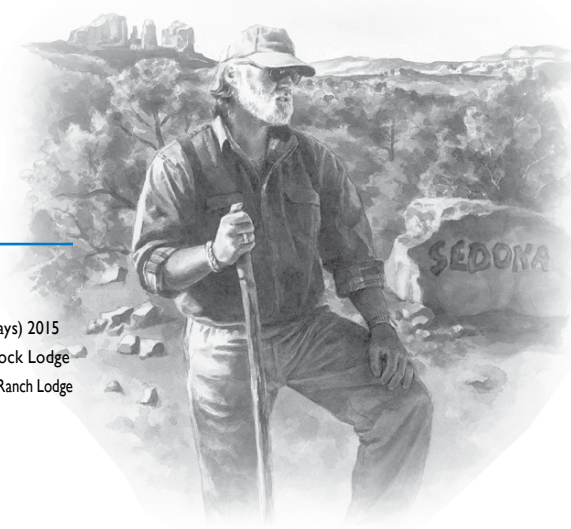
June 22-24, 2015
Poco Diablo Resort
(928) 282-7333

CHICAGO, IL

August 28-30, 2015
Indian Lakes Resort
(630) 529-0200

SEDONA, AZ

October 8-11 (1/2 days) 2015
Seminar Site: Red Rock Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400



To Register See Page 19

SKILL ENHANCEMENT SEMINAR

Prerequisite: Myofascial Release I™

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



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

SKILL ENHANCEMENT WITH JOHN F. BARNES, PT

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

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



“The Sanctuary” - Malvern, PA



“Therapy on the Rocks” - Sedona, AZ

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

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

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

EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

42 Lloyd Avenue, Malvern, PA, 19355

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

Malvern@myofascialrelease.com

OUR MISSION IS TO RETURN YOU

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

WOMEN’S HEALTH PROBLEMS:

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

WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

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



“THERAPY ON THE ROCKS”

676 North Highway 89A • Sedona, AZ 86336

928-282-3002 • 928-282-7274 fax

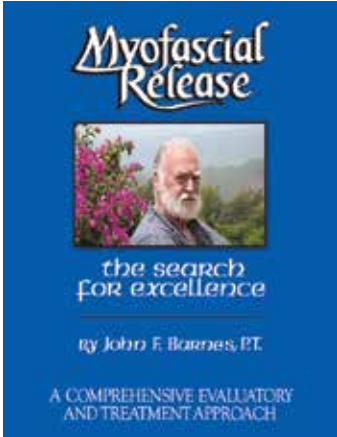
Sedona@myofascialrelease.com • Therapyontherocks.net

TO A PAIN FREE, ACTIVE LIFESTYLE!

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

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

MYOFASCIAL RELEASE MERCHANDISE



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

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

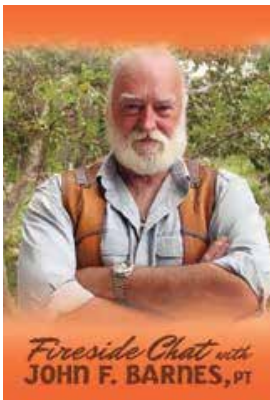
fascinating book will help you to understand Myofascial Release in its evaluation and treatment aspect and show you how to implement Myofascial Release into your current practice. \$69.95



HEALING ANCIENT WOUNDS: THE RENEGADE'S WISDOM® BY JOHN F. BARNES

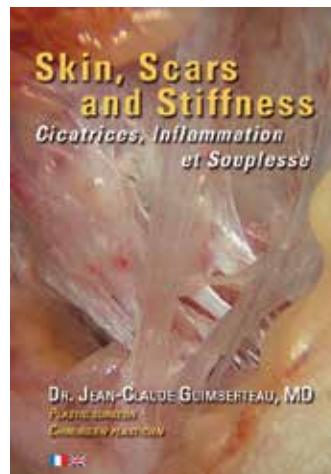
The enjoyable and important book, "Healing Ancient Wounds: The Renegade's Wisdom," was designed to help you expand your abilities, therapeutic awareness and to assist you on your journey as an intuitive therapeutic artist. This intriguing book was also written for your patients/

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



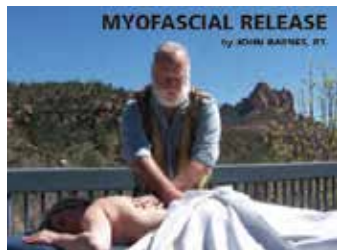
"FIRESIDE CHAT" DVD BY JOHN F. BARNES

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



SKIN, SCARS AND STIFFNESS

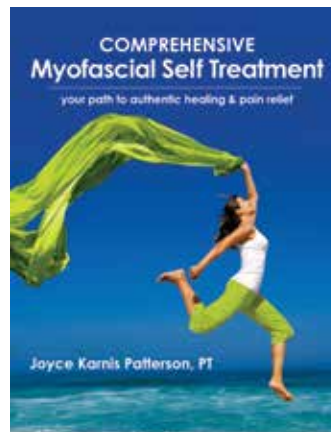
By Dr. JC Guimberteau
This intriguing new DVD, Skin, Scars and Stiffness by Dr. Guimberteau provides incredible microscopic images of how trauma and surgical procedures effect the fascial system. This is a great educational video for both patients and therapists to understand the importance of Myofascial Release. \$59.95



MYOFASCIAL RELEASE & MYOFASCIAL FREEDOM DVD SET BY JOHN F. BARNES

John F. Barnes, PT discusses the theory, anatomy, and function of the Myofascial system

with demonstrations in evaluation and treatment techniques for decreasing pain, headaches, and restoring motion. The Myofascial Freedom DVD is designed to teach therapists and their patients Myofascial Release self-treatment techniques, Myofascial Unwinding techniques and a home exercise Myofascial Freedom flexibility program. \$159.90



COMPREHENSIVE MYOFASCIAL SELF TREATMENT BOOK

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

TO ORDER... CALL 1-800-FASCIAL

REGISTRATION INFORMATION

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

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

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

- Women's Health Seminar:
The Myofascial Release Approach

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

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

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

- Myofascial Healing Seminar

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

Continuing Education:

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

Discounts:

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

Registration Fee and Cancellation Policy:

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

Tax Reform Act Of 1986:

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

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

IMPORTANT

Seminar Location City: _____ State _____

Check the appropriate box(es)

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

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Signature _____

Name _____

Professional Initials: _____
(Type of therapist, PT, LMT, OTR/L etc. or for the Healing Seminar, what is your occupation?)

Email _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____

Enclosed is my check (U.S. Funds only) payable to:

MFR Seminars
42 Lloyd Avenue,
Malvern, PA 19355

1-800-FASCIAL (327-2425)

Fax Form to 610-644-1662



Web Site: www.myofascialrelease.com • Email: seminars@myofascialrelease.com