

A close-up portrait of an older man with a full white beard and mustache, wearing a dark baseball cap and safety glasses. He is wearing a blue denim shirt. The background is a plain, light-colored wall.

LEARN . . .

THE JOHN F. BARNES'

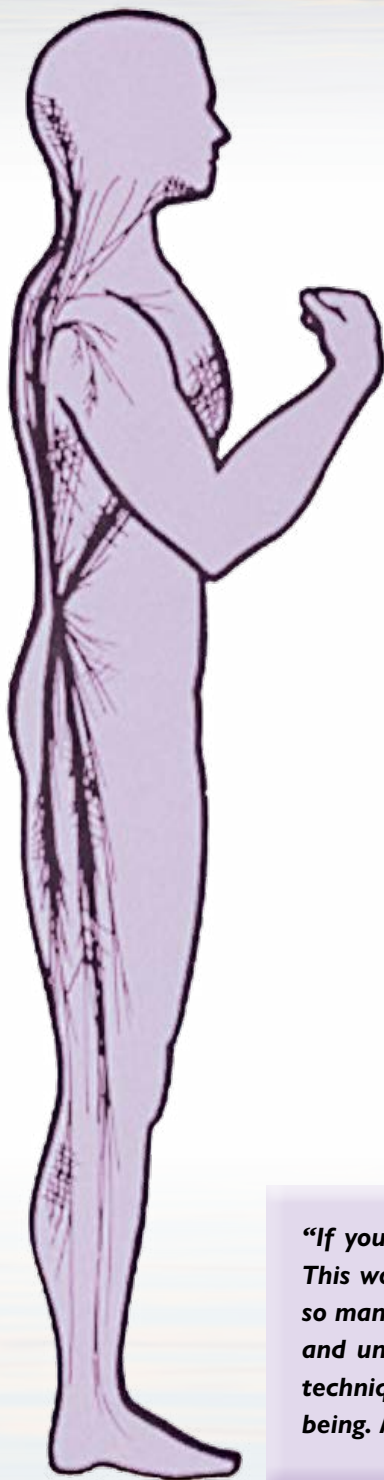
MYOFASCIAL  
RELEASE

APPROACH®

# MYOFASCIAL RELEASE

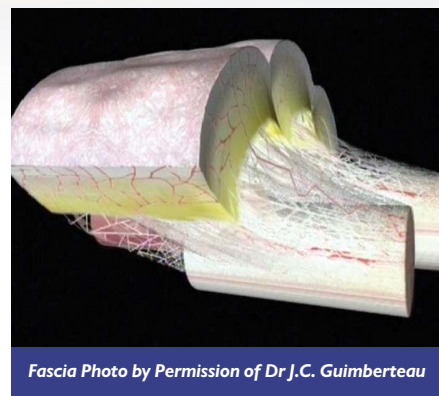
## ~ ENHANCE YOUR LIFE! ~

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.

**What we have learned in the past, while logical,  
is riddled with obsolete concepts and beliefs that only yields temporary results.  
Embrace Myofascial Release to be the best therapist you can be!**

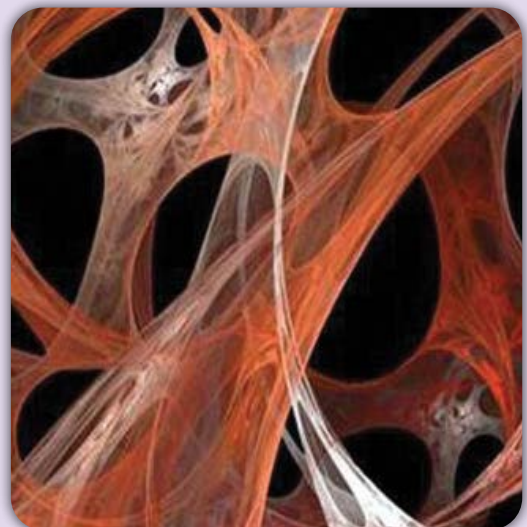
## A MINDLESS MACHINE

**Do you have a mind? Do you feel like a machine?** Unfortunately, the paradigm that we were taught in traditional healthcare is that we are mindless machines. Many years ago, the father of modern medicine René Descartes, created 'dualism' separating the mind from the body which remains the prevailing myth (theory) today. Also, some look at us as just a "bag of chemicals" meaning we are merely biochemical, mindless machines.

