

MYOFASCIAL RELEASE

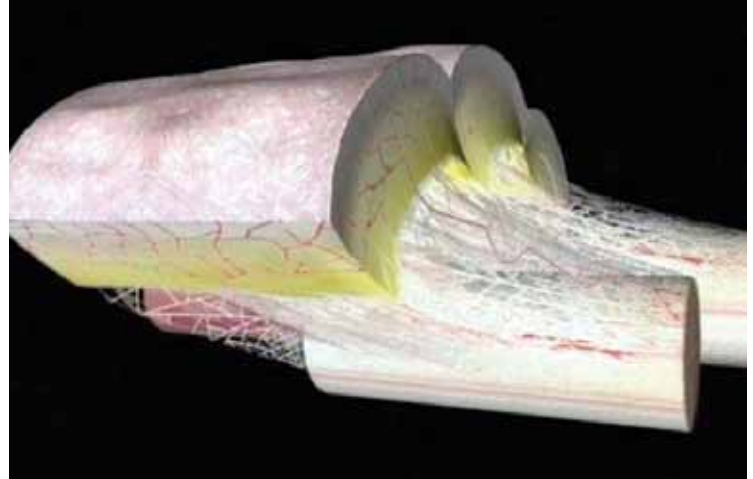
— THE WAVE OF THE FUTURE! —

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.

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.



Fascia Photo by Permission of Dr J.C. Guimberteau



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

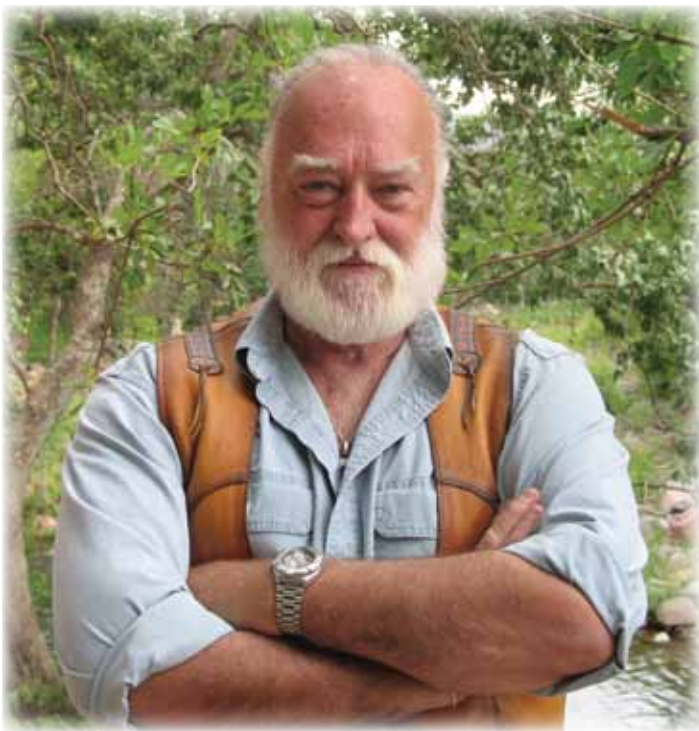
The John F. Barnes' Myofascial Release Approach® consists of the gentle application of sustained pressure into the fascial restrictions. This essential "time element" has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly will allow a viscoelastic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

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



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 close to 40 years and has trained over 75,000 therapists. The awareness of the effectiveness of Myofascial Release is spreading across the country!

RESEARCH VERIFIES MYOFASCIAL RELEASE!

Traditional healthcare is crashing and unfortunately it appears that it will get significantly worse. All of this concern is nothing more than a reshuffling of the deck chairs on the Titanic! Don't let the 'sinking ship' of traditional therapy drag you down.

Join the over 75,000 John F. Barnes' Myofascial Release® therapists who are using Myofascial Release in their private practices or facilities. These Myofascial Release facilities are flourishing. Therapists have minimal paperwork and have the fulfillment of profound, consistent results.

Many of the techniques that we were taught as therapists had logical theories, but, were terribly flawed. The problem is that the methodology to produce consistent lasting results did not materialize. Most forms of therapy only produce temporary results for a short period of time. This flawed methodology has limited our effectiveness and the results for our patients/clients. The John F. Barnes' Myofascial Release Approach® has logical principles that produce effective long term, consistent results all of which is now being verified by research!

It has recently been discovered that the environment of every one of the over 50 trillion cells in our body is the ground substance of the Fascial System, which ideally should be a viscous gel. Trauma, thwarted inflammatory processes and surgery dehydrates the ground substance. The fluid/viscosity of the fascia's ground substance is of vital importance since it is our body's transportation medium. This solidification impedes the transport of oxygen, nutrients, supplements, medication, biochemicals and hormones; the information and energy that our cells need to thrive.

