



LEARN . . .
THE JOHN F. BARNES'

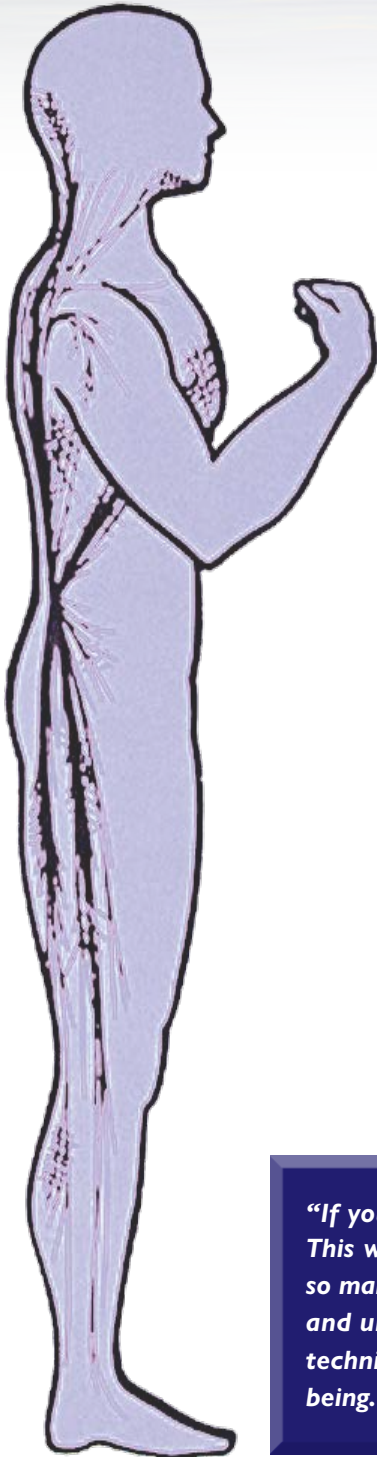
MYOFASCIAL RELEASE

APPROACH®

MYOFASCIAL RELEASE

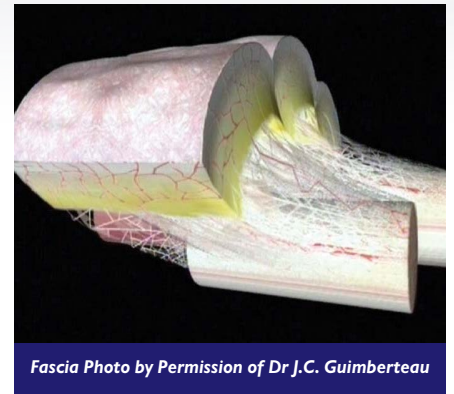
~ ENHANCE YOUR LIFE! ~

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
*International lecturer, author
and authority on Myofascial Release*

John F. Barnes, PT, is a therapeutic 'icon' considered to be a teacher of the highest caliber. He has been teaching Myofascial Release seminars for over 60 years and has trained over 100,000 therapists.

IS THAT ALL THERE IS ?

You and I, as therapists, were given a logical, linear education. We were taught logical, linear protocols—in other words, “one size fits all” type of treatments to help our clients/patients. On the superficial level, this all sounded great. We have worked hard to help people.

Unfortunately, after a period of time, we start to realize that what we were taught doesn't work that well. It feels good for a while, but within a couple hours or days the whole symptom complex returns again. We start to blame ourselves, because what our teacher taught us isn't working—so it had to be us!

When in actuality, when you look at our education, it wasn't true education, it was mass hypnosis. In other words, we were taught what to think, not how to think. Thinking isn't just intellectualizing and rationalizing; that is the Chanel 5 mentality I will discuss in more detail later.

All the research done on the fascial system has been done on cadavers, which are brittle. So, the entire educational focus was the fibrous network of the fascial system.

The fascial system is the container of the fluid of our body. Trauma, thwarted inflammatory responses and surgeries dehydrate the fluid of our body's fascial system. It can solidify to the point where it creates crushing pressure on pain-sensitive structures that can then produce the kinds of symptoms our clients/patients come to us for help.

The myofascial release principles I teach are nonlinear, recognizing the body as both nonlinear and illogical. Also, using sustained pressure for a sufficient amount of time to create the piezoelectric phenomena, the mechanotransduction, and phase transition eventually lead to resonance, which is another word for the release we experience with myofascial release.

So many therapists to whom I teach are very frustrated and confused.

I am going to ask you a question: Despite your accomplishments and the fact that you work hard every day for your family and clients/patients, do you still feel empty inside?

Please soften your visual focus. As you look at this statue, allow yourself to see and feel her desperation. Become aware of the inner tension within your body and how it may relate to your life.