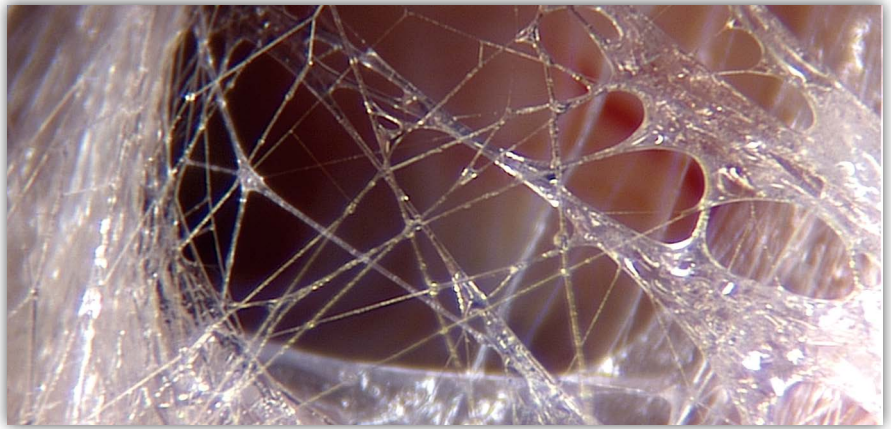
Separating the mind from the body is likely the reason why too many of your therapeutic efforts have failed, only producing temporary results. We have all tried very hard to help people. We have spent a lot of time and effort on our education, only to find out that much of what we were taught may be faulty, based on erroneous ideas and obsolete, absurd notions.

### MUST-READ!

**This beautiful picture of the fascia depicts the 3-dimensional web of the fascial system. However, something so important is missing! What you are looking at is not space within that 3-dimensional web. It is the fascia's ground substance, the fluid of our body, which is the main transport medium for all the nutrition we ingest, the oxygen we breathe, the fluid we drink, and all the biochemistry, hormones, information and energy that every one of the trillions of cells in our body needs to thrive!**



Many years ago, René Descartes, father of medicine, Isaac Newton and other scientists had disagreements with the Church. Descartes wanted to dissect cadavers to better understand anatomy and the Church would have none of it. They were all fighting over control . . . big surprise. I think what happened was they all gave up and eventually came to an agreement—physicians received the biochemistry, the Church received the spirit, the therapists received the body, and no one, no one wanted the emotions!



*Treating the Fascial System is of the Utmost Importance!*

The human being was fragmented and over the years it has gotten worse. This all led us to view the living human being through a distorted prism and a very unrealistic, ineffective way of treating the mind/body complex.

This was the beginning of science's method of reductionism, separating systems and structures as if it could be done in life, it can't! Reductionism was proven to be a totally inappropriate way of understanding the human being by Max Planck, the father of quantum physics, in 1923. This erroneous prevailing view of our patients/clients persists today.

Myofascial Release is safe, effective and produces lasting results. Myofascial Release treats the whole person, the 'being' of the human being. One cannot separate the mind from the body. I am not speaking about just brain function. The work of Candace Pert, developer of the endorphin theory, for decades has found that every cell has intelligence, memory and emotions that flow through microtubes of the fascial system via the neuropeptides, at enormous speeds. Recent research has also shown that our body does not communicate in words and thoughts as we were taught. Consciousness is vibrations and frequencies of photons that flow through the fluidity of the microtubules of the fascial system. This fluidity is called the ground substance of the fascial system. As you know, we are over 70% fluid. All the research that has been performed on the fascial system has been performed on dead people. Dead people are brittle and have no consciousness. The fascial system was thought of as useless packing material cut away during dissection and tossed on the floor.

