



LEARN . . .

THE JOHN F. BARNES'

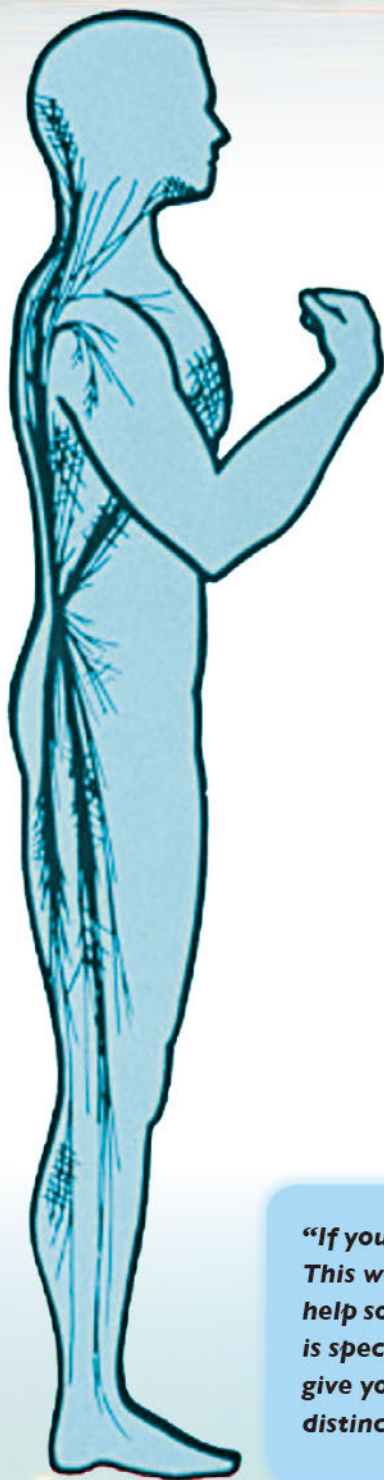
MYOFASCIAL RELEASE

APPROACH®

MYOFASCIAL RELEASE

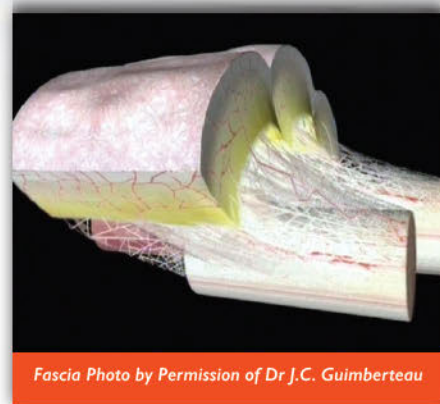
~ ENHANCE YOUR LIFE! ~

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.



Fascia Photo by Permission of Dr J.C. Guimberteau

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!

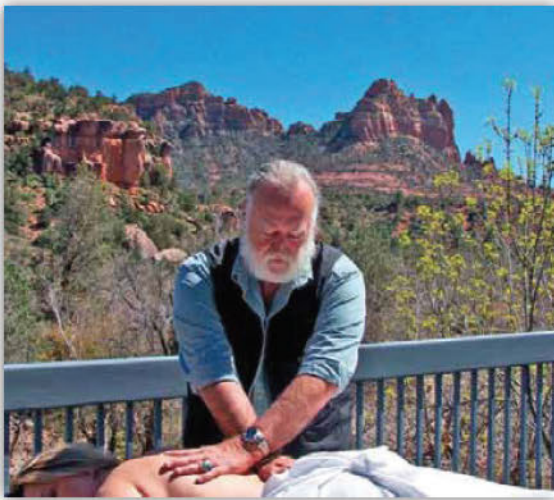
"If you are drawn to take the seminars, just listen to your intuition. You will not regret it! This work is wonderful for your patients/clients, as well as yourself. You will be able to help so many people, people who are desperate because nothing is helping. Each patient is special and unique. Learning the John F. Barnes' Approach to Myofascial Release will give you the techniques, ability and confidence that you need to treat each person as a distinct human being. Myofascial Release is truly a therapeutic art."

MYOFASCIAL RELEASE

John F. Barnes, PT, LMT

*International lecturer, author
and authority on Myofascial Release*

John F. Barnes, PT, LMT is a therapeutic 'icon' considered to be a teacher of the highest caliber. He has been teaching Myofascial Release seminars for over 45 years and has trained over 100,000 therapists.



Myofascial Release: What's the Difference?

by Joni Edmunds, DPT



All myofascial release is the same, right? Is this true? The myriad of classes offered to therapists all under the name of 'myofascial release' is the equivalent of comparing apples to oranges!

A search for the source of modern-day myofascial release leads us straight to John F. Barnes, PT, LMT. Finding the John F. Barnes' Myofascial Release Approach® may take a bit of sifting through other styles and versions of myofascial release, but a thorough search pays off. Here's what we discover: Genuine Myofascial Release, as taught by John since the 1970's, incorporates three major myofascial techniques in conjunction with one another:

— Structural Release — Rebounding — Unwinding —

Understanding each component will help you to know if you are getting genuine myofascial release. Whether you are seeking treatment or are thinking about attending a seminar, it is important to understand these terms.

MYOFASCIAL STRUCTURAL RELEASE— WAITING FOR THE MELT!

Structural release involves applying gentle, sustained pressure into areas of tightness, restriction, or pain and waiting for your body to release. Never forceful, pressures are applied to gently reach the barrier of the tissue restriction. At first, you will feel an elastic or springy give and this is 'fool's gold'. It feels like a release. It feels like a bit of change. However, the tissue will just spring back once the pressure is disengaged. Why? This 'fool's gold' is the elastic component of the tissue giving way. The only way to experience a lasting change in the tissue is to wait. Additional time spent holding the pressure (beyond 5 minutes for each restriction!) enables your connective tissue to fully 'melt' and lengthen. Science is telling us that there is yet another benefit to waiting long enough to allow for a phase change in the tissue. Beyond 5 minutes, your body will begin producing interleukin, which is a natural anti-inflammatory!