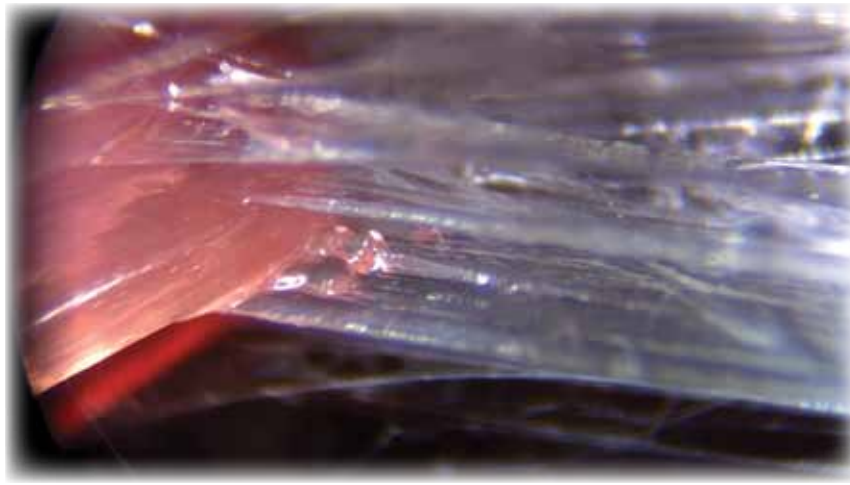
PHASE TRANSITION

The Myofascial Release principles that I have been teaching for almost 40 years are being verified by leading scientists in the fields of Fluid Dynamics and the Viscosity of the Ground Substance within the Fascial System. Two books, Cells, Gels and Engines of Life by Dr. Gerald Pollack and the Extracellular Matrix: Ground Substance Regulation by Dr. Alfred Pischinger, one of Germany's leading scientist who has been researching the Fascial System for over 30 years, are confirming my experiences and principles.

We were taught 'linear' principles for a 'non linear' body. Myofascial Release techniques recognize that the Fascial System is 'non linear' instead it has a 'fractal' nature that responds to the important concepts of tensegrity, mechano-transduction, chaos, complexity and fractal theories and techniques.

The results of Myofascial Release are based on techniques that produce 'Phase Transition.'





Fascial restrictions can exert approximately 2,000 pounds per square inch on pain sensitive structures.

Permission by Dr. JC Guimberteau.

Research has confirmed the importance of treating the cross-links that develop in the fibrous web and the ground substances, the fluid component of the Fascial System which has been overlooked by healthcare. “Phase Transition” is the phenomenon that occurs when ice transforms into water. This unique and important principle is what differentiates Myofascial Release from other forms of therapy.

Another important finding is that the form of sustained Myofascial Release that we utilize produces Interleukin 8, the body’s natural anti-inflammatory. For additional information on this fascinating topic, visit our facebook site at:
<http://www.facebook.com/myofascial.release>

John F. Barnes’ Myofascial Release® therapists have become the most successful therapists in the country due in part to the results that they are able to achieve. Word of Myofascial Release and its effectiveness has spread across the country.

Due to the tremendous success of Myofascial Release, we have been experiencing such an impressive growth that we have moved to a beautiful and much larger facility. The “Sanctuary” will be a haven for patients and therapists who desire the utmost care, see page 16 for additional details.

Myofascial Release is part of an important evolution in healthcare that will allow you to decrease burdensome paperwork, substantially increase your effectiveness and income, and enjoy the fulfillment of profoundly helping others!

WHAT MYOFASCIAL RELEASE THERAPISTS ARE SAYING...

‘We have been flooded with people seeking Myofascial Release. We are booked solid and the phone just keeps ringing and ringing! With my ever-expanding wait list, I want to say THANK YOU to John who has propelled MFR to where it is today!!! We owe you a HUGE DEBT OF GRATITUDE. Thank you, thank you, thank you :)’
— Phil T., MSPT, Chevy Chase, MD

‘Dear MFR Friends:

I am overwhelmed. I know a lot of you are too....I turn down about 3-5 people a week who want me to evaluate and treat them with Myofascial Release. They email me, they call me, they beg me to see them, but I am booked months ahead. Each patient receives the John F. Barnes’ method of sustained release myofascial release and exercise.’

— Carol D., DPT, Coral Gables, FL

‘Thinking about all the ‘Busy Practice’ talk going on... How incredible to be a part of such an interesting group, and the important Myofascial Release work we are doing. My business has grown quite rapidly over the last 3 years. All of this overwhelming growth has given me a chance to see a really clear picture of what ‘success’ means to me... and the things I make priority. Thank you, I feel fulfilled.’

— Renie A., LMT, Cumberland, ME

I have been an OT for 17 years and started practicing John F. Barnes’ Myofascial Release® exclusively in 2005. In a short amount of time, I achieved higher levels of patient results, quickly followed by business success, job satisfaction, personal growth, and overall happiness than I imagined possible in my work life. MFR is such a fulfilling way to practice for both the therapist and client! It is effective, compassionate, and a true partnership towards the client’s goals. MFR is so effective that I stay booked months in advance with minimal marketing. Therapists who have trained directly with John F. Barnes, PT have noticed the demand for MFR growing significantly over the past year. We are providing authentic health care, and that is of tremendous benefit to both the patient and the therapist. It is a great privilege and joy to be a Myofascial Release Therapist.

— Tara C., OTR/L, Bradenton, FL

Join the therapists utilizing Myofascial Release who are at the leading edge of Healthcare.