The wisdom of Albert Einstein, stated that everything is energy, different frequencies and vibrations of energy. Further back in time, Nikola Tesla, one of the world's greatest geniuses, also stated the same thing, that everything is energy.

Trauma changes or blocks the energetic flow of our body, which diminishes consciousness. The fluid slowly becomes more and more viscous developing into a solid mass of crushing pressure (approximately 2000 pounds per square inch) on pain sensitive structures. Many of the diagnostic labels that you or your patients/clients have received such as pain, headaches, fibromyalgia, women's health problems, restriction of motion, etc. are actually produced by the solidification of the ground substance that produces crushing pressure and the resultant protective responses of our mind.

The wonderful thing about Myofascial Release is that it is safe, because we never force. The "art" that I will teach you is being able to discover where the individual restrictions are located. There are over 7 billion people in this world and there are over 7 billion different fascial strain patterns. The "therapeutic art" is being able to find the restrictions and apply gentle, sustained pressure which is quite different from what we learned in school.

Myofascial Release will allow you to achieve profound results.

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

Sincerely,  
John

# 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 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

### LINCOLN, NE

August 21-23, 2020  
Marriott Cornhusker  
(402) 474-7474

### AURORA, CO

(Denver Area)  
September 18-20, 2020  
Hyatt Regency  
(303) 365-1234

### SPOKANE, WA

September 25-27, 2020  
Doubletree Hotel  
(509) 455-9600

### ST. LOUIS, MO

(Chesterfield, MO)  
October 2-4, 2020  
Doubletree Hilton  
(636) 532-5000

### SAN FRANCISCO, CA

October 9-11, 2020  
Holiday Inn  
Golden Gateway  
(415) 441-4000

### CAPE CORAL, FL

October 16-18, 2020  
Westin Resort  
(239) 541-5000

### NASHVILLE, TN

November 13-15, 2020  
The Inn At Opryland  
(615) 889-0800

### GRAND RAPIDS, MI

November 20-22, 2020  
Doubletree Hotel  
(616) 957-0100

### WILMINGTON, DE

December 4-6, 2020  
Doubletree Hotel  
(302) 478-6000

### RICHMOND, VA

March 5-7, 2021  
Doubletree Hotel  
(804) 379-3800

### SEDONA, AZ

March 11-14, 2021 (½ days)  
Poco Diablo Resort  
(928) 282-3002

### ANN ARBOR, MI

March 26-28, 2021  
Hilton Garden Inn  
(734) 327-6400

### FARGO, ND

April 9-11, 2021  
Hilton Garden Inn  
(701) 499-6000

### CALGARY, ALBERTA

April 9-11, 2021  
Delta Marriott South  
(403) 278-5050

### COSTA MESA, CA

(Orange County)  
April 30-May 2, 2021  
Westin South Coast  
(714) 662-6605

### MYRTLE BEACH, SC

May 13-16, 2021 (½ days)  
Hilton Resort  
(843) 449-5000

### BURLINGTON, VT

May 14-16, 2021  
Hilton Hotel  
(802) 658-6500

### TORONTO, ONTARIO

May 14-16, 2021  
Hotel Novotel North  
(416) 733-2929

### TUCSON, AZ

June 11-13, 2021  
Marriott Hotel  
(520) 792-4100

### INDIANAPOLIS, IN

August 13-15, 2021  
Hilton Hotel  
(317) 972-0600

### KNOXVILLE, TN

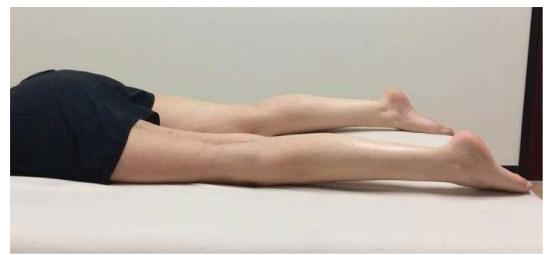
August 27-29, 2021  
Hilton Hotel  
(865) 523-2300