This response is only elicited when pressure is sustained and uninterrupted — no rubbing, poking, or manipulating!

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



MYOFASCIAL UNWINDING— UNTANGLING KNOTS!

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



MYOFASCIAL REBOUNDING— WAVES OF RELEASE!

Remember getting rocked by your mom as a young child? What about the gentle wave that moves through your body when you're floating on a raft in the water? Doesn't it feel soothing and luxurious? We are approximately 75% fluid, and when rocked, an internal wave of motion and energy begins to form and move through the fluid inside our bodies. If the rocking is gently sustained and continued over time, as with Myofascial Rebounding, this fluid motion perpetuates and begins to reach and affect the solidified areas of our bodies. With Myofascial Rebounding, every cell of your body can be reached, even the denser structures such as your bones, by this profound fluid wave. Myofascial Rebounding is also helpful for accessing and clearing out those habitual holding and bracing patterns which hang out in our bodies due to a buildup of stress and trauma.

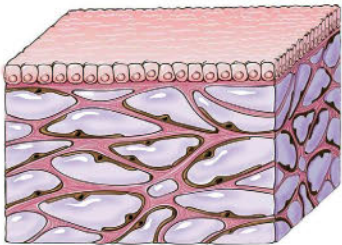
MESSAGE FROM JOHN F. BARNES, PT, LMT

Dr. Joni Edmunds is a doctor of Physical Therapy and I would like to thank her for putting together this informative and helpful guide to understanding my Approach to Myofascial Release.

Over the years, I have found just because something is logical doesn't mean it has any basis in reality whatsoever. Unfortunately, this applies to us as therapists. The theories you and I were taught in therapy and the techniques generated were logical. It turns out the belief systems that these logical theories were based upon were terribly flawed and incomplete.

Therefore, most therapists have been frustrated because we have all tried hard to help our patients/clients and yet traditional therapy only provides temporary results. We blamed ourselves instead of realizing that the system we were taught was based on erroneous information producing flawed methodology!

For years my critics were saying that if the theories I proposed were true, science would have to be wrong. The importance of the Fascial System received national recognition in April 2018. Well, it turns out that science was wrong. The researchers discovered that past studies on the fascial system had been wrong all along, by studying cadavers, dead people are brittle!



With the advancements of new laser technology, they were able to see the image I saw while treating patients over 50 years ago the three-dimensional quality of the fascial web, its fluidity, and the fascia's ground substance.

FASCIA IS A POWERFUL THREE-DIMENSIONAL WEB—When Traumatized It Can Produce Crushing Pressure on Pain Sensitive Structures = PAIN

My Myofascial Release Approach® recognizes the fascial system as a multi-dimensional system so that it includes a triad as Joni Edmunds so eloquently stated: Structural Myofascial Release, Myofascial Rebounding and Myofascial Unwinding which treats the entirety of the human being.

TOO QUICK!

Everything we learned was too quick!!! Manipulation, mobilization, muscle energy techniques and exercise are 'in and out' of the system too quickly. All forms of massage are gliding over or trying to force through the soft tissue and don't stop at the barriers. Hence only 20% of the Fascial System is affected, producing merely short term results.

My Myofascial Release Approach recognizes that the fascial system cannot be forced. I will teach you the 'art' of MFR and how to find each patient's or client's restrictive patterns which are all unique. As you find the restriction, never force, and apply gentle sustained pressure.

Sustained pressure of 90 to 120 seconds is needed to even begin to engage the collagenous barrier. The other techniques, approaches, etc. that were mentioned earlier do not hold pressure anywhere close to this time. It then takes another 3 to 5 minutes for an in-depth release to occur for more permanent results. After around 5 minutes we begin to observe a number of unique phenomenon

that are absolutely essential for lasting results. This is because Myofascial Release profoundly reaches the other 80% of the tissue that is not affected by other forms of therapy. Therefore, Myofascial Release influences 100% of the cause and effect relationship.

Piezoelectricity, Mechano-transduction, Phase Transition and eventually Resonance begins to occur. NO other approaches address or elicit these phenomena, as I said, too quick! This is why my Myofascial Release Approach is so successful.

PIEZOELECTRICITY

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 time element, 5 minutes or longer per restriction creates a bioelectrical flow in our body this leads to 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 many of your clients experience and come to you for treatment. Returning to cause, it is not enough to just treat the effect or symptoms.

PHASE TRANSITION

These two occurrences, piezoelectricity and mechanotransduction dove tail together and then Phase Transition takes place. This is the same phenomena of ice transforming into water. In our bodies a similar occurrence happens. Through MFR the solidification of the ground substance becomes more fluid allowing the tissue to rehydrate and to glide taking crushing pressure off pain sensitive structures.

RESONANCE

When one human touches another human 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 a "Release." Release occurs in the cranial area and throughout the entire body.

Resonance unfortunately does not occur in other forms of therapy due to the sheer fact that these other forms of therapy are too quick, hence providing only temporary results. The good news is that Myofascial Release coupled with the various forms of therapy, massage, bodywork and energy techniques enhance your effectiveness.

The John F. Barnes' Myofascial Release Approach® is truly the 'missing link' that will help you reduce pain and increase motion to achieve your goal of why you chose healthcare as a career in the first place.

Join us!

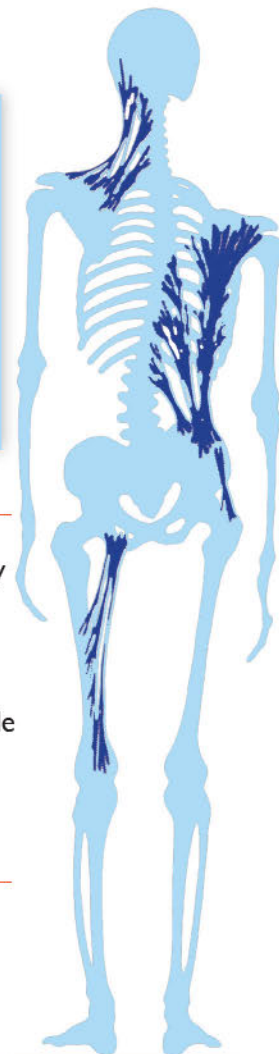
MYOFASCIAL RELEASE I

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

“I attended MFR I last year in Sedona. My practice is probably 90% MFR and people love it! I believe that the demand for Myofascial Release will do nothing but increase as people learn more about fascia and experience the healing that comes with this work.”