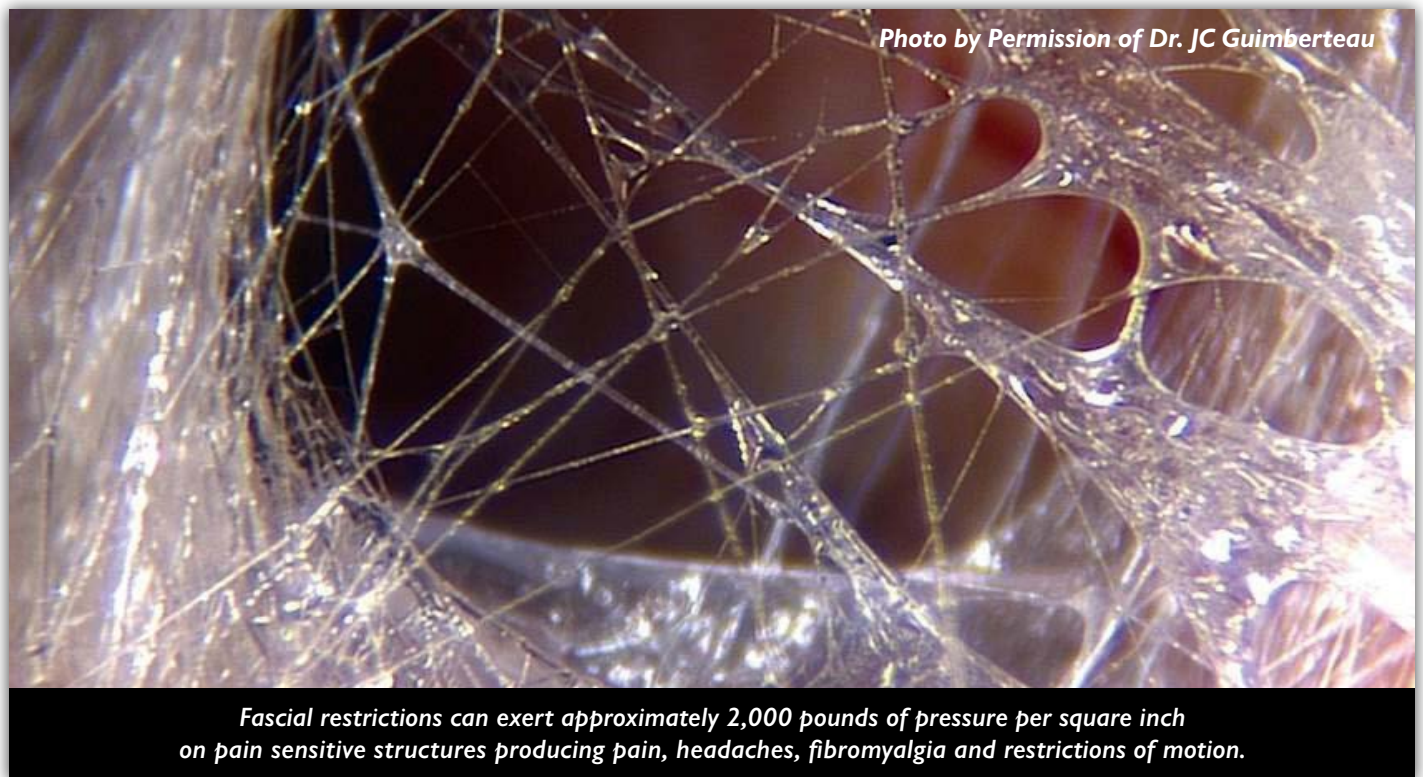
As you may know, I have been treating clients/patients from all around the world for more than 60 years. I have met a lot of wealthy people over the years. They had all the toys: houses, cars, boats and jewelry, but were hurting badly, quite unhappy and felt empty.

This reminds me of an old song of Peggy Lee's: "Is That All There Is?" The problem is the "Channel 5" mentality our society has imposed upon us has dominated our lives. It has made life quite empty, no matter what we possess. There is nothing wrong with having toys, but what is the purpose if you can't enjoy your life?

A simplistic way of looking at this is what I call the Channel 3 and Channel 5 mentality. The Channel 5 mentality is our intellectual, rational side, which has basically dominated our lives due to the educational system. While Channel 5 has great value, it was never meant to function on its own.

Our "feeling intelligence" side, which I call Channel 3, is our intuitive, instinctive side. This is what I call the healing zone. In scientific terminology, this is called the hypnagogic state. I teach every therapist and client/patient how to move into the healing zone to maximize the therapeutic response.

Myofascial release moves us into our intuitive, instinctive and creative side, our joyful and wise side, so that we can enjoy each moment.



The Myofascial Release Approach is more than just an assemblage of techniques for the reduction of pain and restoration of function. Instead, it creates a whole-body awareness allowing the health professional to facilitate change, growth and the possibility for total resolution of restrictions, emotions and belief systems that impede client/patient progress.

