

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.

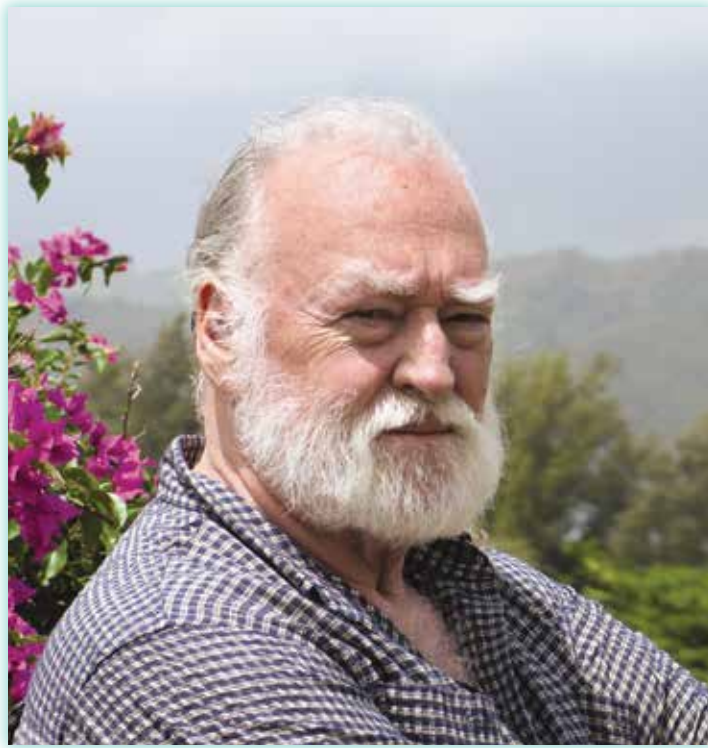
Our seminars are designed to be "hands-on" experiences. The seminars listed in this brochure all build upon one another providing a logical, step-by-step, comprehensive Approach for the treatment of pain, headaches and dysfunction. The Barnes' Myofascial Release Approach® is easily learned so that you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

THE IMPORTANCE OF MYOFASCIAL RELEASE!

Piezoelectricity, Mechanotransduction, Phase Transition, Chaos and Fractal Theory, and ultimately Resonance are the key components in changing and improving healthcare as we know it!

The effectiveness of Myofascial Release has created a large, unprecedented acceptance throughout the world. 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 and 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.

Other forms of therapy, massage, modalities and exercise do not engage the fascial restriction long enough to stimulate the phenomena of piezoelectricity, mechanotransduction, chaos, and phase transition which ultimately leads to resonance. Resonance is essential for the reduction of pain, increase in range of motion, and for authentic healing to occur. The stimulation of this phenomenon is significant and is quite different from what we have learned in the past.

PIEZO-ELECTRICITY

Piezoelectricity is a Greek word which means pressure electricity. It is a well-known fact that each of our cells are crystalline in nature. When you place pressure into

a crystal it creates an electrical flow. The sustained pressure of my Approach to Myofascial Release coupled with the essential time element creates a bioelectrical flow in our body, in other words the motion of our mind which leads into mechanotransduction.

MECHANOTRANSDUCTION

Mechanotransduction; sustained mechanical pressure can also create biochemical changes within our bodies. Importantly, Myofascial Release produces Interleukin 8, our bodies own natural anti-inflammatory agent.

Research has shown that inflammation is an important part of the healing process, however when inflammation has been thwarted it tends to solidify the ground substance of the fascial system which should be fluid. This then blocks healing and over time tends to continue to solidify into crushing restrictions that produce the symptoms that our clients/patients present. Returning to cause, it is not enough to just treat the effect or symptoms any longer (traditional therapy.)

PHASE TRANSITION

These two occurrences, piezoelectricity and mechanotransduction dove tail together and then Phase Transition takes place. This is the phenomena of ice transforming into water. In our bodies a similar occurrence happens. The solidification of the ground substance becomes more fluid allowing the tissue

to rehydrate and to glide taking crushing pressure (approximately 2,000 pounds per square inch) off of pain sensitive structures.