MYOFASCIAL RELEASE I



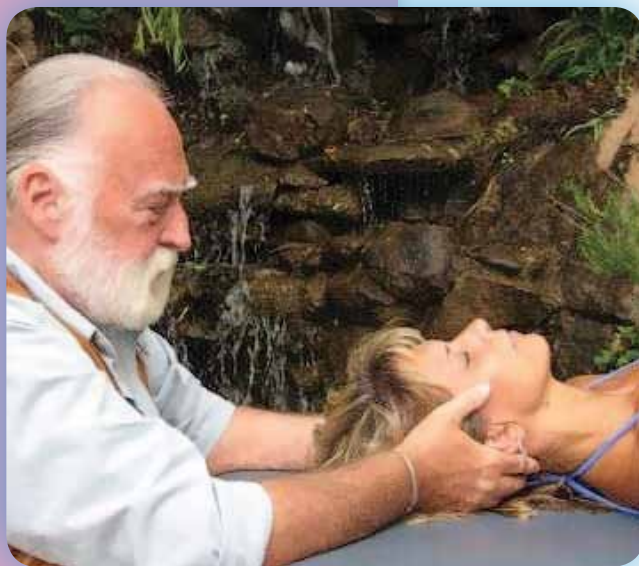
This exciting “hands-on” introductory course has trained over 75,000 therapists. Graduates of this course are immediately able to produce positive, structural changes in their patients with acute and chronic pain and dysfunction. These whole-body techniques will be an important added dimension to your 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 75,000 therapists and my goal is to help you improve your logical/intuitive abilities and confidence. Trauma and inflammatory responses create myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in any of the 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

KAUAI, HI

July 12-15 (1/2 days) 2012
Sheraton Kauai
(808) 742-1666

ST. JOHN'S, NEW FOUNDLAND

July 13-15, 2012
Delta Hotel
(709) 739-6404

LAKE OF THE OZARKS, MO

July 26-29 (1/2 days) 2012
Tan Tar A Resort
(573) 348-3131

TALLAHASSEE, FL

August 24-26, 2012
Doubletree by Hilton
(850) 224-5000

PHOENIX, AZ

August 24-26, 2012
Sheraton Hotel
(602) 262-2500

CAPE COD, MA

September 6-9 (1/2 days)
2012
Ocean Edge Resort
(508) 896-9000

COLUMBUS, OH

September 28-30, 2012
Doubletree by Hilton
(614) 885-3334

BILLINGS, MT

October 12-14, 2012
Crowne Plaza
(406) 252-7400

HOT SPRINGS, AR

November 9-11, 2012
Arlington Resort
(501) 623-7771

MINNEAPOLIS, MN

November 9-11, 2012
Hyatt Regency
(612) 370-1234

CUMBERLAND, MD

(Western MD)
November 16-18, 2012
Holiday Inn
(301) 724-8800

LONG BEACH, CA

December 7-9, 2012
Hilton Hotel
(562) 983-3400

KEY WEST, FL

January 17-20 (1/2 days)
2013
Doubletree Hilton
(305) 293-1818

OCALA, FL

(N. Central FL)
February 22-24, 2013
Holiday Inn
(352) 629-9500

SEDONA, AZ

March 7-10 (1/2 days) 2013
Poco Diablo Resort
(928) 282-7333

BISMARCK, ND

March 15-17, 2013
Radisson Hotel
(701) 255-6000

RICHMOND, VA

April 5-7, 2013
Doubletree by Hilton
(804) 644-9871

CHARLOTTE, NC

April 5-7, 2013
Hilton Center City
(704) 377-1500

ATLANTIC CITY, NJ

May 3-5, 2013
Tropicana Resort
(609) 340-4000

MADISON, WI

May 3-5, 2013
Sheraton Hotel
(608) 251-2300

SAN JOSE, CA

May 17-19, 2013
Hyatt Place
(408) 998-0400

SALT LAKE CITY, UT

May 31-June 2, 2013
Sheraton Hotel
(801) 401-2000

SIOUX FALLS, SD

May 31-June 2, 2013
Holiday Inn
(605) 339-2000

VICTORIA, BRITISH COLUMBIA

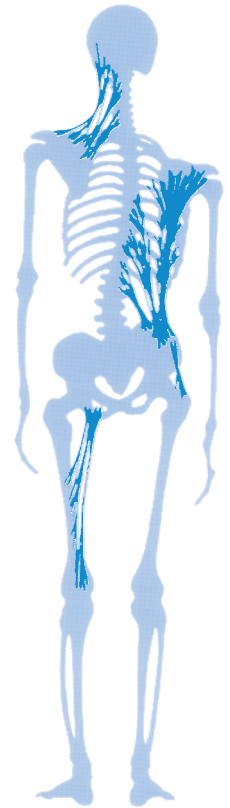
May 30-June 2 (1/2 days)
2013
Harbour Towers
(250) 385-2405

OCEAN CITY, MD

July 11-14 (1/2 days) 2013
Carousel Oceanfront
(410) 524-1000

NASHVILLE, TN

August 2-4, 2013
Hilton Garden Inn
(615) 369-5900



Myofascial restrictions can cause pain, headaches and restriction of motion.