**JOIN US IN THE IMPORTANT MYOFASCIAL RELEASE
EVOLUTION IN HEALTHCARE!**

Sincerely,



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

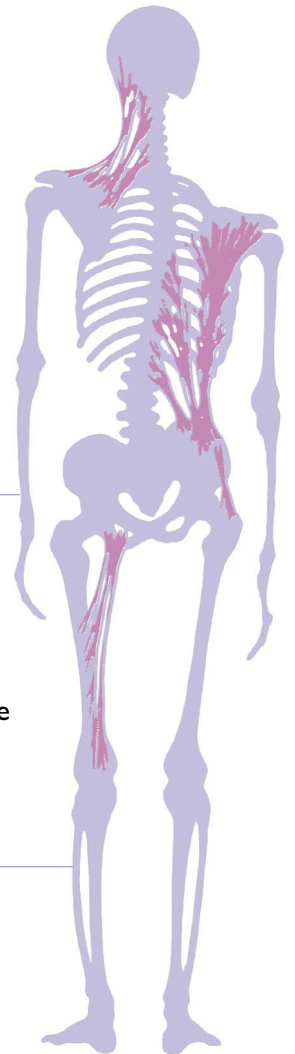
“I attended MFR 1 last year in Sedona. My practice is probably 90% MFR and people love it! I believe that the demand for Myofascial Release will do nothing but increase as people learn more about fascia and experience the healing that comes with this work.”

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 Techniques
- ♦ 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 and intuitive abilities and enhance 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 60 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.