CHAOS THEORY

Everything in traditional medicine and therapy insisted upon order and control. However, true growth and healing cannot occur in a controlled, orderly way.

“Systems Theory” states that nature goes through continuous periods of order, chaos, order, chaos, etc. It is in the “Chaotic Phase” that reorganization occurs.

The system then returns to a higher level of order.

For Phase Transition to occur, there is a period of chaos when ice transforms into water or in our body for the solidified ground substance of the fascial system to transform into a more viscous/fluid state.

RESONANCE

When one person touches another person their vibratory rates are quite different on the molecular level, however with sustained pressure at the fascial restriction, the vibratory rates will become identical creating resonance. Resonance is the very essence of my Approach to Myofascial Release. This is what I call



Permission by Dr. JC Guimberteau

Fascial restrictions can exert approximately 2,000 pounds of pressure per square inch on pain sensitive structures producing pain, headaches, fibromyalgia and restrictions of motion.

a “Release.” Release occurs both in the cranial area and throughout the body. Resonance unfortunately does not occur in other forms of therapy due to the sheer fact that these other forms of therapy are too quick, hence providing only temporary results. The good news is that Myofascial Release coupled with other forms of therapy, exercise, massage, bodywork and energy techniques will enhance your effectiveness.

It is so important to learn the “art” of locating the fascial restrictions which are totally unique to each individual. Combine this with the proper amount of sustained pressure and your patients and clients will have the profound and lasting results that they deserve.

“Through our own journeys we had discovered that MFR was truly the missing link in healthcare and we were committed to operating a practice that was myofascial release centered. Starting with just a few clients, word quickly spread through our community of the profound improvements people were experiencing. Within a few months we were at full capacity and have never looked back. This work speaks for itself! We have never marketed or even created a website. Our patients and their family members advertise for us.”

“Clients used to come to our clinic as a last resort, having tried every other intervention to no avail. They had never heard of MFR, but were desperate for relief. As Myofascial Release has become more widely recognized and accepted, people now call looking for a therapist who specifically does MFR. Even if their physician isn’t familiar with Myofascial Release, patients are compelled to pursue it by the testimonials of their friends and family. It’s thrilling to see patients take charge of their healthcare and demand the most effective treatment available. This is definitely a grass roots revolution in healing!”

*Rachel M., MS, OT/L and Michael S., MPT
Oregon*



The Beautiful Fractal Nature of Our Universe

“Myofascial release as taught by John F Barnes, PT not only changed the way I practiced therapy (the past 25 years,) but became my practice, in totality. There has been nothing I have found as effective in treating soft tissue tightness and pain, than JFB MFR. It alone has drastically improved my life, my health and my well-being a hundred fold.”

*Lisa G. OTR/L, CHT
Illinois*

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.