LETTERS OF GRATITUDE

January 29, 2009

Dear John,

I would like to once again express my deepest gratitude for the opportunity and hope you gave my daughter. As you know, conventional medicine does not recognize the possibility of improving the curvature of the spine without surgery. Through Myofascial Release (MFR), you achieved the impossible. My daughter's spine curvature decreased by 4 degrees in each of the affected areas. Your dedication, care and heart that you and your staff offer to your patients are outstanding. I feel extremely fortunate to have been able to entrust her in your care. I believe that MFR can become a widely recognized and available alternative to scoliosis surgery. I do not want my daughter to be the only child suffering from scoliosis to experience the positive effect of MFR. I believe that together we can begin to establish MFR as a cost-effective, non-surgical, long-lasting treatment of idiopathic scoliosis.

*Sincerely,
Kinga D.
Nationally Certified Massage Therapy Practitioner, MFR
Therapist*

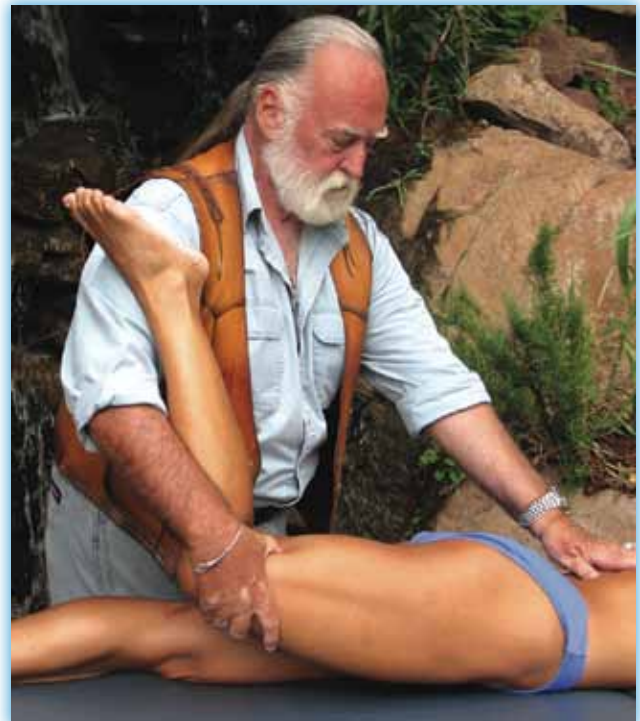
Prerequisite: Myofascial Release I™

MYOFASCIAL UNWINDING

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

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

LAKE OF THE OZARKS, MO

July 30-August 1, 2012
Tan Tar A Resort
(573) 348-3131

CAPE COD, MA

September 10-12, 2012
Ocean Edge Resort
(508) 896-9000

MINNEAPOLIS, MN

November 13-15, 2012
Hyatt Regency
(612) 370-1234

SEDONA, AZ

March 11-13, 2013
Poco Diablo Resort
(928) 282-7333

CHARLOTTE, NC

April 9-11, 2013
Hilton Center City
(704) 377-1500

MADISON, WI

May 7-9, 2013
Sheraton Hotel
(608) 251-2300

VICTORIA, BRITISH COLUMBIA

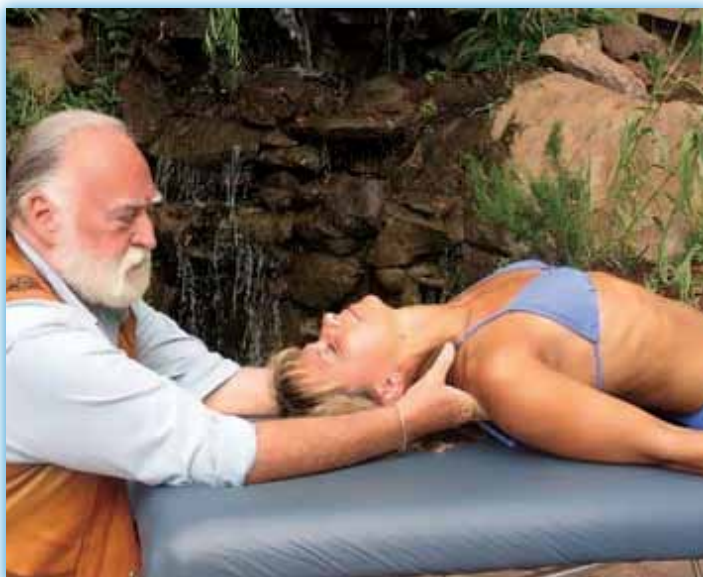
June 3-5, 2013
Harbour Towers
(250) 385-2405