MYOFASCIAL RELEASE I

LOCATIONS AND DATES

SEDONA, AZ

March 9-12, 2023 (½ days)
Poco Diablo Resort
(928) 282-7333

RENO, NV

March 17-19, 2023
Silver Legacy Resort
(800) 687-8733

SAN ANTONIO, TX

March 31-April 2, 2023
Menger Hotel
(210) 223-4361

TOLEDO, OH

March 31-April 2, 2023
Hilton Garden Inn
Toledo-Perrysburg
(419) 873-0700

BURR RIDGE, IL

(Chicago Suburb)
April 28-30, 2023
Marriott SW—Burr Ridge
(630) 986-4100

ROCHESTER, NY

April 28-30, 2023
Doubletree Hilton
(585) 475-1510

WILMINGTON, DE

May 12-14, 2023
Doubletree Hilton
(302) 478-6000

COLUMBIA, SC

May 19-21, 2023
Hilton Garden Inn NE
(803) 807-9000

OKLAHOMA CITY, OK

June 9-11, 2023
Sheraton Downtown
(405) 235-2780

LAS VEGAS, NV

June 15-18, 2023 (½ days)
Alexis Park Resort
(702) 796-3300

APPLETON, WI

June 16-18, 2023
Hilton Appleton
Paper Valley
(920) 733-8000

BILLINGS, MT

August 18-20, 2023
Doubletree Hilton
(406) 252-7400

CAMBRIDGE, MA

(Boston area)
August 18-20, 2023
Royal Sonesta Boston
(617) 806-4200

FT. LAUDERDALE, FL

August 25-27, 2023
Embassy Suites Hilton
17th Street
(954) 527-2700

OVERLAND PARK, KS

September 8-10, 2023
Sheraton Overland Park
(913) 234-2100

NORFOLK, VA

September 22-24, 2023
Sheraton Waterside Hotel
(757) 622-6664

PANAMA CITY, FL

Sept 29-Oct 1, 2023
Holiday Inn
(850) 769-0000

SAN BERNARDINO, CA

October 6-8, 2023
Doubletree Hilton
(909) 889-0133

VANCOUVER, WA

(Portland, OR area)
October 27-29, 2023
The Heathman Lodge
(360) 254-3100

FORT WORTH, TX

November 3-5, 2023
Radisson North
Fossil Creek
(817) 769-4023

TEMPE, AZ

(Phoenix area)
November 17-19, 2023
Embassy Suites
(480) 897-7444

"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



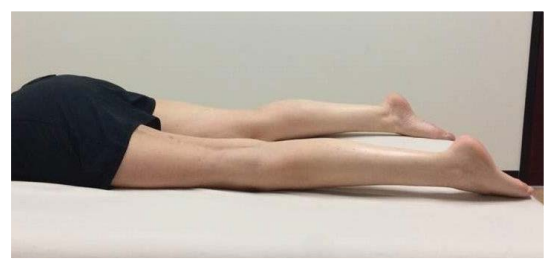
ONE YEAR OF PHYSICAL THERAPY & MASSAGE THERAPY

"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 RELEASE RESULTS

MYOFASCIAL UNWINDING

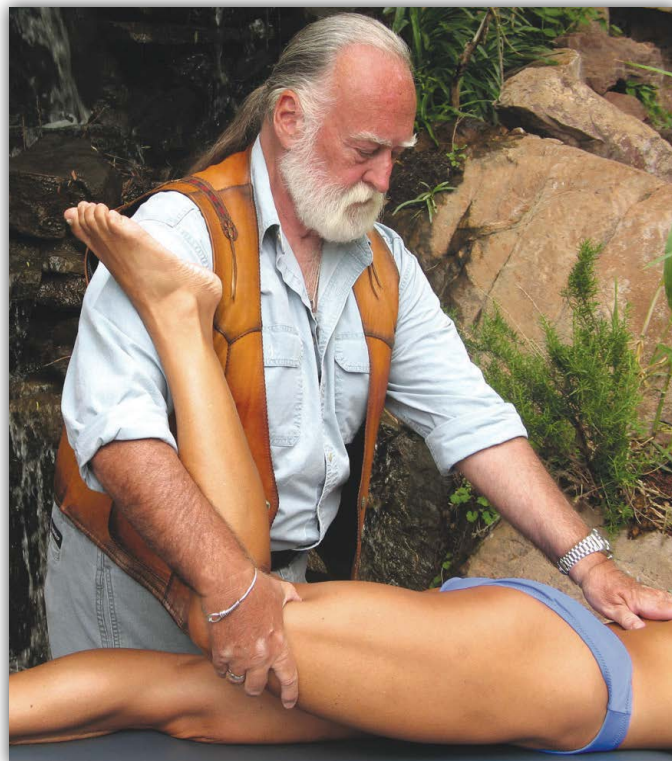
The Myofascial Unwinding seminar is designed to enhance your skill level and sensitivity providing you with a comprehensive treatment regime. Persistent pain and/or structural dysfunction may be perpetuated by “holding or bracing patterns” in the body. You will learn from the patient’s perspective how 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

SEDONA, AZ

March 13-15, 2023
Poco Diablo Resort
(928) 282-7333

BURR RIDGE, IL

(Chicago Suburb)
May 2-4, 2023
Marriott SW—Burr Ridge
(630) 986-4100

WILMINGTON, DE

May 16-18, 2023
Doubletree Hilton
(302) 478-6000

CAMBRIDGE, MA

(Boston area)
August 22-24, 2023
Royal Sonesta Boston
(617) 806-4200

OVERLAND PARK, KS

September 12-14, 2023
Sheraton Overland Park
(913) 234-2100

“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

SEDONA, AZ

March 16-19, 2023
(½ days)
Poco Diablo Resort
(928) 282-7333

BURR RIDGE, IL

(Chicago Suburb)
May 5-7, 2023
Marriott SW—Burr Ridge
(630) 986-4100

WILMINGTON, DE

May 19-21, 2023
Doubletree Hilton
(302) 478-6000

CAMBRIDGE, MA

(Boston area)
August 25-27, 2023
Royal Sonesta Boston
(617) 806-4200

OVERLAND PARK, KS

September 15-17, 2023
Sheraton Overland Park
(913) 234-2100



“Myofascial Release (MFR) treatment results speaks for itself! Patient came in Day 1 with complaints of 90% limitations of using her hand because of shooting pain, numbness and tightness. Several cortisone shots and pain meds given in the past with surgery as last resort.

Day 4 of MFR session. What a great progress! Patient was thrilled to report she was able to cut her food and hold utensils to cook!! Patient gives permission to share her story. Who wouldn't, right?! Life changing results in 2 weeks of one-on-one treatment versus 2 years of traditional medicine and therapy. Thank you, John, for continuing to teach and inspiring us.”