MYOFASCIAL RELEASE TECHNIQUES

- ◆ Theory
- ◆ Anatomy of Fascia & Related Structures
- ◆ Whole Body Inter-Relationships
- ◆ Development of Palpation Skills
- ◆ Evaluation Procedures
- ◆ Lower Extremity Problems
- ◆ Sacral Float
- ◆ Lumbar-Pelvic Problems
- ◆ Anterior & 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

CRANIAL TECHNIQUES

- ◆ 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 45 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

CHICAGO SUBURBS
(Burr Ridge, IL)
July 12-14, 2019
Marriott Southwest
(630) 986-4100

COLUMBIA, SC
August 16-18, 2019
Doubletree Hilton
(803) 731-0300

SCHENECTADY, NY
September 13-15, 2019
Doubletree Hilton
(518) 393-4141

VIRGINIA BEACH, VA
September 20-22, 2019
Holiday Inn North Beach
(757) 428-1711

SOUTH BEND, IN
October 18-20, 2019
Doubletree Hilton
(574) 234-2000

COLUMBUS, OH
October 25-27, 2019
Hyatt Regency
(614) 463-1234

ATLANTA, GA
(Buckhead Area)
November 8-10, 2019
Hilton Garden Inn
(404) 231-1234

SAN ANTONIO, TX
November 8-10, 2019
The Menger Hotel
(210) 223-4361

VENTURA, CA
(Southern California)
November 15-17, 2019
Crowne Plaza
(805) 648-2100

CLEARWATER BEACH, FL
January 9-12, 2020 (1/2 days)
Sheraton Sand Key Resort
(727) 595-1611

SEDONA, AZ
March 19-22, 2020 (1/2 days)
Poco Diablo Resort
(928) 282-7333

COLUMBIA, MD
March 20-22, 2020
Sheraton Columbia
(410) 730-3900

KNOXVILLE, TN
March 27-29, 2020
Hilton Knoxville
(865) 523-2300

HARRISBURG, PA
April 3-5, 2020
Crowne Plaza
(717) 234-5021

VANCOUVER, BC
(Burnaby, BC)
Hilton Hotel
April 17-19, 2020
(604) 438-1200

BURLINGTON, VT
May 29-31, 2020
Hilton Hotel
(802) 658-6500

HOUSTON, TX
June 12-14, 2020
Crowne Plaza River Oaks
(713) 523-8448

JACKSONVILLE, FL
June 12-14, 2020
Hyatt Regency
(904) 588-1234

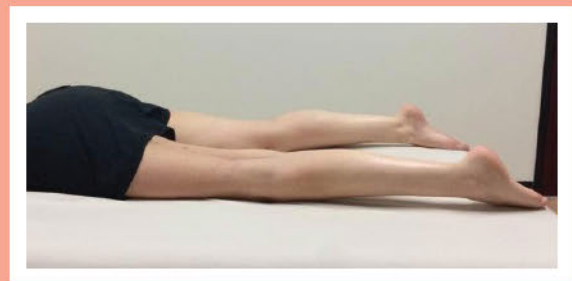
NEW YORK, NY
August 14-16, 2020
The Watson Hotel
(212) 581-8100

"I was introduced to Myofascial Release at a time in my life when I was considering leaving the profession of massage therapy altogether. My body was in pain from performing traditional massage techniques, such as deep tissue, and I was not helping people as much as I had been led to believe. I was burnt out from trying to force change."

PATIENT STATEMENT



ONE YEAR OF PHYSICAL THERAPY & MASSAGE THERAPY



MYOFASCIAL RELEASE RESULTS

"After finding a cancerous tumor in one of my legs, I was a runner left without the use of my left leg. It was both physically and emotionally devastating to lose the use of a limb. I was becoming increasingly frustrated with traditional physical therapy as a means for fixing a poorly functioning leg after surgery and months of not using it. The therapy I was enduring was painful and producing little to no results. I thought there must be something else out there that might help more than the painful pushing and pulling that was occurring nearly daily at physical therapy.

A family member referred me to a Myofascial Release therapist, Rowena Cua. I was immediately impressed by Rowena's kind nature, warm spirit, and the tremendous amount of knowledge she was willing to share with me about fascia and the John F. Barnes Myofascial Release Approach. Rowena and I have worked together weekly to release scar tissue and trauma and restore the function to my leg. Her care and treatment have been vital to my recovery."

Her doctors told her that she probably wouldn't be able to straighten her leg again because they removed so much of her hamstrings from the sarcoma. After Myofascial Release she was able to walk without a limp and straighten her leg, therefore being able to run again!

Rowena Cua, LMT, BCTMB, Las Vegas, NV

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—Prerequisite: Myofascial Release I™

“I have been taking courses with John F. Barnes for just shy of 15 years. The changes in my own body and understanding how it works, how my tissues communicate, and how to let go of fear of past traumas and pain have been incredible.”

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

CHICAGO SUBURBS
(Burr Ridge, IL)
July 16-18, 2019
Marriott Southwest
(630) 986-4100

ATLANTA, GA
(Buckhead Area)
November 12-14, 2019
Hilton Garden Inn
(404) 231-1234

CLEARWATER BEACH, FL
January 13-15, 2020
Sheraton Sand Key Resort
(727) 595-1611

SEDONA, AZ
March 23-25, 2020
Poco Diablo Resort
(928) 282-7333

NEW YORK, NY
August 18-20, 2020
The Watson Hotel
(212) 581-8100

“This work is so very powerful, and different from anything I learned anywhere else. I can only speak for myself, but I wish I had started this journey sooner.”