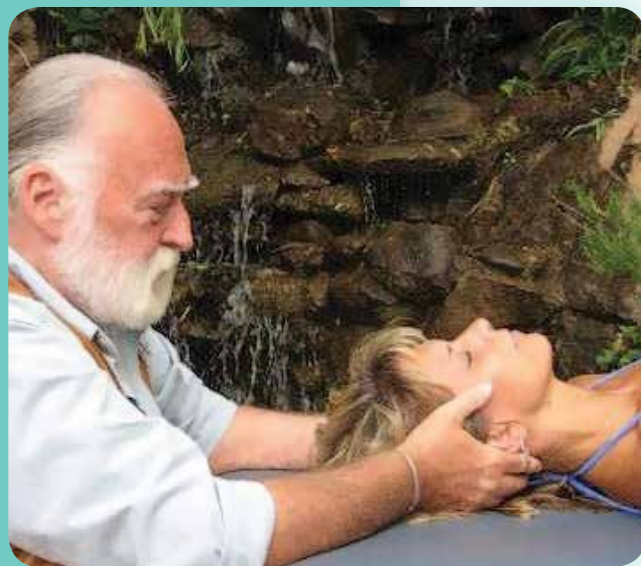
20 Contact Hours

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

CAPTIVA ISLAND, FL

January 16-19 (1/2 days)
2014
South Seas Island Resort
(239) 472-5111

DETROIT, MI

(Dearborn Area)
May 2-4, 2014
Adoba Hotel
(313) 592-3622

BUFFALO, NY

June 20-22, 2014
Adam's Mark
(716) 845-5100

LAS VEGAS, NV

September 25-28 (1/2
days) 2014
Alexis Park Resort
(702) 796-3300

SACRAMENTO, CA

November 21-23, 2014
Crowne Plaza
(916) 338-5800

RENO, NV

February 7-9, 2014
Silver Legacy Resort
(775) 329-4777

NEW YORK, NY

May 2-4, 2014
Holiday Inn Midtown
(212) 581-8100

MYRTLE BEACH, SC

July 10-13 (1/2 days) 2014
Hilton Hotel
(843) 449-5000

CALGARY, ALBERTA

September 26-28, 2014
Delta Bow Valley
(403) 266-1980

SPRINGFIELD, MO

November 21-23, 2014
Doubletree by Hilton
(417) 831-3131

ST. LOUIS, MO

March 21-23, 2014
Crowne Plaza
(314) 621-8200

BOISE, ID

May 16-18, 2014
Grove Hotel
(208) 333-8000

CHICAGO, IL

August 1-3, 2014
Indian Lakes Resort
(630) 529-0200

DAYTON, OH

October 10-12, 2014
Crowne Plaza
(937) 224-0800

SEDONA, AZ

March 27-30 (1/2 days)
2014
Poco Diablo Resort
(928) 282-7333

CLEVELAND, OH

May 30-June 1, 2014
Doubletree by Hilton
(216) 241-5100

PASADENA, CA

August 22-24, 2014
Hilton Hotel
(626) 577-1000

JACKSONVILLE, FL

October 17-19, 2014
Hyatt Regency
(904) 588-1234

WINNIPEG, MANITOBA

April 4-6, 2014
Delta Hotel
(204) 942-0551

SAN FRANCISCO, CA

May 30-June 1, 2014
Holiday Inn Golden
Gateway
(415) 441-4000

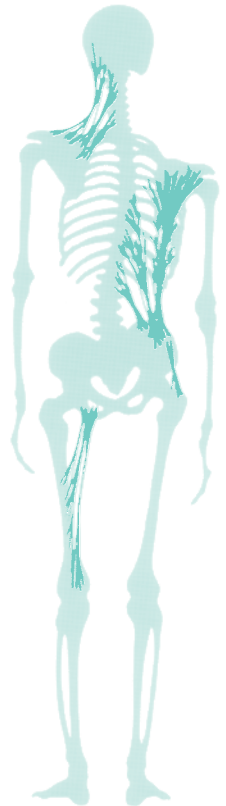
NORWALK, CT

September 19-21, 2014
Doubletree by Hilton
(203) 853-3477

DALLAS, TX

November 14-16, 2014
Marriott Las Colinas
(972) 831-0000

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



**Myofascial
Restrictions**

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

**2/16/2012
RIGHT**

After MFR 1 Day Later

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

CAPTIVA ISLAND, FL
January 20-22, 2014
South Seas Island Resort
(239) 472-5111

SEDONA, AZ
March 31-April 2, 2014
Poco Diablo Resort
(928) 282-7333

NEW YORK, NY
May 6-8, 2014
Holiday Inn Midtown
(212) 581-8100

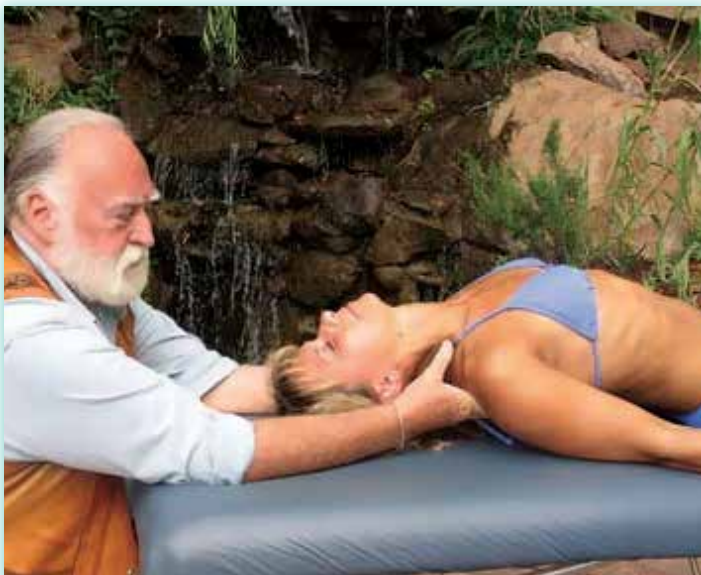
SAN FRANCISCO, CA