Grace Vedala, PT, Cordova, TN

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

SAN DIEGO, CA

February 25 & 26, 2023
Handlery Hotel
(619) 298-0511

TOWSON, MD

(Baltimore Suburb)
Sheraton Baltimore North
April 1 & 2, 2023
(410) 321-7400

SOUTH BEND, IN

April 15 & 16, 2023
Doubletree Hilton
(574) 234-2000

BELLEVUE, WA

April 29 & 30, 2023
Hilton Garden Inn
(425) 454-0070

ASHEVILLE, NC

June 3 & 4, 2023
Hilton Asheville
Biltmore Park
(828) 209-2700

SUGAR LAND, TX

September 9 & 10, 2023
Houston Marriott
Sugar Land
(281) 275-8400

EDMONTON, AB

September 23 & 24, 2023
Delta Marriott Edmonton
Centre Suites
(780) 429-3900

GRAND RAPIDS, MI

October 7 & 8, 2023
Doubletree Hilton
Grand Rapids Airport
(616) 957-0100

OCALA, FL

October 21 & 22, 2023
Hilton Ocala
(352) 854-1400

SANTA CRUZ, CA

November 4 & 5, 2023
Hilton Santa Cruz
Scotts Valley
(831) 440-1000



“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

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

SACRAMENTO, CA

March 25 & 26, 2023
Holiday Inn Downtown
(916) 446-0100

MAITLAND, FL

(Orlando Area)
May 6 & 7, 2023
Sheraton Orlando North
(407) 660-9000

HARRISBURG, PA

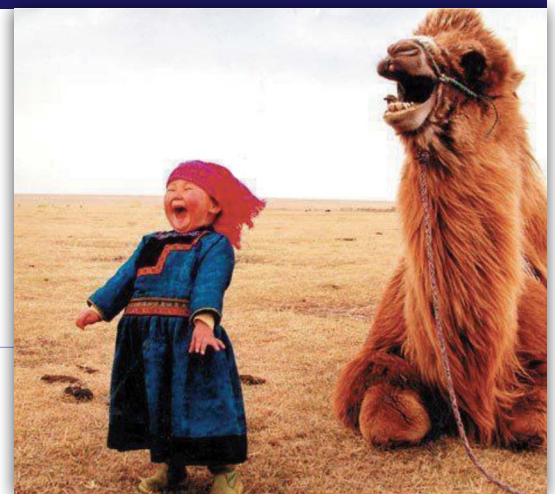
June 10 & 11, 2023
Crowne Plaza
Harrisburg-Hershey
(717) 234-5021

IRVING, TX

(Dallas area)
August 26 & 27, 2023
Marriott Dallas
Las Colinas
(972) 831-0000

COVINGTON, KY

(Cincinnati, OH)
November 4 & 5, 2023
Radisson Hotel
Cincinnati Riverfront
(859) 777-0008



**Myofascial Release
makes for a happy child !**

“This wonderful seminar helped me to gain a deeper appreciation and understanding of the fascial system and its connection of ALL of it through our bodies. I’m filled with gratitude.”

VACATION SERIES & SPECIALTY SEMINARS

save
\$300

By registering for any
three seminars!



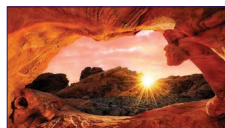
SEDONA, AZ—Sedona continues to be recognized as a place of healing and extraordinary beauty. Come to experience the vortex energy centers of Sedona for one-of-a-kind renewal.

Women's Health
February 16-19, 2023

Myofascial Healing
February 20-22, 2023

Cervical-Thoracic
February 23-25, 2023

**POCO DIABLO
RESORT**
(928) 282-7333



SEDONA, AZ—Sedona is alive with energy and awash in heart-freeing beauty. Shake off the weariness of stress and work amid a bristling forest of red rocks.

Myofascial Release I
March 9-12, 2023 (½ days)

Myofascial Unwinding
March 13-15, 2023

Myofascial Release II
March 16-19, 2023 (½ days)

**POCO DIABLO
RESORT**
(928) 282-7333



SAN FRANCISCO, CA—Visit Fisherman's Wharf with its amazing seafood restaurants, boat tours past the Golden Gate Bridge and beautiful Sausalito. Experience incredible shopping in Union and Ghirardelli Squares and don't forget to visit intriguing Chinatown. The 'City by the Bay' welcomes you.

Fascial Pelvis
April 14-16, 2023

Myofascial Rebounding
April 17-19, 2023

Women's Health
April 20-23, 2023

**HOLIDAY INN
GOLDEN GATEWAY**
(415) 441-4000



BURR RIDGE, IL (CHICAGO SUBURB)—Visit the quaint Burr Ridge Village with a wide variety of shopping and excellent dining. Travel plans become effortless thanks to our location near Chicago Midway International Airport.

Myofascial Release I
April 28-30, 2023

Myofascial Unwinding
May 2-4, 2023

Myofascial Release II
May 5-7, 2023

**MARRIOTT SW
AT BURR RIDGE**
(630) 986-4100



WILMINGTON, DE—Wilmington is located in the beautiful Brandywine Valley and easily accessible via Interstate 95, which runs up and down the east coast. Enjoy the picturesque beauty at some of the leading horticultural centers in the world like Longwood Gardens, Winterthur, and the Hagley Museum.

Myofascial Release I
May 12-14, 2023

Myofascial Unwinding
May 16-18, 2023

Myofascial Release II
May 19-21, 2023

**DOUBLETREE
BY HILTON**
(302) 478-6000



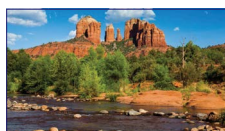
LAS VEGAS, NV—Experience the world-famous Strip at the Alexis Park All Suite Resort in Las Vegas, Nevada! Fabulous sleeping room rates, great amenities, and an ideal location.

Myofascial Release I
June 15-18, 2023 (½ days)

Cervical-Thoracic
June 19-21, 2023

Quantum Leap
June 22-25, 2023 (½ days)

**ALEXIS PARK
RESORT**
(702) 796-3300



SEDONA, AZ—Adventure abounds in gorgeous Sedona, AZ, Jeep tours, balloon and helicopter rides, hiking and biking awaits you in the majestic 'Red Rock' Canyons.