*"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

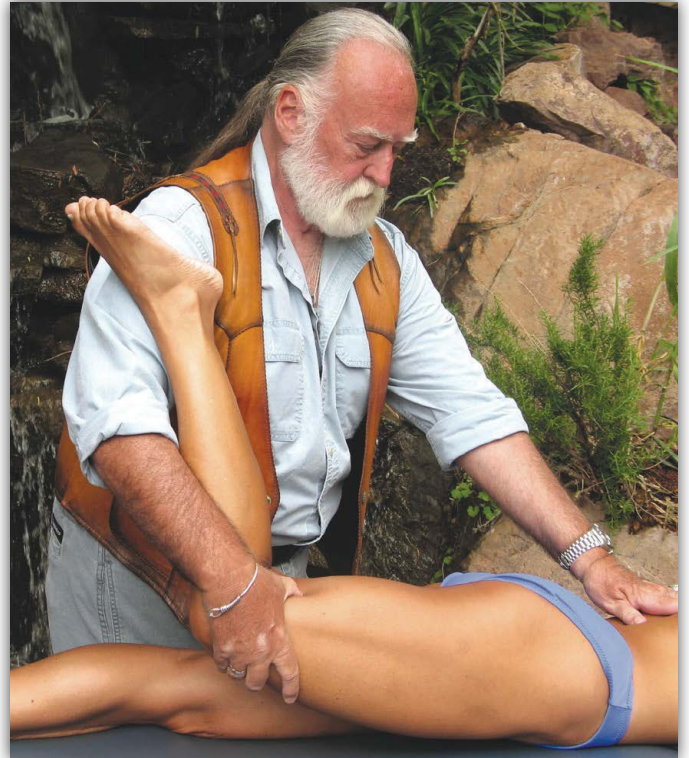
The Myofascial Unwinding seminar is designed to enhance your skill level and sensitivity providing you with a comprehensive treatment regime. Persistent pain and/or structural dysfunction may be perpetuated by “holding or bracing patterns” in the body. You will learn from the patient’s perspective how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