OCEAN CITY, MD

July 15-17, 2013
Carousel Oceanfront
(410) 524-1000

NASHVILLE, TN

August 6-8, 2013
Hilton Garden Inn
(615) 369-5900



Prerequisite: Myofascial Release I™

MYOFASCIAL RELEASE II

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

20 Contact Hours



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

LAKE OF THE OZARKS, MO

August 2-5 (½ days) 2012
Tan Tar A Resort
(573) 348-3131

CAPE COD, MA

September 13-16
(½ days) 2012
Ocean Edge Resort
(508) 896-9000

MINNEAPOLIS, MN

November 16-18, 2012
Hyatt Regency
(612) 370-1234

SEDONA, AZ

March 14-17 (1/2 days) 2013
Poco Diablo Resort
(928) 282-7333

CHARLOTTE, NC

April 12-14, 2013
Hilton Center City
(704) 377-1500

MADISON, WI

May 10-12, 2013
Sheraton Hotel
(608) 251-2300

VICTORIA, BRITISH COLUMBIA

June 6-9 (1/2 days) 2013
Harbour Towers
(250) 385-2405

OCEAN CITY, MD

July 18-21 (1/2 days) 2013
Carousel Oceanfront
(410) 524-1000

NASHVILLE, TN

August 9-11, 2013
Hilton Garden Inn
(615) 369-5900



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

INDIANAPOLIS, IN

September 7-9, 2012
Sheraton Hotel
(317) 635-2000

KEENE, NH

November 2-4, 2012
Marriott Courtyard
(603) 354-7900

AUSTIN, TX

February 15-17, 2013
Marriott Courtyard
(512) 236-8008

PHILADELPHIA, PA

May 10-12, 2013
Crowne Plaza West
(215) 477-0200

MIAMI, FL

September 28-30, 2012
Doubletree Biscayne Bay
(305) 372-0313

SPOKANE, WA

November 16-18, 2012
Davenport Hotel
(509) 455-8888

SPRINGFIELD, IL

March 1-3, 2013
The State House Inn
(217) 528-5100

SPRINGFIELD, MA

June 7-9, 2013
Marriott Hotel
(413) 781-7111

SEDONA, AZ

October 18-21
(1/2 days) 2012
Site: Red Rock Memorial
Lodge
Accommodations:
Sky Ranch Lodge
(928) 282-6400

ALLENTOWN, PA

November 30 –
December 2, 2012
Holiday Inn
(610) 433-2221

PITTSBURGH, PA

March 22-24, 2013
Omni Hotel
(412) 281-7100

SYRACUSE, NY

April 12-14, 2013
Sheraton Hotel
(315) 475-3000

ST. LOUIS, MO

November 30 –
December 2, 2012
Millennium Hotel
(314) 241-9500

Prerequisite: Myofascial Release I™

CERVICAL-THORACIC

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

20 Contact Hours



LOCATIONS AND DATES

NEW YORK, NY

August 17-19, 2012
Holiday Inn Midtown
(212) 581-8100

SEDONA, AZ

February 14-17
(1/2 days) 2013
Site: Red Rock
Memorial Lodge
Accommodations:
Sky Ranch Lodge
(928) 282-6400

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!



Lake of the Ozarks Lake of the Ozarks is the Midwest's premier lake resort destination, offering world-class boating, golfing, shopping and fishing. Lake of the Ozarks vacations are defined by the Lake and its many waterfront activities.

Myofascial Release I July 26-29 (1/2 days) 2012	Myofascial Unwinding July 30-August 1, 2012	Myofascial Release II August 2-5 (1/2 days) 2012	Tan Tar A Resort (573) 348-3131
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New York, NY Visit all of the famous New York attractions, museums, Central Park, Carnegie Hall, Lincoln Center, and the fabulous Theatre District where you can catch a Broadway show.

Cervical-Thoracic August 17-19, 2012	Myofascial Rebounding August 20-22, 2012	Women's Health August 23-26, 2012	Holiday inn Midtown (212) 581-8100
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Cape Cod, MA You will rejoice in the freedom of being able to do exactly what you love- golf, swimming, dining, biking and relaxing.

Myofascial Release I September 6-9 (1/2 days) 2012	Myofascial Unwinding September 10-12, 2012	Myofascial Release II September 13-16 (1/2 days) 2013	Ocean Edge Resort (508) 896-9000
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Minneapolis, MN Downtown Minneapolis is just outside and the prime location on Nicollet Mall lets you easily explore an incredible array of Twin Cities' attractions.

Myofascial Release I November 9-11, 2012	Myofascial Unwinding November 13-15, 2012	Myofascial Release II November 16-18, 2012	Hyatt Regency (612) 370-1234
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Key West, FL Eclectic and eccentric, wild and warm, blessed with some of Florida's most colorful characters and equally blessed with some of its most spectacular sea scenery, the Key West is a wonderland paradise.

Myofascial Release I January 17-20 (1/2 days) 2013	Myofascial Rebounding January 21-23, 2013	Women's Health January 24-27, 2013	Doubletree Hilton 305-293-1818
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Sedona, AZ Take the therapeutic vacation of a lifetime in breathtaking Sedona!

Women's Health February 7-10, 2013	Myofascial Healing February 11-13, 2013	Cervical-Thoracic February 14-17 (1/2 days) 2013	Site: Red Rock Memorial Lodge Accommodations: Sky Ranch Lodge (928) 282-6400
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Sedona, AZ Enjoy the warmth of Sedona, one of the scenic wonders of the world!

Myofascial Release I March 7-10 (1/2 days) 2013	Myofascial Unwinding March 11-12, 2013	Myofascial Release II March 14-17 (1/2 days) 2013	Poco Diablo Resort (928) 282-7333
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Charlotte, NC Experience the exciting possibilities that add character to Charlotte, from cultural institutions and attractions to world-class dining and nightlife, to shopping and sporting events, not to mention plenty of Southern comforts.