Myofascial Healing
July 13-16, 2023 (½ days)

Myofascial Rebounding
July 17-19, 2023

Advanced Unwinding
July 20-23, 2023 (½ days)

**POCO DIABLO
RESORT**
(928) 282-7333



BOSTON (CAMBRIDGE), MA—Situated along the famous Charles River in Cambridge and showcasing breathtaking city views of Boston. Boston and neighboring Cambridge are among the world's great cities, loved for their art and culture, diverse culinary scene and fun explorations on and around its famous harbor.

Myofascial Release I
August 18-20, 2023

Myofascial Unwinding
August 22-24, 2023

Myofascial Release II
August 25-27, 2023

**ROYAL SONESTA
BOSTON**
(617) 806-4200



OVERLAND PARK, KS—Overland Park combines the great outdoors with plenty of indoor adventures which means there is never a shortage of things to do. Take a stroll through a 300-acre botanical garden or watch live music from a wine vineyard. The best part of being a park in the middle of the country is the amazing melting pot of food from around the world.

Myofascial Release I
September 8-10, 2023

Myofascial Unwinding
September 12-14, 2023

Myofascial Release II
September 15-17, 2023

**SHERATON OVERLAND
PARK**
(913) 234-2100



SEDONA, AZ—Often referred to as 'the most beautiful place on Earth', Sedona is a four-seasons playground with something for everyone.

Myofascial Healing
October 12-15, 2023 (½ days)

Subtle Energy
October 15-16, 2023

MFR III 'Beyond Technique'
October 17-22, 2023

**POCO DIABLO
RESORT**
(928) 282-7333



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

Cervical-Thoracic
November 3-5, 2023

Myofascial Rebounding
November 7-9, 2023

Fascial Cranium
November 10-12, 2023

**THE INN AT
OPRYLAND**
(615) 889-0800



WILMINGTON, DE—Just off of Interstate 95, rolling hills and valleys have been carved out by the beautiful Brandywine River. Stroll through some of the leading horticultural centers in the world, Longwood Gardens, Winterthur, and the Hagley Museum. Visit Longwood Garden's 500,000 light incredible holiday display.

Myofascial Healing
December 1-3, 2023

Fascial Pelvis
December 4-6, 2023

Women's Health
December 7-10, 2023

**DOUBLETREE
HILTON**
(302) 478-6000

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

FRESNO, CA

March 3-5, 2023
Doubletree Hotel &
Convention Center
(559) 268-1000

JACKSONVILLE, FL

March 17-19, 2023
Embassy Suites Jacksonville
Baymeadows
(904) 731-3555

SAN FRANCISCO, CA

April 14-16, 2023
Holiday Inn
Golden Gateway
(415) 441-4000

RICHMOND, VA

April 21-23, 2023
Doubletree
Richmond-Midlothian
(804) 379-3800

BURLINGTON, VT

May 5-7, 2023
Hilton Burlington
Lake Champlain
(802) 658-6500

HOUSTON, TX

May 12-14, 2023
Sheraton Houston
Brookhollow
(713) 688-0100

ST. LOUIS, MO

May 19-21, 2023
Sheraton
Westport Chalet
(314) 878-1500

DEARBORN, MI

(Detroit Suburb)
June 2-4, 2023
Doubletree Hilton
(313) 336-3340

SHREVEPORT, LA

September 22-24, 2023
Hilton Convention Center
(318) 698-0900

LONG ISLAND, NY

Sept 29-Oct 1, 2023
Long Island Marriott
Uniondale
(516) 794-3800

CHARLOTTE, NC

October 6-8, 2023
Embassy Suites Hilton
(704) 527-8400

OMAHA, NE

October 13-15, 2023
Doubletree Hilton
Downtown
(402) 346-7600

INDIANAPOLIS, IN

October 20-22, 2023
Hilton Hotel & Suites
Downtown
(317) 972-0600

ROCHESTER, MN

October 27-29, 2023
Kahler Grand Hotel
(507) 280-6200

FORT MYERS, FL

November 10-12, 2023
Embassy Suites
Fort Myers-Estero
(239) 949-4222

WILMINGTON, DE

December 4-6, 2023
Doubletree Hilton
(302) 478-6000

“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™

CERVICAL THORACIC TECHNIQUES

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

LOCATIONS AND DATES

SEDONA, AZ

February 23-25, 2023
Poco Diablo Resort
(928) 282-7333

LAS VEGAS, NV

June 19-21, 2023
Alexis Park Resort
(702) 796-3300

NASHVILLE, TN

November 3-5, 2023
The Inn at Opryland
(615) 889-0800

“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.”