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—Prerequisite: Myofascial Release I™

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

CHICAGO SUBURBS
(Burr Ridge, IL)
July 19-21, 2019
Marriott Southwest
(630) 986-4100

ATLANTA, GA
(Buckhead Area)
November 15-17, 2019
Hilton Garden Inn
(404) 231-1234

CLEARWATER BEACH, FL
January 16-19, 2020 (1/2 days)
Sheraton Sand Key Resort
(727) 595-1611

SEDONA, AZ
March 26-29, 2020 (1/2 days)
Poco Diablo Resort
(928) 282-7333

NEW YORK, NY
August 21-23, 2020
The Watson Hotel
(212) 581-8100



YEARNING FOR A SIGNIFICANT TRANSFORMATION?



LEAP !!!

“I love talking about how John F. Barnes Myofascial Release has transformed my financial circumstances! I grew up very poor and continued to cycle below the poverty line throughout my 20’s and 30’s. I was 40, newly divorced, and financially devastated when I graduated from massage school five years ago. My area is saturated with massage therapists and I had no idea how difficult it is to make a steady, sustainable living from bodywork in my town.”

“About 3 years ago, I was introduced to John Barnes’ Myofascial Release by an amazing therapist and I started taking MFR Seminars. It was a tremendous stretch to come up with the seminar money, but I could feel with every fiber of my being that I needed to pursue this work. In just three years, I’ve built a thriving Myofascial Release

practice, with very little advertising (only Facebook ads and a listing in the MFR Directory). The demand for Myofascial Release exceeds what I can physically supply. People NEED this work. For the first time in my life, I’m making enough to support my kids without relying on anyone else. Best of all, we have been able to take a few memorable family vacations before my kids are all grown up. John says, “Life is meant to be enjoyed,” and we are enjoying it so much more now, thanks to him. Love you, John F. Barnes!”

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

SPOKANE, WA August 24-25, 2019 Ruby River Hotel (509) 326-5577	NASHVILLE, TN September 7-8, 2019 Hilton Garden Inn (615) 369-5900	CHARLOTTE, NC October 5-6, 2019 Embassy Suites (704) 970-5400	SIOUX FALLS, SD October 26-27, 2019 Hilton Garden Inn (605) 444-4700
LONG ISLAND, NY (Riverhead-East End) November 9-10, 2019 Hyatt Place (631) 208-0002	SCRANTON, PA November 16-17, 2019 Hilton Scranton (570) 343-3000	N. CHARLESTON, SC Feb. 29-March 1, 2020 Doubletree Hotel (843) 576-0300	MADISON, WI March 21-22, 2020 Crowne Plaza (608) 244-4703
ERIE, PA April 4-5, 2020 Sheraton Bayfront (814) 454-2005	NORTH SHORE, MA (Peabody/Salem Area) April 25-26, 2020 Holiday Inn (978) 535-4600	KALAMAZOO, MI May 30-31, 2020 Radisson Plaza (269) 343-3333	SACRAMENTO, CA June 6-7, 2020 Holiday Inn (916) 446-0100



“I just attended Myofascial Mobilization this past weekend! I had mistakenly thought the class would be two days of techniques that were contrary to the principles of John F. Barnes Myofascial Release. So, I took all the other seminars and avoided the mobilization workshop — I even took equine first, despite intense uneasiness around horses. Well, whoops, I was very wrong. The techniques are excellent, they do adhere to the ‘no force’ principles.”

PEDIATRIC MYOFASCIAL RELEASE



“If you have put off taking this class, I cannot recommend it more; another layer of the onion is rolled back. For me, another layer rolled back, and I gained a deeper appreciation and understanding of the fascial system and its connection of ALL of it through our bodies. I’m filled with gratitude.”

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

12 Contact Hours

LOCATIONS AND DATES

SAN FRANCISCO, CA August 24-25, 2019 Holiday Inn Golden Gateway (415) 441-4000	ST. PAUL, MN September 14-15, 2019 Doubletree Hilton (651) 291-8800	ROCKVILLE, MD October 12-13, 2019 Hilton Garden Inn (240) 507-1800	BELLEVUE, WA (Seattle Area) November 9-10, 2019 Sheraton Hotel (425) 455-3330
RICHMOND, VA March 28-29, 2020 Doubletree Hotel (804) 379-3800	MONTREAL-LONGUEIL, QB April 18-19, 2020 Sandman Hotel (450) 670-3030	ST. LOUIS, MO May 30-31, 2020 Sheraton Chalet (314) 878-1500	INDIANAPOLIS, IN June 6-7, 2020 Embassy Suites N. (317) 872-7700

VACATION SERIES & SPECIALTY SEMINARS

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\$300

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three seminars!



LAKE OF THE OZARKS, MO The Margaritaville Lake Resort offers something for everyone, whether you are looking for fast-paced action or a peaceful escape from the rigors of life. Spend the day hiking, boating, and swimming or just lay back and enjoy sunbathing by the pool.

Women's Health
August 15-18, 2019

Myofascial Healing
August 19-21, 2019

Quantum Leap!
August 22-25, 2019 (1/2 days)

Margaritaville Lake Resort
(573) 348-3131



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.

Cervical Thoracic
Sept. 5-8, 2019 (1/2 days)

Myofascial Rebounding
September 9-11, 2019

Fascial Pelvis
Sept. 12-15, 2019 (1/2 days)

Ocean Edge Resort
(508) 896-9000



ATLANTA, GA Atlanta's Buckhead area includes legendary shopping and entertainment, decadent dining, engaging art galleries and more! Known as "The Beverly Hills of the East," the luxurious neighborhood of Buckhead is a must-visit!

Myofascial Release I
November 8-10, 2019

Myofascial Unwinding
November 12-14, 2019

Myofascial Release II
November 15-17, 2019

Hilton Garden Inn
(404) 231-1234



CLEARWATER BEACH, FLORIDA Beautiful Clearwater Beach stretches for 3 blissful miles of white sandy beaches along Florida's Gulf Coast. This family-friendly beach offers ample outdoor activities, including hours spent sunbathing or swimming, fishing and boating in the Gulf of Mexico's gentle, turquoise waters.