### SAN FRANCISCO, CA

October 13-15, 2020  
Holiday Inn Golden Gateway  
(415) 441-4000

### NASHVILLE, TN

November 17-19, 2020  
The Inn At Opryland  
(615) 889-0800

### WILMINGTON, DE

December 8-10, 2020  
Doubletree Hotel  
(302) 478-6000

### SEDONA, AZ

March 15-17, 2021  
Poco Diablo Resort  
(928) 282-3002

### MYRTLE BEACH, SC

May 17-19, 2021  
Hilton Resort  
(843) 449-5000

### INDIANAPOLIS, IN

August 17-19, 2021  
Hilton Hotel  
(317) 972-0600

*“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

**SAN FRANCISCO, CA**  
October 16-18, 2020  
Holiday Inn Golden Gateway  
(415) 441-4000

**NASHVILLE, TN**  
November 20-22, 2020  
The Inn At Opryland  
(615) 889-0800

**WILMINGTON, DE**  
December 11-13, 2020  
Doubletree Hotel  
(302) 478-6000

**SEDONA, AZ**  
March 18-21, 2021 (½ days)  
Poco Diablo Resort  
(928) 282-3002

**MYRTLE BEACH, SC**  
May 20-23, 2021 (½ days)  
Hilton Resort  
(843) 449-5000

**INDIANAPOLIS, IN**  
August 20-22, 2021  
Hilton Hotel  
(317) 972-0600



## 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



*"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."*

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

**AUSTIN, TX**  
August 22 & 23, 2020  
Hyatt Regency  
(512) 477-1234

**TOWSON, MD**  
(Suburb of Baltimore)  
August 29 & 30, 2020  
Sheraton North  
(410) 321-7400

**JACKSON, MS**  
September 12 & 13, 2020  
Westin Hotel  
(601) 968-8200

**MIAMI, FL**  
October 10 & 11, 2020  
Doubletree Hotel  
(305) 372-0313

**OKLAHOMA CITY, OK**  
October 10 & 11, 2020  
Sheraton Hotel  
(405) 235-2780

**PHOENIX, AZ**  
November 7 & 8, 2020  
Doubletree Hotel  
(602) 225-0500

**SAN DIEGO, CA**  
March 27 & 28, 2021  
Handlery Hotel  
(619) 298-0511

**BOISE, ID**  
April 17 & 18, 2021  
The Grove Hotel  
(208) 333-8000

**EVANSTON, IL**  
(Chicago Suburbs)  
April 17 & 18, 2021  
Holiday Inn  
(847) 491-6400

**PEABODY, MA**  
(North Shore Area)  
May 1 & 2, 2021  
Holiday Inn  
(978) 535-4600

**ALBANY, NY**  
May 22 & 23, 2021  
Hilton Albany  
(518) 462-6611

# 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

**FORT LEE, NJ**  
(Northern NJ)  
August 29 & 30, 2020  
Sandman Hotel  
(450) 670-3030

**NAPLES, FL**  
October 10 & 11, 2020  
Doubletree Suites  
(239) 593-8733

**LOS ANGELES, CA**  
(Orange County, CA)  
November 21 & 22, 2020  
Hyatt Regency  
(714) 750-1234

**ORLANDO, FL**  
(Maitland, FL)  
February 27 & 28, 2021  
Sheraton Orlando N.  
(407) 660-9000

**PHOENIX, AZ**  
March 27 & 28, 2021  
Holiday Inn West  
(602) 484-9009

**NEW HAVEN, CT**  
April 24 & 25, 2021  
Omni Hotel  
(203) 772-6664

**PORTLAND, OR**  
May 15 & 16, 2021  
Crowne Plaza  
(503) 233-2401



*"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."*

# VACATION SERIES & SPECIALTY SEMINARS

save  
**\$300**

By registering for any  
three seminars!



**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.

**Myofascial Release I**  
October 9-11, 2020

**Myofascial Unwinding**  
October 13-15, 2020

**Myofascial Release II**  
October 16-18, 2020

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



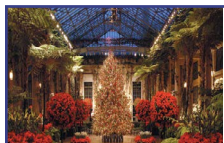
**NASHVILLE, TN**—Experience 'Music City' where you can explore the Grand Ole Opry, Country Music Hall of fame along with unique culture, arts, food and shopping.

**Myofascial Release I**  
November 13-15, 2020

**Myofascial Unwinding**  
November 17-19, 2020

**Myofascial Release II**  
November 20-22, 2020

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



**WILMINGTON, DE**—People come from all of the world to visit beautiful Longwood Gardens spectacular 'not to be missed' light shows, extraordinary fountains, flowers and trees from all over the world.

**Myofascial Release I**  
December 4-6, 2020

**Myofascial Unwinding**  
December 8-10, 2020

**Myofascial Release II**  
December 11-13, 2020

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



**CAPTIVA ISLAND, FL**—Experience a secluded 330-acre retreat and wildlife nature preserve on the Florida Gulf Coast with two-and-a-half miles of pristine white-sand beaches.

**Cervical-Thoracic**  
January 14-17, 2021 (½ days)

**Myofascial Rebounding**  
January 18-20, 2021

**Fascial Cranium**  
January 21-24, 2021 (½ days)

**SOUTH SEAS RESORT**  
(239) 472-5111



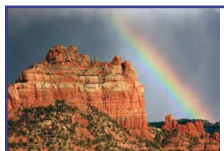
**SEDONA, AZ**—Enjoy the warmth of the Arizona sun this winter. Sedona is one of the most uniquely beautiful places in the world!

**Women's Health**  
February 11-14, 2021

**Myofascial Healing**  
February 15-17, 2021

**Cervical-Thoracic**  
February 18-21, 2021 (½ days)

**POCO DIABLO**  
(928) 282-3002



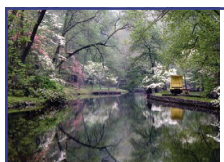
**SEDONA, AZ**—Sedona is known for its extraordinary beauty, powerful healing energy, hiking trails, jeep trips and unique southwestern shopping and cuisine.