FASCIAL CRANIUM

The Fascial Cranium Seminar is one of our newest and most popular seminars! You will explore and learn unique Myofascial Release principles for the fascial cranium and intra-oral 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

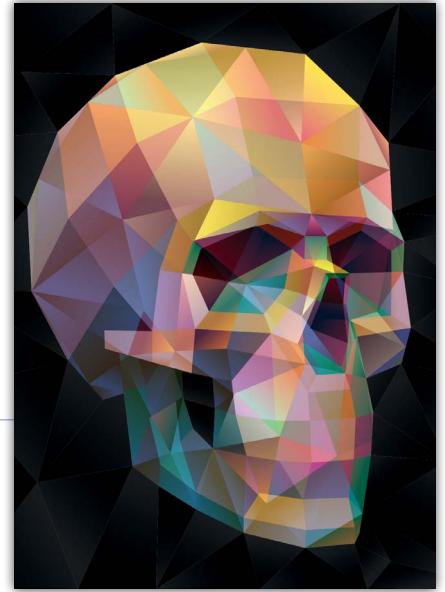
LOCATIONS AND DATES

SEDONA, AZ

March 30 – April 2, 2023
(½ days)
Poco Diablo Resort
(928) 282-7333

NASHVILLE, TN

November 10-12, 2023
The Inn at Opryland
(615) 889-0800



"I am grateful for the wonderful, new techniques I learned in the Fascial Cranium seminar that have made astonishing changes in myself and my clients. The seminar was exquisitely beautiful . . . Thank you John Barnes for these powerful handles into our fascial web!"

Therapists do not hesitate to take this class! It will rock you, and your clients worlds beyond belief!"

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

LOCATIONS AND DATES

SEDONA, AZ

February 16-19, 2023
Poco Diablo Resort
(928) 282-7333

SAN FRANCISCO, CA

April 20-23, 2023
Holiday Inn Golden Gateway
(415) 441-4000

WILMINGTON, DE

December 7-10, 2023
Doubletree Hilton
(302) 478-6000



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."

QUANTUM LEAP! SEMINAR

This one-of-a-kind seminar is presented every few years and sells out quickly. You will examine 40 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!

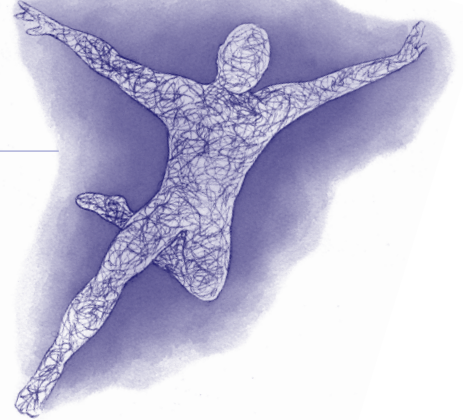
Prerequisites: Myofascial Release I™, Myofascial Unwinding, Myofascial Rebounding, Myofascial Release II™

- ◆ Advanced Fascial Cranial Techniques
- ◆ Exaggeration of the Lesion Procedures
- ◆ Compression Unwinding
- ◆ Oscillation & Rebounding Techniques
- ◆ Myofascial & Pandiculation Techniques
- ◆ Myofascial "Crunch" Techniques
- ◆ Multiple Person Unwinding Techniques

LOCATION AND DATE

LAS VEGAS, NV

June 22-25, 2023 (½ days)
Alexis Park Resort
(702) 796-3300



MYOFASCIAL REBOUNDING



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.

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™

LOCATIONS AND DATES

SAN FRANCISCO, CA

April 17-19, 2023
Holiday Inn Golden Gateway
(415) 441-4000

SEDONA, AZ

July 17-19, 2023
Poco Diablo Resort
(928) 282-7333

NASHVILLE, TN

November 7-9, 2023
The Inn at Opryland
(615) 889-0800

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

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™

LOCATIONS AND DATE

SEDONA, AZ

July 20-23, 2023 (½ days)
Poco Diablo Resort
(928) 282-7333

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

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.

DATE: October 17-22, 2023

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 whom we feel are functioning at the proper level at this time.

SUBTLE ENERGY SEMINAR

EXPAND YOUR SENSITIVITY & AWARENESS!

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
October 15 & 16, 2023
Poco Diablo Resort
(928) 282-7333

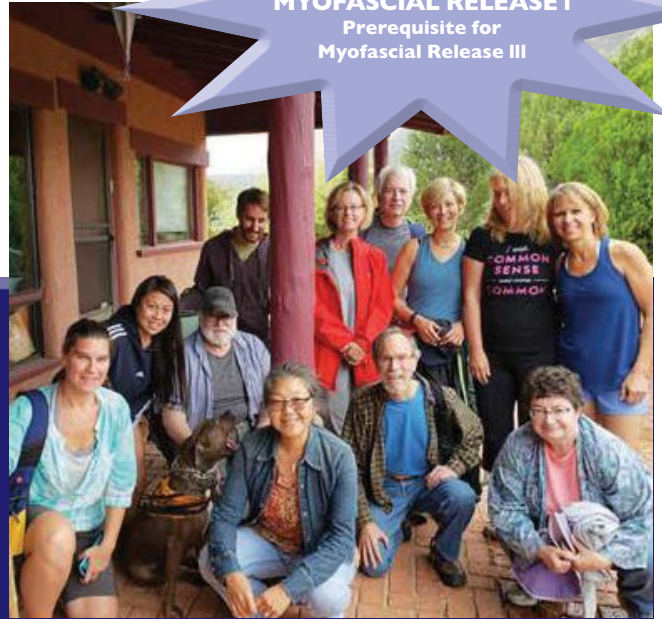
SKILL ENHANCEMENT SEMINAR

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 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.