June 3-5, 2014
Holiday Inn Golden Gateway
(415) 441-4000

MYRTLE BEACH, SC
July 14-16, 2014
Hilton Hotel
(843) 449-5000

CHICAGO, IL
August 5-7, 2014
Indian Lakes Resort
(630) 529-0200

LAS VEGAS, NV
September 29, 30,
Oct. 1, 2014
Alexis Park Resort
(702) 796-3300

DALLAS, TX
November 18-20, 2014
Marriott Las Colinas
(972) 831-0000



“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



LOCATIONS AND DATES

CAPTIVA ISLAND, FL

January 23-26 (1/2 days)
2014
Southseas Island Resort
(239) 472-5111

SEDONA, AZ

April 3-6 (1/2 days) 2014
Poco Diablo Resort
(928) 282-7333

NEW YORK, NY

May 9-11, 2014
Holiday Inn Midtown
(212) 581-8100

SAN FRANCISCO, CA

June 6-8, 2014
Holiday Inn Golden
Gateway
(415) 441-4000

MYRTLE BEACH, SC

July 17-20 (1/2 days) 2014
Hilton Hotel
(843) 449-5000

CHICAGO, IL

August 8-10, 2014
Indian Lakes Resort
(630) 529-0200

LAS VEGAS, NV

October 2-5 (1/2 days)
2014
Alexis Park Resort
(702) 796-3300

DALLAS, TX

November 21-23, 2014
Marriott Las Colinas
(972) 831-0000

“Therapists and patients who have experienced the profound reduction of pain and the restoration of mobility using Myofascial Release are the trailblazers and innovators of healthcare.”

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

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

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

LOCATIONS AND DATES

RICHMOND, VA
March 28-30, 2014
Doubletree Hilton
(804) 644-9871

OTTAWA, ONTARIO
April 11-13, 2014
Courtyard by Marriott
(613) 241-1000

GREEN BAY, WI
May 2-4, 2014
Hyatt Hotel
(920) 432-1234

OCALA, FL
May 16-18, 2014
Holiday Inn
(352) 629-9500

ATLANTIC CITY, NJ
May 30-June 1, 2014
Tropicana Casino
(609) 340-4000

PHOENIX, AZ
June 6-8, 2014
Sheraton Downtown
(602) 262-2500

LONG BEACH, CA
June 27-29, 2014
Hilton Hotel
(562) 983-3400

DULUTH, MN
September 12-14, 2014
Radisson Hotel
(218) 727-8981

SOUTH BEND, IN
September 26-28, 2014
Site: Century Center
Accommodations:
Doubletree by Hilton
(574) 234-2000

HOUSTON, TX
October 10-12, 2014
Holiday Inn Westchase
(713) 532-5400

SEDONA, AZ
Oct. 16-19 (1/2 days), 2014
Site: Red Rock Memorial Lodge
Accommodations:
Sky Ranch Lodge
(928) 282-6400