Myofascial Release I April 5-7, 2013	Myofascial Unwinding April 9-11, 2013	Myofascial Release II April 12-14, 2013	Hilton Center City (704) 377-1500
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Madison, WI From the family-friendly activities to the natural beauty of Olbrich Botanical Gardens and the UW-Arboretum, there is something for everyone! Venture out of Madison and you'll encounter fascinating artistic communities and rolling green landscapes.

Myofascial Release I May 3-5, 2013	Myofascial Unwinding May 7-9, 2013	Myofascial Release II May 10-12, 2013	Sheraton Hotel (608) 251-2300
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Victoria, British Columbia Whether you're strolling along the causeway in the Inner Harbour, enjoying a whale watching adventure, indulging in the distinct cuisine, or taking in a local theatre production, Victoria's attractions add up to a trip that's nothing short of breathtaking.

Myofascial Release I May 30-June 2, (1/2 days) 2013	Myofascial Unwinding June 3-5, 2013	Myofascial Release II June 6-9 (1/2 days) 2013	Harbour Towers (250) 385-2405
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Sedona, AZ Red Rock Country is a gorgeous four season's playground for everyone.

Myofascial Rebounding June 13-16 (1/2 days) 2013	Myofascial Healing June 17-19, 2013	Advanced Myofascial Unwinding June 20-23 (1/2 days) 2013	Site: Red Rock Memorial Lodge Accommodations: Sky Ranch Lodge (928) 282-6400
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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

EUREKA, CA

September 15 & 16, 2012
Red Lion Hotel
(707) 445-0844

WICHITA, KS

November 3 & 4, 2012
Hyatt Regency
(316) 293-1234

RENO, NV

February 16 & 17, 2013
Eldorado Casino Hotel
(775) 786-5700

TULSA, OK

April 27 & 28, 2013
Hilton Garden Inn
(918) 878-7777

MONTGOMERY, AL

June 1 & 2, 2013
Embassy Suites
(334) 269-5055

EUGENE, OR

September 29 & 30, 2012
Hilton Hotel
(541) 342-2000

BLOOMINGTON, IL

(Central Illinois)
December 1 & 2, 2012
Doubletree Hilton
(309) 664-6446

CALGARY, ALBERTA

March 9 & 10, 2013
Delta Bow Valley
(403) 266-1980

WOODBRIIDGE, NJ

(Northern NJ)
May 18 & 19, 2013
Hilton Hotel
(732) 494-6200

LAS CRUCES, NM

October 6 & 7, 2012
Hilton Garden Inn
(575) 522-0900

TWIN FALLS, SD

April 6 & 7, 2013
Red Lion Hotel
(208) 734-5000

“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

CINCINNATI, OH

September 8 & 9, 2012
Hyatt Regency
(513) 579-1234

BALTIMORE, MD

October 20 & 21, 2012
Doubletree Hotel
(410) 235-5400

SAN JOSE, CA

November 17 & 18, 2012
Sainte Claire Hotel
(408) 295-2000

COLUMBIA, SC

March 2 & 3, 2013
Courtyard by Marriott
(803) 799-7800

INDIANAPOLIS, IN

May 18 & 19, 2013
Sheraton Hotel
(317) 635-2000

SKOKIE, IL

(Suburbs of Chicago)
October 13 & 14, 2012
Holiday Inn North Shore
(847) 679-8900

SEATTLE, WA

November 10 & 11, 2012
Crowne Plaza
(206) 464-1980

BEAUMONT, TX

(Houston Area)
February 23 & 24, 2013
Holiday Inn
(409) 842-5995

COLUMBIA, MO

April 13 & 14, 2013
Hilton Garden Inn
(573) 814-5464

ANN ARBOR, MI

June 8 & 9, 2013
Sheraton Hotel
(734) 996-0600

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

WOMEN'S HEALTH SEMINAR THE MYOFASCIAL RELEASE APPROACH

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

25 Contact Hours

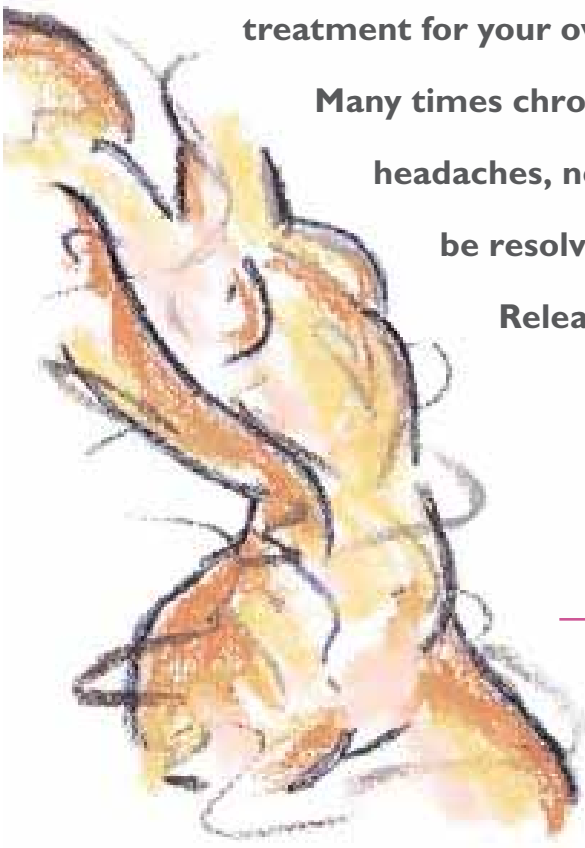
THIS FASCINATING INTERMEDIATE "HANDS-ON" SEMINAR WILL TEACH YOU IMPORTANT MYOFASCIAL RELEASE, VISCERAL RELEASE AND MYO/GYNO-FASCIAL RELEASE:

- 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



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.