Myofascial Release I
Jan. 9-12, 2020 (1/2 days)

Myofascial Unwinding
January 13-15, 2020

Myofascial Release II
Jan. 16-19, 2020 (1/2 days)

Sheraton Sand Key Resort
(727) 595-1611



SEDONA, ARIZONA Enjoy the warmth of the Arizona sun this winter. Sedona is one of the most gorgeous places in the world!

Women's Health
February 6-9, 2020

Myofascial Healing
February 10-12, 2020

Cervical Thoracic
Feb. 13-16, 2020 (1/2 days)

Poco Diablo Resort
(928) 282-7333



SEDONA, ARIZONA Sedona is alive with energy and awash with spectacular beauty. Shake off the weariness of and stress amid the pine forests of Oak Creek in the Red Rock Canyons.

Myofascial Release I
Mar. 19-22, 2020 (1/2 days)

Myofascial Unwinding
March 23-25, 2020

Myofascial Release II
Mar. 26-29, 2020 (1/2 days)

Poco Diablo Resort
(928) 282-7333



BETHANY BEACH, DELAWARE Bethany has embraced its own unique quiet style- smaller and more serene than other beach resorts; Bethany is beloved for its balance of family-friendly peacefulness. Enjoy the beautiful beach, boating, fishing and great restaurants!

Cervical Thoracic
April 23-26, 2020 (1/2 days)

Fascial Pelvis
April 27-29, 2020

Quantum Leap!
April 30-May 3, 2020 (1/2 days)

Bethany Beach Ocean Suites
(302) 539-3200



SEDONA, ARIZONA Sedona is known for its extraordinary beauty, powerful healing energy, hiking trails and unique southwestern shopping and cuisine.

Myofascial Rebounding
June 18-21, 2020 (1/2 days)

Myofascial Healing
June 22-24, 2020

Advanced Unwinding
June 25-28, 2020 (1/2 days)

Poco Diablo Resort
(928) 282-7333



CHICAGO, ILLINOIS There are plenty of things to do in Chicago including tours, spectator sports, shopping, incredible restaurants and over 200 theaters.

Cervical Thoracic
July 10-12, 2020

Myofascial Rebounding
July 14-16, 2020

Fascial Cranium
July 17-19, 2020

Hyatt Regency
(312) 567-1234



NEW YORK, NY New York City is one of the most popular tourist destinations in the world, and with good reason. Amazing Broadway shows, world class shopping parks, boat tours, fabulous restaurants, there is something for every style, taste and budget.

Myofascial Release I
August 14-16, 2020

Myofascial Unwinding
August 18-20, 2020

Myofascial Release II
August 21-23, 2020

The Watson Hotel
(212) 581-8100

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

LOCATIONS AND DATES

SANTA CLARA, CA (San Jose/Silicon Valley) August 16-18, 2019 Hilton Hotel (408) 330-0001	PITTSBURGH, PA August 23-25, 2019 Omni Hotel North (412) 281-7100	NAPLES, FL September 6-8, 2019 LaPlaya Beach Resort (239) 597-3123	CORPUS CHRISTI, TX September 13-15, 2019 Omni Hotel (361) 887-1600	ROCHESTER, MN October 18-20, 2019 The Kahler Hotel (507) 280-6200
MEMPHIS, TN November 8-10, 2019 Holiday Inn University (901) 678-8200	OAK BROOK, IL (Chicago Suburbs) November 15-17, 2019 Doubletree Hotel (630) 472-6000	FORT WORTH, TX March 6-8, 2020 Sheraton Hotel (817) 335-7000	PORTLAND, OR (Vancouver, WA) March 27-29, 2020 Heathman Lodge (360) 254-3100	ORLANDO, FL April 17-19, 2020 Hilton Hotel (407) 313-4300
BLOOMFIELD HILLS, MI (Detroit Suburbs) April 24-26, 2020 Doubletree Hotel (248) 644-1400	BETHANY BEACH, DE April 27-29, 2020 Bethany Ocean Suites (302) 539-3200	CHATTANOOGA, TN May 15-17, 2020 Embassy Suites (423) 602-5100	APPLETON, WI June 5-7, 2020 Red Lion Hotel (920) 733-8000	EDMONTON, ALBERTA June 12-14, 2020 Delta Hotel (780) 429-3900

“The Fascial Pelvis seminar was amazing. A multitude of techniques were presented to address the function and mobility of the pelvis, the foundation of the spine, which can produce symptoms throughout the entire body!”

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—
Prerequisite: Myofascial Release I™

LOCATIONS AND DATES

CAPE COD, MA September 5-8, 2019 (1/2 days) Ocean Edge Resort (508) 896-9000	SEDONA, AZ February 13-16, 2020 (1/2 days) Poco Diablo Resort (928) 282-7333	BETHANY BCH., DE April 23-26, 2020 (1/2 days) Bethany Beach Ocean Suites (302) 539-3200	CHICAGO, IL July 10-12, 2020 Hyatt Regency (312) 567-1234
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CERVICAL THORACIC TECHNIQUES

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

“John F. Barnes’ Myofascial Release Approach is the most comprehensive & successful bodywork I have ever practiced. I am booked 4 to 6 weeks out. So clients are getting better, new clients are coming in. Myofascial Release literally changed every aspect of my life, my health, and my practice. I say go for it. I am grateful every day that I took that leap.”


MYOFASCIAL RELEASE III— "BEYOND TECHNIQUE"

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.

New Prerequisites for Myofascial Release III

Myofascial Release I, (repeat Myofascial Release I), Fascial Pelvis, Cervical Thoracic, Myofascial Rebounding, Myofascial Unwinding, (repeat Myofascial Unwinding), Myofascial Release II, Advanced Myofascial Unwinding, (and repeat a seminar of your choice), a one week Skill Enhancement Seminar, and a one or two week 'Therapy for the Therapist' treatment program. * Half price tuition for repeating.



EMPOWER YOURSELF!

Develop Clarity, Tranquility, & Authentic Power

DATE: September 24–29, 2019

TIMES: Full-day September 24th, Half-days September 25–29, 2019. Times will vary.