NEW YORK, NY
October 24-26, 2014
Holiday Inn Midtown
(212) 581-8100

CHARLOTTE, NC
Oct. 31 - Nov. 2, 2014
Hilton Executive Park
(704) 527-8000

VANCOUVER, BC
November 7-9, 2014
Holiday Inn Centre
(604) 879-0511

AUGUSTA, ME
November 14-16, 2014
Senator Inn & Spa
(207) 622-5804

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
March 13-16 (1/2 days) 2014
Poco Diablo Resort
(928) 282-7333

WILMINGTON, DE
April 11-13, 2014
Doubletree Hilton
(302) 478-6000

CAPE COD, MA
September 11-14 (1/2 days) 2014
Ocean Edge Resort
(508) 896-9000

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!



Captiva Island, FL A lush tropical island with boundless opportunity for relaxation. South Seas Island Resort is an ecologically balanced village that spans two and a half miles of beaches framing the tranquil waters of the Gulf.

Myofascial Release I January 16-19 (1/2 days) 2014	Myofascial Unwinding January 20-22, 2014	Myofascial Release II January 23-26 (1/2 days) 2014	South Seas Island Resort (239) 472-5111
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Sedona, AZ Take a therapeutic vacation of a lifetime in breathtaking Sedona!

Women's Health February 13-16, 2014	Myofascial Healing February 17-19, 2014	Quantum Leap! Seminar February 20-23 (1/2 days) 2014	Hilton Resort (928) 284-4040
Poco Diablo Resort (928) 282-7333			



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

Myofascial Release I March 27-30 (1/2 days) 2014	Myofascial Unwinding March 31-April 2, 2014	Myofascial Release II April 3-6 (1/2 days) 2014	Poco Diablo Resort (928) 282-7333
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New York, NY Visit all of the famous New York attractions. Carnegie Hall, Lincoln Center, the fabulous Theater District, or catch a Broadway show.

Myofascial Release I May 2-4, 2014	Myofascial Unwinding May 6-8, 2014	Myofascial Release II May 9-11, 2014	Holiday Inn Midtown (212) 581-8100
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San Francisco, CA Experience Fisherman's Wharf, Union Square, the beautiful Golden Gate Park and the bustling district of Chinatown.

Myofascial Release I May 30-June 1, 2014	Myofascial Unwinding June 3-5, 2014	Myofascial Release II June 6-8, 2014	Holiday Inn Golden Gateway (415) 441-4000
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Sedona, AZ Red Rock Country is a gorgeous four season's playground for everyone.

Myofascial Rebounding June 19-22 (1/2 days) 2014	Myofascial Healing June 23-25, 2014	Advanced Myofascial Unwinding June 26-29 (1/2 days) 2014	Site: Red Rock Memorial Lodge Accommodations: Sky Ranch Lodge (928) 282-6400
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Myrtle Beach, SC Enjoy a dose of Southern hospitality – Myrtle Beach style – as we introduce you to our 60 miles of sunny beaches, blue skies, and endless fun! Find your home away from home!

Myofascial Release I July 10-13 (1/2 days) 2014	Myofascial Unwinding July 14-16, 2014	Myofascial Release II July 17-20 (1/2 days) 2014	Hilton Hotel (843) 449-5000
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Chicago, IL The Premier Chicago Resort, just minutes outside of the Windy City. Treat yourself to a one-of-a-kind experience located on 225 rolling acres of championship golf, award-winning spa services, and fabulous cuisine.

Myofascial Release I August 1-3, 2014	Myofascial Unwinding August 5-7, 2014	Myofascial Release II August 8-10, 2014	Indian Lakes Resort (630) 529-0200
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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.

Women's Health September 4-7 (1/2 days) 2014	Myofascial Rebounding September 8-10, 2014	Cervical-Thoracic September 11-14 (1/2 days) 2014	Ocean's Edge Resort (508) 896-9000
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A Look Ahead...