"The Women's Health Seminar was a profound experience."

"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

NEW YORK, NY
August 23-26, 2012
Holiday Inn Midtown
(212) 581-8100

KEY WEST, FL
January 24-27, 2013
Doubletree Hilton
305-293-1818

SEDONA, AZ
February 7-10, 2013
Site: Red Rock Memorial Lodge
Accommodations:
Sky Ranch Lodge
(928) 282-6400

Prerequisite: Myofascial Release I™

MYOFASCIAL REBOUNding

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



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

KEY WEST, FL

January 21-23, 2013
Doubletree Hilton
305-293-1818

SEDONA, AZ

June 20-23 (1/2 days) 2013
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

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

ADVANCED MYOFASCIAL UNWINDING

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

LOCATIONS AND DATE:

WILMINGTON, DE

April 26-28, 2013
Site: Doubletree Hilton
(302) 478-6000

SEDONA, AZ

June 27-30 (1/2 days) 2013
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

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

SUBTLE ENERGY SEMINAR

EXPAND YOUR SENSITIVITY AND AWARENESS!

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

We will be using the system of Therapeutic Touch as an energetic healing approach. You will expand your sensitivity and awareness by exploring new levels of stillness, listening, awareness, focus and intentionality, energetic perception, interconnection and intuitive knowing as they relate to our own healing and thus to the deepening healing of patients. This important seminar can be taken as a separate course and it is highly recommended to be taken in conjunction with Myofascial Release III.

LOCATION AND DATE:

SEDONA AZ

October 21 & 22, 2012
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

CEU's are not offered on the above mentioned seminars

MYOFASCIAL RELEASE III ~ "BEYOND TECHNIQUE"

Dear Friends:

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

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

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

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



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

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

Dates: October 23-28, 2012

Times: Full and half days. Times will vary.

Location: Red Rock Memorial Lodge, Sedona, Arizona

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

Hotel: Sky Ranch Lodge (928) 282-6400 – Reserve Early!

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

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

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

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

CEU's are not offered for this seminar.

MYOFASCIAL HEALING SEMINARS

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.

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.

“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.”

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.

LOCATIONS AND DATES

SEDONA, AZ

October 11-14 (1/2 days) 2012
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

WILMINGTON, DE

November 30 - December 2, 2012
Doubletree Hilton
(302) 478-6000

SEDONA, AZ

February 11-13, 2013
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

SEDONA, AZ

June 24-26, 2013
Site: Red Rock Memorial Lodge
Accommodations: Sky Ranch Lodge
(928) 282-6400

**GREAT NEWS! -
EAST COAST HEALING SEMINAR
HAS BEEN SCHEDULED!**

Take the Therapeutic Vacation of a Lifetime!

Nestled like a diamond in spectacular red rock cliffs, Sedona is considered to be one of the scenic wonders of the world.

Register Today – Call Toll-Free 877-MFR-HEAL

To register call toll free 1-877-MFR-HEAL (637-4325) and charge your Visa/MasterCard or send the form below with your Visa/ MasterCard information via fax to (928) 203-8738, or send a check or money order with the form below to:
Myofascial Healing Seminars, c/o Therapy on the Rocks, 676 N State Route 89A, Sedona, AZ 86336.

Name _____ Occupation _____
Address _____
City _____ State _____ Zip _____
Phone # _____ Email _____
Charge to: Visa MasterCard _____ Expiration Date _____
Card # _____ 3-digit security code _____
Signature _____

Please check:

- October 2012 - AZ
 Wilmington, DE
 February 2013 - AZ
 June 2013 - AZ

Prices:

\$550 or \$495 if registered two weeks prior to seminar date.

Only \$395

when 2 or more register together!

Myofascial Healing Seminars, Inc. is dedicated to helping people help themselves and is owned and conducted by Myofascial Healing Seminars, Inc., an Arizona Corporation. Myofascial Healing Seminars is not owned or operated by Rehabilitation Services, Inc., and this information is provided merely for your convenience at the request of Myofascial Healing Seminars, Inc.

Prerequisite: Myofascial Release I™

SKILL ENHANCEMENT SEMINAR

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 at least Myofascial Release I to work alongside our highly trained and skilled Myofascial Release staff as we treat patients and therapists from around the world. We accept up to four therapists per week in this program to maximize our ability to provide individual attention.

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 Skill Enhancement Seminar 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 therapist to treat patients alongside John Barnes, as well as, with 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.

WHAT ARE OTHER THERAPISTS SAYING?