LOCATION: 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: Poco Diablo Resort (928) 282-7333—Reserve Early!

PRICE: \$1800 or \$1495 if registered 2 weeks prior to the seminar date.

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

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

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

SUBTLE ENERGY SEMINAR

EXPAND YOUR SENSITIVITY & AWARENESS!

PRESENTER: Dr. Margaret Fuhs, DNSc,RN

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. Highly recommended to be taken in conjunction with Myofascial Release III.

LOCATION AND DATE

SEDONA, AZ
September 22-23, 2019
Poco Diablo Resort
(928) 282-7333

QUANTUM LEAP! SEMINAR



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!

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

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

LOCATIONS AND DATES

LAKE OF THE OZARKS, MO
(Central, Missouri)
August 22-25, 2019 (1/2 days)
Margaritaville Lake Resort
(573) 348-3131

BETHANY BEACH, DE
April 30-May 3, 2020 (1/2 days)
Bethany Beach Ocean Suites
(302) 539-3200

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

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!

Prerequisite: Myofascial Release I™

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

LOCATIONS AND DATES

CAPE COD, MA
September 9-11, 2019
Ocean Edge Resort
(508) 896-9000

SEDONA, AZ
June 18-21, 2020 (1/2 days)
Poco Diablo Resort
(928) 282-7333

CHICAGO, IL
July 14-16, 2020
Hyatt Regency
(312) 567-1234



Neptune symbolizes water, the fluid (ground substance of fascia) of our body which tends to solidify from trauma and the Trident represents the 3 Pronged MFR Approach.

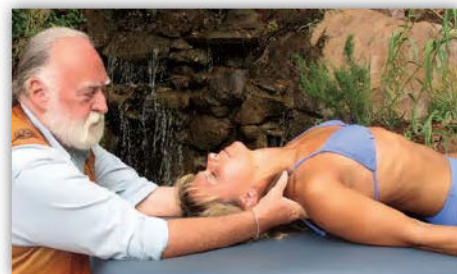
ADVANCED MYOFASCIAL UNWINDING

A rare opportunity to grow and expand your abilities by being treated with advanced unwinding techniques by highly skilled Myofascial Release Therapists. **Prerequisites:** Myofascial Release I™, Myofascial Unwinding, Myofascial Release II™

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

LOCATION AND DATE

SEDONA, AZ
June 25-28, 2020 (1/2 days)
Poco Diablo Resort
(928) 282-7333



FASCIAL CRANIUM



Due to popular demand, John F. Barnes, PT has designed a new seminar, the 'Fascial Cranium'.

You will explore and learn unique Myofascial Release principles for the fascial cranium and intraoral structures to increase physiological function, enhance cognition, and decrease headaches, cervical, sinus and TMJ pain.

This will also be a treatment seminar for you. Your head and whole body will receive powerful treatments with individual and group experiences. This class will be an extraordinary learning experience, with deep healing and fun with your Myofascial Release colleagues and friends.

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

LOCATIONS AND DATES

CAPE COD, MA
September 12-15, 2019
(1 1/2 days)
Ocean Edge Resort
(508) 896-9000

SOLD OUT!

LAS VEGAS, NV
March 5-8, 2020
(1/2 days)
Alexis Park Resort
(702) 796-3300

CHICAGO, IL
July 17-19, 2020
Hyatt Regency
(312) 567-1234

WOMEN'S HEALTH SEMINAR

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.

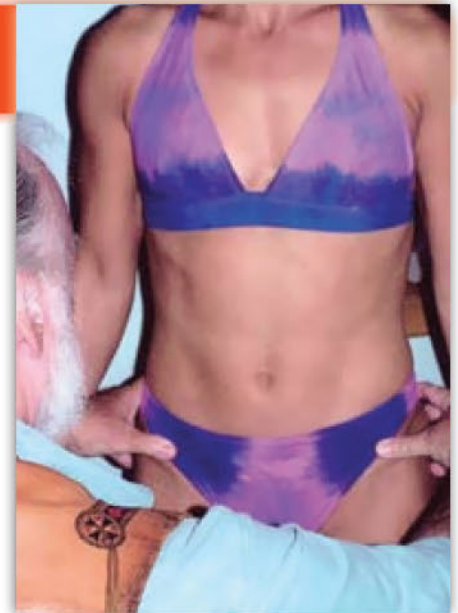
Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.

25 Contact Hours

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

THIS FASCINATING INTERMEDIATE "HANDS-ON" SEMINAR WILL TEACH YOU IMPORTANT MYOFASCIAL RELEASE, VISCERAL RELEASE & 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



"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

LAKE OF THE OZARKS, MO
(Central Missouri)
August 15-18, 2019
Margaritaville Lake Resort
(573) 348-3131

SEDONA, AZ
February 6-9, 2020
Poco Diablo Resort
(928) 282-7333

WILMINGTON, DE
May 14-17, 2020
Doubletree Hotel
(302) 478-6000

DALLAS AREA
(Irving, TX)
May 28-31, 2020
Marriott Las Colinas
(972) 831-0000

SKILL ENHANCEMENT SEMINAR

To be taken soon
after completing

MYOFASCIAL RELEASE I

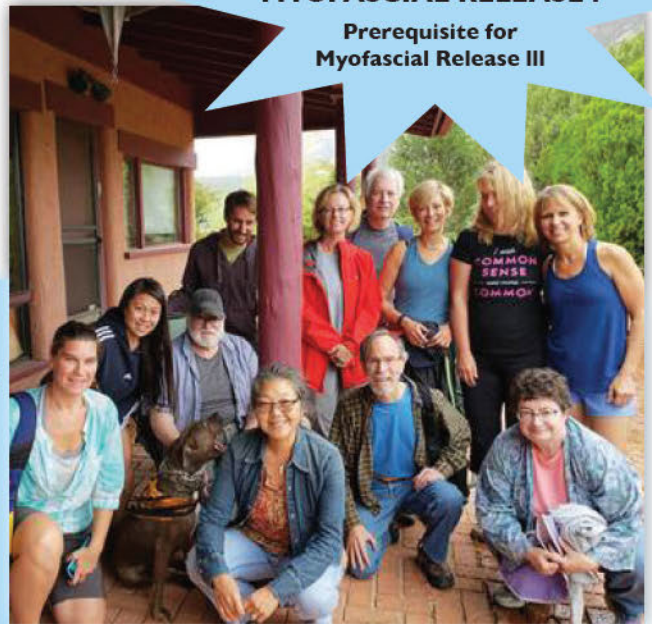
Prerequisite for
Myofascial Release III

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.