Las Vegas, NV

Myofascial Release I,	Sept. 25 - Oct. 5, 2014
Myofascial Unwinding,	Alexis Park Resort
Myofascial Release II	(702) 796-3300



Dallas, TX

Myofascial Release I,	Nov. 14-23, 2014
Myofascial Unwinding,	Marriott Las Colinas
Myofascial Release II	(972) 831-0000

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

THOUSAND OAKS, CA (Westlake Village, CA) February 8 & 9, 2014 Hyatt Plaza (805) 557-1234	LAKEWOOD, CO (Denver Suburbs) March 8 & 9, 2014 Holiday Inn (303) 980-9200	BURLINGTON, VT March 8 & 9, 2014 Sheraton Hotel (802) 865-6600	POCONO MANOR, PA (Pocono Area) April 5 & 6, 2014 Inn at Pocono Manor (570) 839-7111
CINCINNATI, OH May 31 & June 1, 2014 Hyatt Regency (513) 579-1234	TROY, NY (Albany Area) June 7 & 8, 2014 Hilton Garden Inn (518) 272-1700	WINSTON-SALEM, NC August 23 & 24, 2014 Hawthorne Inn (336) 777-3000	LANCASTER, PA September 20 & 21, 2014 Lancaster Marriott (717) 239-1600
GRAND ISLAND, NE September 27 & 28, 2014 Midtown Holiday Inn (308) 384-1330	CORPUS CHRISTI, TX October 4 & 5, 2014 Embassy Suites (361) 853-7899	LA JOLLA, CA (San Diego Area) November 8 & 9, 2014 Marriott Hotel (858) 587-1414	PIERRE, SD November 8 & 9, 2014 Best Western Ramkota (605) 224-6877

“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

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

LOCATIONS AND DATES

SYRACUSE, NY March 15 & 16, 2014 Sheraton Hotel (315) 475-3000	AUSTIN, TX March 29 & 30, 2014 Courtyard by Marriott (512) 236-8008	HAMILTON, ONTARIO April 5 & 6, 2014 Sheraton Hotel (905) 529-5515	OMAHA, NE April 26 & 27, 2014 Doubletree by Hilton (402) 346-7600	NEW ORLEANS, LA May 17 & 18, 2014 Hilton Hotel (504) 524-8890	DEERFIELD BCH., FL (Ft. Lauderdale Area) June 7 & 8, 2014 Doubletree by Hilton (954) 427-7700	WICHITA, KS August 2 & 3, 2014 Hyatt Regency (316) 293-1234
LONG ISLAND, NY August 16 & 17, 2014 Hilton Melville (631) 845-1000	ORLANDO, FL (Kissimmee, FL) Sept. 13 & 14, 2014 WorldGate Resort (407) 396-1400	MINNEAPOLIS, MN Sept. 27 & 28, 2014 Best Western (952) 854-8200	ST. LOUIS, MO (Clayton Area) October 25 & 26, 2014 Sheraton Plaza (314) 863-0400	PHILADELPHIA, PA November 8 & 9, 2014 Hampton Inn (215) 665-9100	LAS VEGAS, NV December 6 & 7, 2014 Alexis Park Resort (702) 796-3300	

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 13-16, 2014
Poco Diablo Resort
(928) 282-7333

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

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!

SOLD OUT!
 'Quantum Leap' Close to Selling Out. Register Today!

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



LOCATION AND DATES

SEDONA, AZ

February 20-23 (1/2 days) 2014
 Hilton Resort
 (928) 284-4040

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

- 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 19-22 (1/2 days) 2014
 Site: Red Rock Memorial Lodge
 Accommodations: Sky Ranch Lodge
 (928) 282-6400

CAPE COD, MA

September 8-10, 2014
 Ocean Edge Resort
 (508) 896-9000

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

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 DATE:

SEDONA, AZ

June 26-29
 (1/2 days) 2014
 Site: Red Rock Memorial Lodge
 Accommodations: Sky Ranch Lodge
 (928) 282-6400

East Coast!

NEW YORK, NY

August 22-24, 2014
 Holiday Inn Midtown
 (212) 581-8100

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

HOW IS MYOFASCIAL RELEASE BENEFITING YOU?