“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

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

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 Therapy for the Therapist Program

is offered on-site in our Malvern, Pennsylvania and Sedona, Arizona Treatment Centers and is designed specifically to meet the needs of therapists who are experiencing pain, tightness, feeling burned out, and in need of rejuvenation. Sessions are multiple times per day for a total of 15 hours per week. Concentrated treatment with our team of highly skilled therapists' acts as a catalyst in promoting efficient and deep healing and release of bracing patterns that perpetuate pain. Home self treatment instruction is included. Therapists who participate in the Therapy for the Therapist Program will experience quantum leaps in health, inner calmness, concentration, therapeutic intuition, and proprioceptive awareness. Overall, enhancement of well-being will be achieved ultimately resulting in powerful and enhanced treatment care for patients.

"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.

A PATIENT'S PERSPECTIVE...

After spending 24 years searching for resolution to a severe case of fibromyalgia and being continuously disappointed beyond words, I became afraid to hope that I would ever find healing. I experimented with every traditional and complimentary therapy I could find: Chiropractic, medications, surgeries, naturopathy, homeopathy, physical and massage therapies, acupuncture... and on and on. Nothing worked. As a last resort, I had a pump inserted into my abdomen which fed narcotics through a catheter directly into my spinal fluid.

Then last year I discovered the miracle of John F. Barnes' Myofascial Release.® The concept of the fascial web network made perfect sense to me and I realized that over the years my body had become glued together from the inside out by a straightjacket of fascial restrictions. I have been able to release the pain from fascial restrictions.

As I write this, I am recovering from surgery to remove my pain pump because I no longer need it. Miracles really happen!

— Maggie H., Patient



“Therapy on the Rocks”

676 N 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

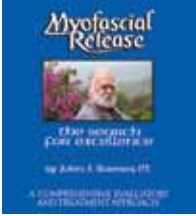
- Neck Pain
- Scoliosis
- Sciatica

- 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

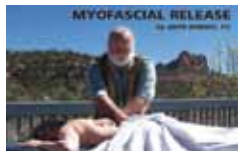
The enjoyable and important book, "Healing Ancient Wounds: The Renegade's Wisdom," was designed to help you expand your abilities, therapeutic awareness and to assist you on your journey as an intuitive therapeutic artist. This intriguing book was also written for your patients/

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



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



"STROLLING UNDER THE SKIN" LIVING FASCIA DVD BY DR. J.C. GUIMBERTEAU

View an inner world of changing structures, a world constantly adapting whose ultimate function is to provide flexibility, allowing movement and maintaining equilibrium. \$60.00



"MUSCLE ATTITUDES" DVD BY DR. J.C. GUIMBERTEAU

This incredible DVD demonstrates that muscle is a contractile structure completely included in the meshwork of the fascial system and all the sheaths around and inside the muscle, epimysium, perimysium or endomysium are in fact, one unique fascial tissue. \$60.00



"INTERIOR ARCHITECTURES" DVD

This brand new DVD by surgeon JC Guimberteau combines new scenes that show the internal architecture of the body, a fractal network made up of fibres, fibrils and microfibrils, and microvacuolar spaces. Therefore, form can be described as a global system. The fascial system provides shape, form, and confers important dynamic properties to the body. \$60.00



INNER AWARENESS - CD'S BY JOHN F. BARNES, PT

Diaphragmatic Breathing, Glowing, Inner Journey, Right Hemispheric Music. \$35.00



LADIES ULTRA COTTON T-SHIRT

Color-Black
Sizes - S,M,L,XL
\$15.00



JERZEES 80Z. 50/50 NUBLEND™ PULLOVER HOODIE

Color - Black Heather
w/teal image
Sizes - M, L, XL \$30.00

CALL 1-800-FASCIAL OR ORDER ONLINE WWW.MYOFASCIALRELEASE.COM

☐ Package 1: Save Over \$75

Contains Myofascial Release: The Search for Excellence®, Healing Ancient Wounds: The Renegade's Wisdom®, "Fireside Chat" DVD, Myofascial Release 2 DVD Set, Inner Awareness CD's and the Listening Book..... \$299.00

☐ Package 2: Save \$20

Contains Myofascial Release: The Search for Excellence® & Healing Ancient Wounds: The Renegade's Wisdom® \$99.00

☐ Package 3: Save Over \$50 Contains Strolling Under the Skin, Muscle Attitudes & Interior Architecture DVDs \$129.00

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
\$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

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 the Myofascial III, Myofascial Healing 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 (excluding the Myofascial Healing and the Skill Enhancement Seminar). Discounts cannot be combined.

Registration Fee and Cancellation Policy:

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

Accommodations / Roommate List:

MFR Seminars blocks sleeping rooms at many locations, some of which offer reduced rates. As a convenience, we also offer a roommate list. For details on sharing a room, please contact us.

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

Charge to: Visa MasterCard _____ Expiration Date _____
Card # _____ 3-Digit Security Code _____
Signature _____

Name _____

Prof. Initials for Seminar Certificate: _____
(Print your name and credentials exactly as you wish them to appear on your seminar certificate.)

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



42 Lloyd Avenue, Malvern, PA 19355

*We have
now trained
75,000
therapists!*

RECENT RESEARCH VERIFIES THE PRINCIPLES OF THE
JOHN F. BARNES' MYOFASCIAL RELEASE APPROACH®

↓ PAIN ↑ FUNCTION ↑ INCOME

John F. Barnes'

*Myofascial
Release*

Approach®



GRAND OPENING ! . . . "THE SANCTUARY"