Prerequisite: Myofascial Release I™

In this Relaxed, No Pressure Environment You Will:

- ◆ Work alongside our team of highly skilled therapists as we treat patients from around the world.
- ◆ Receive daily treatment for yourself to help you resolve any problems you may be experiencing.
- ◆ Learn how to ground and center yourself.
- ◆ Fine tune your dialoguing skills.
- ◆ Improve your confidence.
- ◆ Learn Myofascial Freedom Self-Treatment techniques for yourself and your patients.
- ◆ Immerse yourself in a therapeutic retreat like no other & witness firsthand the healing effects of the Myofascial Release Approach®
- ◆ Experience the flow of a long established cash-based private practice to use as a model to build or enhance your own practice.



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.



“THE SANCTUARY”—MALVERN, PA
1-800-FASCIAL (327-2425)



“THERAPY ON THE ROCKS”—SEDONA, AZ
(928) 282-3002

ENROLLMENT IS LIMITED!

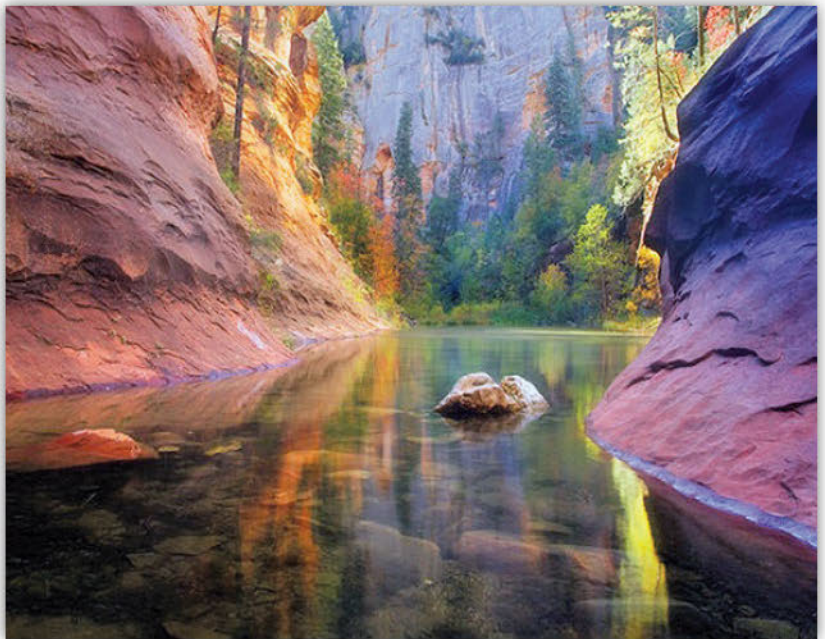
Only 4 Therapists per week—thereby maximizing & personalizing your learning experience!

“I am from Central Scotland. The investment I put into this training has been significant financially, especially with travel, accommodations and costs. The results to date however are immeasurable; I am fully booked for the rest of the month. My client base continues to grow and clients travel from an ever-increasingly wide radius to see me.”

"THERAPY FOR THE THERAPIST"

FEELING TIRED AND BURNED OUT? ARE YOU ALWAYS THE CARE-TAKER? Do you want to develop skills and confidence to provide consistent results for your patients? "THERAPY FOR THE THERAPIST" is designed specifically for you! This unique and one-of-a kind program meets the needs of the therapists who are experiencing pain, tightness and in desperate need of rejuvenation.

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



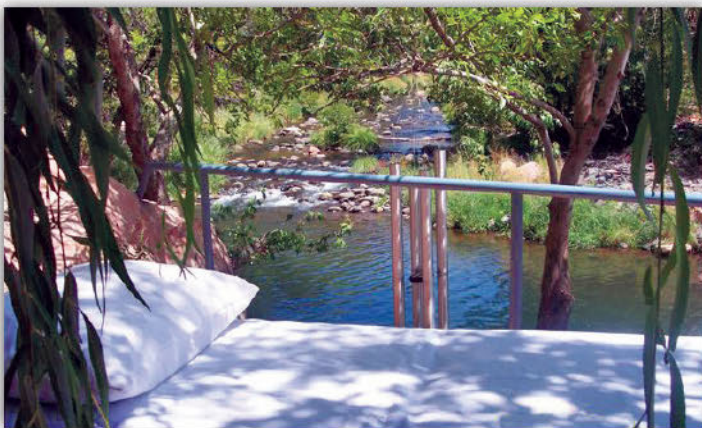
**"THERAPY FOR THE THERAPIST"
IS A NEW PREREQUISITE FOR
MYOFASCIAL RELEASE III**

THE BEST GIFT I EVER GAVE MYSELF!

Dear John Barnes and all the staff at the Malvern Myofascial Release "Sanctuary",

I want to thank you all for the deeply transformative therapeutic week I spent participating in your 'Therapy for the Therapist' program. I found it to be an amazing opportunity for professional and personal growth. Three sessions of hands-on therapy a day with some of the most talented physical therapists in the world has regenerated me! I haven't felt this good since . . . well, maybe ever! I have been working in physical therapy for 20 years, but never invested 100% of my time and energy toward healing myself, until this week of 'Therapy for the Therapist'. Thanks to Myofascial Release and John, I now know I am worth it. I deserve it. And I need it . . . every year! Everyone does.

Emily E., LPTA, LMT, Maine
Developer of Mermaid Fascial Freedom™



"THERAPY ON THE ROCKS"—SEDONA, AZ
(928) 282-3002



"THE SANCTUARY"—MALVERN, PA
1-800-FASCIAL (327-2425)

ENROLLMENT IS LIMITED!