"In 2005 I was successful, but I was not happy. I was the director of Physical Therapy for an occupational medicine practice, managing 7 offices. I was dealing with anxiety and depression, relying on meds to keep my head above water. I arranged for a continuing education Myofascial Release course to be hosted by our facility. I was intrigued, but skeptical. As the instructor began to speak I began to tune into what the instructor was saying. I realized that this was something very different than anything I had learned thus far in my profession. The fascial system was eloquently described in such a way that I was able to become fully present, a strange feeling for me at the time. I had always liked the idea of a whole body approach to treatment, but this was taking it to another level. That afternoon, after receiving Myofascial Release, I felt free. I felt as if I had been given a gift for myself and others. Thus began an amazing journey. I began to take John's courses, got out of management, and began to specialize in Myofascial Release. Now I am not only happy, I am experiencing pure joy on a daily basis. Thank you, John Barnes, PT!"

Martha C., PT
Florida

"When I attended my 1st Myofascial Release Seminar I was pretty skeptical – the approach was so different than everything else I had been taught, but I did try some of the techniques on my patients right after the seminar, and every patient said something like, "I don't know what that was, but it helped more than anything else I've done – please do more!"

"It didn't take me long to fully embrace Myofascial Release because of the great response I was getting with my patients, as well as how much the Myofascial Release helped me personally. It's all that I do now. I now get many patients seeking MFR specifically. My schedule is booked way out, and the demand for Myofascial Release continues to grow. I can't imagine doing anything else for the rest of my career, the rest of my life really!"

Mike J., MA, LAT, LMT
Wisconsin

"Following John F. Barnes' Myofascial Release principles as a primary therapeutic approach has brought me into the 21st century with skills to create highly effective and consistent results. Understanding the significant role of our fascial system for vital, healthy functioning has shifted the paradigm for those who were suffering from a failing, antiquated healthcare model. Therapists and patients who have experienced the profound reduction of pain and the restoration of mobility using Myofascial Release are the trailblazers and innovators of healthcare."

"There is a very real and profound effectiveness that is seen and felt as one follows the Myofascial Release principles which are now fully substantiated by current research."

Sheila W., PT
Vermont

"Here I am, at my treatment center, *Atlanta Myofascial Release* with a steady flow of clients, typically booked out a few weeks in advance, with people seeking out John F. Barnes' Myofascial Release®, getting great results, feeling better. In my personal life as well, MFR has saved my son. After a repair for a lung collapse, with residual heart problems, a two week Myofascial Release intensive treatment program at 'The Sanctuary' in Malvern with the fantastic team of therapists literally saved his quality of life. 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. Every time I see him, I say "thank you for changing my life", and I mean it with all of my essence."

Celia M., PTA, LMT
Georgia

PATIENT TESTIMONIAL



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

My Headache

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

My Headache Relates to Medical History

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

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

Life Changer

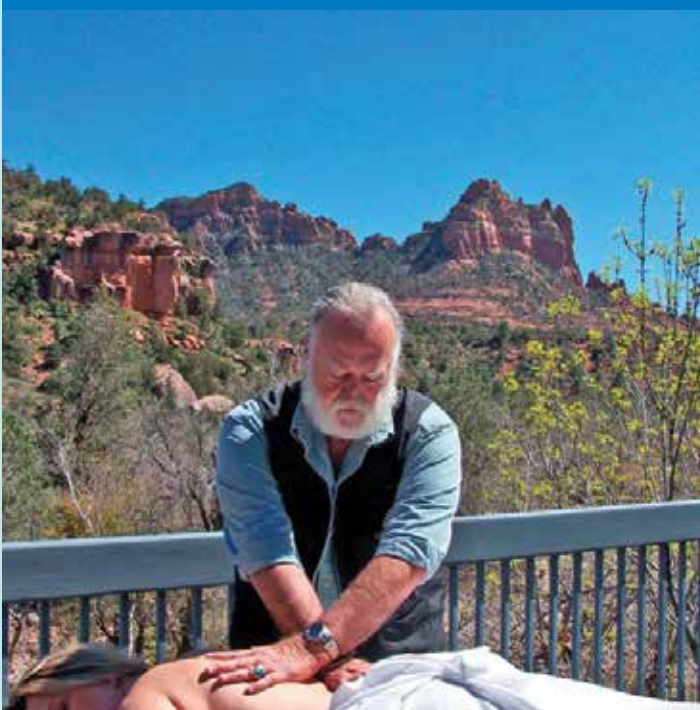
Since coming to Sedona, I have noticed numerous positive changes in my health. My whole mind and body had significant changes, not just my headaches. My posture, stride, and energy level all improved dramatically. I feel younger, more energetic, stronger, and most importantly, I now see life as a positive. I want to live; I am so much happier and optimistic. My mind-body awareness is at levels unseen before.