**Myofascial Release I**  
March 11-14, 2021 (½ days)

**Myofascial Unwinding**  
March 15-17, 2021

**Myofascial Release II**  
March 18-21, 2021 (½ days)

**POCO DIABLO**  
(928) 282-3002



**WILMINGTON, DE**—Experience this lush area where 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.

**Women's Health**  
April 15-18, 2021

**Myofascial Rebounding**  
April 20-22, 2021

**Fascial Cranium**  
April 23-25, 2021

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



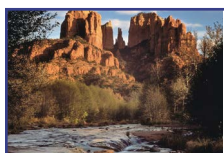
**MYRTLE BEACH, SC**—Enjoy sun bathing, swimming, fishing, boating, and walking on the 60 mile stretch of white sand beaches. Award winning golf courses and restaurants await you in this family-oriented community.

**Myofascial Release I**  
May 13-16, 2021 (½ days)

**Myofascial Unwinding**  
May 17-19, 2021

**Myofascial Release II**  
May 20-23, 2021 (½ days)

**HILTON BEACH RESORT**  
(843) 449-5000



**SEDONA, AZ**—Sedona is alive with energy and spectacular beauty. Enjoy hiking, fun jeep trips and exploring amid the pine forests of Oak Creek in the Red Rock Canyons.

**Myofascial Healing**  
June 10-13, 2021 (½ days)

**Fascial Pelvis**  
June 17-20, 2021 (½ days)

**Subtle Energy**  
June 20-21, 2021

**MFR III "Beyond Technique"**  
June 22-27, 2021

**POCO DIABLO**  
(928) 282-3002



**SAN FRANCISCO, CA**—Experience the Golden Gate Bridge, cable cars, Fisherman's Wharf, and its Chinatown District.

**Cervical Thoracic**  
July 9-11, 2021

**Myofascial Rebounding**  
July 13-15, 2021

**Fascial Cranium**  
July 16-18, 2021

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



**INDIANAPOLIS, IN**—Blessed with glistening waterways and waterfront restaurants, Indianapolis is a picturesque city.

**Myofascial Release I**  
August 13-15, 2021

**Myofascial Unwinding**  
August 17-19, 2021

**Myofascial Release II**  
August 20-22, 2021

**HILTON HOTEL**  
(317) 972-0600

# 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

**FORT WAYNE, IN**  
August 21-23, 2020  
Site: Grand Wayne  
Convention Center  
Hotel: Hilton Hotel  
(260) 420-1100

**COSTA MESA, CA**  
(Orange County)  
September 11-13, 2020  
Westin Hotel  
(714) 540-2500

**ASHEVILLE, NC**  
September 18-20, 2020  
Doubletree Hotel  
(828) 274-1800

**SCHENECTADY, NY**  
November 6-8, 2020  
Doubletree Hotel  
(518) 393-4141

**SAN FRANCISCO, CA**  
November 20-22, 2020  
Holiday Inn  
Golden Gateway  
(415) 441-4000

**SAVANNAH, GA**  
November 20-22, 2020  
Embassy Suites  
(912) 721-6900

**CAPE COD, MA**  
(Hyannis, MA)  
March 19-21, 2021  
Ocean Edge Resort  
(508) 896-9000

**SAN ANTONIO, TX**  
March 26-28, 2021  
The Menger Hotel  
(614) 280-3009

**HARRISBURG, PA**  
April 9-11, 2021  
Crowne Plaza  
(717) 234-5021

**ORLANDO, FL**  
April 30-May 2, 2021  
Hilton Hotel  
(407) 313-4300

**COLUMBUS, OH**  
May 14-16, 2021  
Hyatt Regency  
(614) 280-3009

**LANSING, MI**  
June 4-6, 2021  
Marriott East Lansing  
(517) 337-4440

**SEDONA, AZ**  
June 17-20, 2021 (½ days)  
Poco Diablo Resort  
(928) 282-3002

**APPLETON, WI**  
August 27-29, 2021  
Red Lion Hotel  
(920) 733-8000

*“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

**CAPTIVA ISLAND, FL**  
January 14-17, 2021 (½ days)  
South Seas Island Resort  
(239) 472-5111

**SEDONA, AZ**  
February 18-21, 2021 (½ days)  
Poco Diablo Resort  
(928) 282-3002

**SAN FRANCISCO, CA**  
July 9-11, 2021  
Holiday Inn Golden Gateway  
(415) 441-4000

*“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:** June 22–27, 2021

**TIMES:** Full-day June 22nd, Half-days June 23–27, 2021. 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) 282-3002—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!