To be taken soon
after completing
MYOFASCIAL RELEASE I
Prerequisite for
Myofascial Release III

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 and 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 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

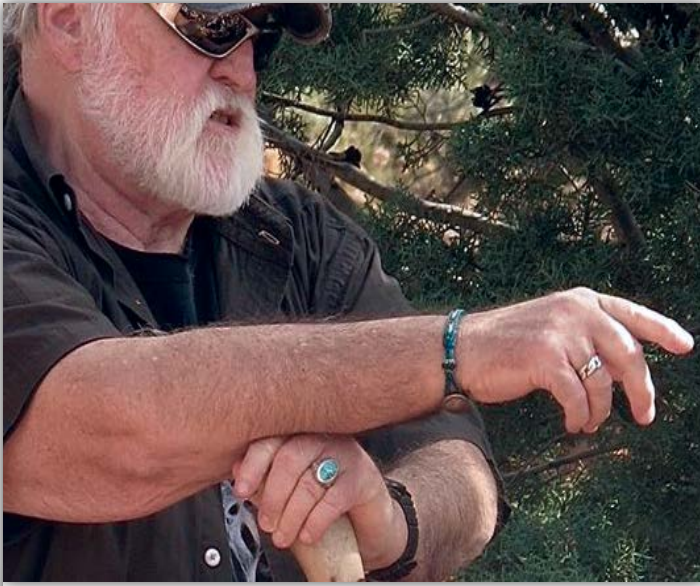
- ♦ Neck Pain
- ♦ Scoliosis
- ♦ Sciatica

- ♦ 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.

"After suffering 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 PATIENT

Encourage your patients/clients that are struggling or seem to keep losing what progress they have made, to attend the Myofascial Healing Seminar. This seminar will act as a catalyst for them, for you, for your loved ones and family to reduce their pain, headaches, women's health problems and fibromyalgia to make significant progress in their health and achieve inner tranquility, calmness and joy!

FOR THE THERAPIST: HEAL YOURSELF

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

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



LOCATION AND DATES

SEDONA, AZ

February 20-22, 2023
Poco Diablo Resort
(928) 282-7333

SEDONA, AZ

July 13-16, 2023 (½ days)
Poco Diablo Resort
(928) 282-7333

SEDONA, AZ

October 12-15, 2023 (½ days)
Poco Diablo Resort
(928) 282-7333

WILMINGTON, DE

December 1-3, 2023
Doubletree Hilton
(302) 478-6000

*"This seminar is so important! . . .
It has given me my life back!"*

REGISTRATION INFORMATION

SAVE
\$300

By registering for any
three seminars!

- ◆ **Myofascial Release I**
- ◆ **Myofascial Unwinding**
- ◆ **Myofascial Release II**
- ◆ **Fascial-Pelvis**
- ◆ **Cervical-Thoracic**
- ◆ **Fascial Cranium**
- ◆ **Quantum Leap!**
- ◆ **Myofascial Rebounding**
- ◆ **Advanced Myofascial Unwinding**

\$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)

- | | |
|---|---|
| <input type="checkbox"/> Fascial Cranium | <input type="checkbox"/> Women's Health Seminar |
| <input type="checkbox"/> Myofascial Release I | <input type="checkbox"/> Quantum Leap! |
| <input type="checkbox"/> Myofascial Unwinding | <input type="checkbox"/> Myofascial Rebounding |
| <input type="checkbox"/> Myofascial Release II | <input type="checkbox"/> Advanced Myofascial Unwinding |
| <input type="checkbox"/> Myofascial Mobilization | <input type="checkbox"/> Myofascial Release III—\$500 deposit |
| <input type="checkbox"/> Pediatric Myofascial Release | <input type="checkbox"/> Myofascial Healing |
| <input type="checkbox"/> Fascial-Pelvis | <input type="checkbox"/> Subtle Energy |
| <input type="checkbox"/> Cervical-Thoracic | |

Name: _____

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

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____

Charge to: ☐ VISA ☐ MASTERCARD Expiration Date: _____

Card #: _____ 3 Digit Security Code: _____

Signature: _____

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

MFR Seminars
42 Lloyd Avenue
Malvern, PA 19355

☐ Fax Form to 610-644-1662



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