Myofascial Release therapy at 'Therapy on the Rocks' in Sedona, Arizona changed my life, and it can change yours too.

Christopher F.
California

MYOFASCIAL 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!

LOCATIONS AND DATES

SEDONA, AZ

February 17-19, 2014
Poco Diablo Resort
(928) 282-7333

SEDONA AZ

June 23-25, 2014
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

SEDONA AZ

November 6-9 (1/2 days) 2014
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

WILMINGTON, DE

December 5-7, 2014
Doubletree Hilton
(302) 478-6000

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.

***“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.”



[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

I-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

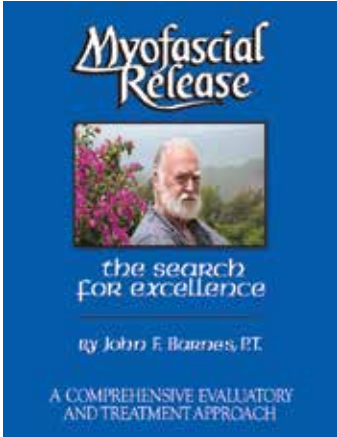
Sedona@myofascialrelease.com • therapyontherocks.net

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

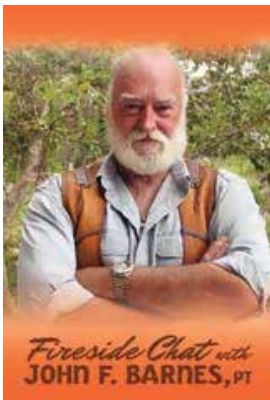
fascinating book will help you to understand Myofascial Release in its evaluation and treatment aspect and show you how to implement Myofascial Release into your current practice. \$69.95



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

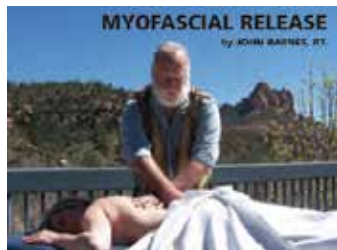


WHAT'S IN YOUR WEB?

Stories of fascial freedom by Phil Tavolacci, MSPT, PT.

Phil Tavolacci has written a fascinating and important new Myofascial Release book titled, What's In Your Web? As a beginner or advanced Myofascial Release therapist you will resonate deeply with this enjoyable & informative book. All patients and clients will learn how Myofascial Release is important in their return to a pain free, active lifestyle. WHAT'S IN YOUR WEB? is truly inspirational!

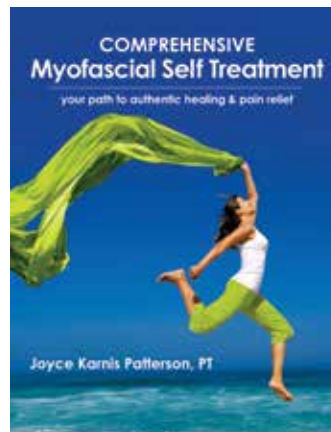
-John F. Barnes, PT
\$24.00



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

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Malvern, PA 19355

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Fax Form to 610-644-1662



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