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 complimentary infrared sauna and whirlpool, and the tranquil woodland environment.

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



“THE SANCTUARY”

42 LLOYD AVENUE ♦ MALVERN, PA 19355

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

Malvern@myofascialrelease.com

NURSE BETTY WELCOMES YOU TO HER HOME FOR ONLY \$40/NIGHT!

With her home less than a mile from “The Sanctuary” in Malvern, PA, Nurse Betty offers lodging at very reasonable rates to therapists and patients who visit us. Those who have stayed there have loved it! Lodging includes a private bedroom and use of the house, including a full kitchen. There are 4 bedrooms with 2 shared bathrooms including a private entrance on the lower level. Nurse Betty is a highly respected and dedicated nurse who is very welcoming to guests who stay in her home. For those interested in these comfortable accommodations within a 2-minute drive or 20 minute walk, you cannot beat the rate and the comradery of sharing a home with other MFR enthusiasts.

OUR MISSION IS TO RETURN YOU TO

- ♦ 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 Problems
- ♦ 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. “Therapy on the Rocks” 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.

Western majestic Red Rock Canyons lie nestled between the beauty of the Grand Canyon, just a 2 hour drive north, and the 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, incredibly beautiful resorts and housing options, even cozy suites for \$40 a night 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

A PAIN FREE, ACTIVE LIFESTYLE!

- ♦ Neurological Dysfunction
- ♦ Chronic Pain
- ♦ Migraines

- ♦ Chronic Fatigue Syndrome
- ♦ Carpal Tunnel
- ♦ Adhesions

- ♦ Neck Pain
- ♦ Scoliosis
- ♦ Sciatica

- ♦ Interstitial Cystitis
- ♦ Lymphedema
- ♦ Problem Breast Implant/Reduction Scars

- ♦ Menstrual Problems
- ♦ Urinary Frequency
- ♦ Adhesions

- ♦ Coccydynia (tail bone pain)
- ♦ Adhesions
- ♦ Sciatica

MYOFASCIAL HEALING SEMINAR



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.

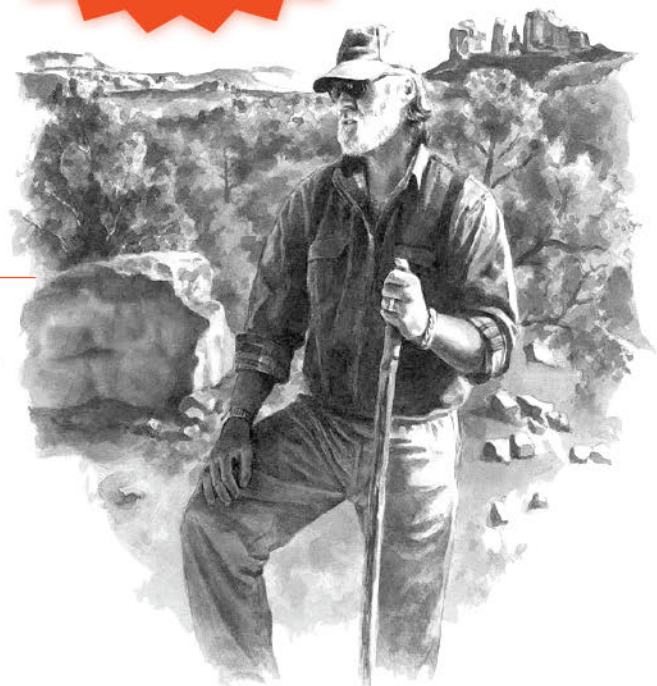
FOR THE THERAPIST: HEAL YOURSELF

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.

“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.”

“My husband accompanied me to the very first Healing Seminar many years ago. He really liked John and enjoyed getting to meet him and was glad he came to the seminar. It opened his eyes to appreciate why I had grown to love Myofascial Release and gave him a new perspective for thinking of healing and feeling the power of MFR. He went because I had asked him to share the experience with me, but he was thankful he was there. He still is an enthusiastic supporter of my path in MFR.”

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



LOCATIONS AND DATES

LAKE OF THE OZARKS, MO
(Central, Missouri)
August 19-21, 2019
Margaritaville Lake Resort
(573) 348-3131

WILMINGTON, DE
December 6-8, 2019
Doubletree Hotel
(302) 478-6000

SEDONA, AZ
February 10-12, 2020
Poco Diablo Resort
(928) 282-7333

CINCINNATI, OH
April 3-5, 2020
Radisson Hotel Riverfront
(859) 491-1200

SEDONA, AZ
June 22-24, 2020
Poco Diablo Resort
(928) 282-7333

REGISTRATION INFORMATION

save
\$300
By registering for any
three seminars!

- ◆ Myofascial Release I
- ◆ Myofascial Unwinding
- ◆ Myofascial Release II
- ◆ Fascial-Pelvis Seminar
- ◆ Cervical-Thoracic Myofascial Release
- ◆ Myofascial Release III–Beyond Technique
- ◆ Quantum Leap!
- ◆ Myofascial Rebounding
- ◆ Advanced Myofascial Unwinding
- ◆ Fascial Cranium

\$750 for each seminar or

\$695 if registered 2 weeks prior to seminar date

- ◆ Women's Health Seminar

\$1,000 for the seminar or

\$895 if registered 2 weeks prior to 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 for each seminar or

\$495 if registered 2 weeks prior to seminar date

\$395 per person if 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 Healing, 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, AS AMENDED BY THE 2017 TAX CUTS & JOBS ACT:

Registration fees, travel and lodging expenses incurred by a business or self-employed taxpayer while attending a convention or seminar that maintains or improves job skills 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)

Myofascial Mobilization

Pediatric Myofascial Release

Myofascial Release I

Myofascial Unwinding

Myofascial Release II

Fascial-Pelvis

Cervical-Thoracic

Myofascial Rebounding

Advanced Myofascial Unwinding

Fascial Cranium

Quantum Leap!

Women's Health Seminar

Myofascial Healing

Subtle Energy

Myofascial Release III

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

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