**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**

June 20-21, 2021

Poco Diablo Resort

(928) 282-3002

# 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™**



**THE ONLY  
ADVANCED UNWINDING  
SEMINAR PRIOR TO  
MFR III IN JUNE OF 2021!  
PLAN NOW!**

## LOCATION AND DATES

**WILMINGTON, DE**  
September 11-13, 2020  
Doubletree Hotel  
(302) 478-6000

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

# 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™**

## LOCATIONS AND DATES

**CAPTIVA ISLAND, FL**  
January 18-20, 2021  
South Seas Island Resort  
(239) 472-5111

**WILMINGTON, DE**  
April 20-22, 2021  
Doubletree Hotel  
(302) 478-6000

**SAN FRANCISCO, CA**  
July 13-15, 2021  
Holiday Inn Golden Gateway  
(415) 441-4000



*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.*

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

# 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

November 5-8, 2020 (½ days)  
Poco Diablo Resort  
(928) 282-3002

### CAPTIVA ISLAND, FL

January 21-24, 2021 (½ days)  
South Seas Island Resort  
(239) 472-5111

### WILMINGTON, DE

April 23-25, 2021  
Doubletree Hotel  
(302) 478-6000

### SAN FRANCISCO, CA

July 16-18, 2021  
Holiday Inn Golden Gateway  
(415) 441-4000

*"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 11-14, 2021  
Poco Diablo Resort  
(928) 282-3002

### WILMINGTON, DE

April 15-18, 2021  
Doubletree Hotel  
(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."*



# 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**

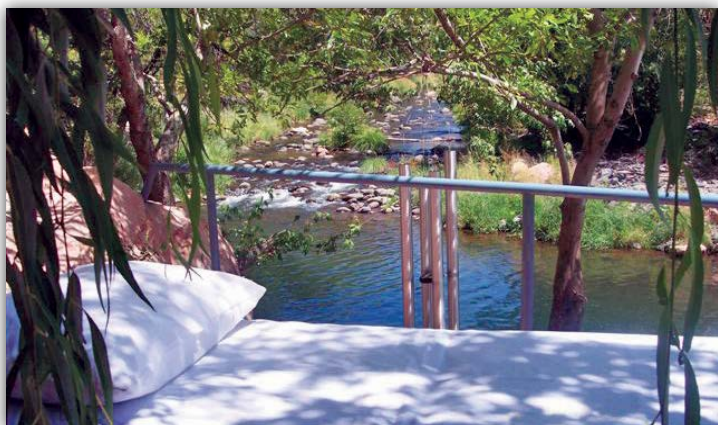


## THE BEST GIFT I EVER GAVE MYSELF!

*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      | ♦ Headaches       | ♦ Fibromyalgia             |
| ♦ Jaw Pain (TMJ) | ♦ Sports Injuries | ♦ Myofascial Pain Syndrome |
| ♦ Disc Problems  | ♦ Whiplash        | ♦ Infants/Children         |

## WOMEN’S HEALTH PROBLEMS:

- |                                   |                       |                 |
|-----------------------------------|-----------------------|-----------------|
| ♦ Pelvic Floor Pain & Dysfunction | ♦ Mastectomy Pain     | ♦ Vulvodynia    |
| ♦ Urinary Incontinence            | ♦ Painful Intercourse | ♦ Endometriosis |
| ♦ Infertility Problems            | ♦ Urinary Urgency     | ♦ 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](mailto:Sedona@myofascialrelease.com) ♦ [Therapyontherocks.net](http://Therapyontherocks.net)

## **A PAIN FREE, ACTIVE LIFESTYLE!**

- ♦ Neurological Dysfunction
- ♦ Chronic Pain
- ♦ Migraines

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

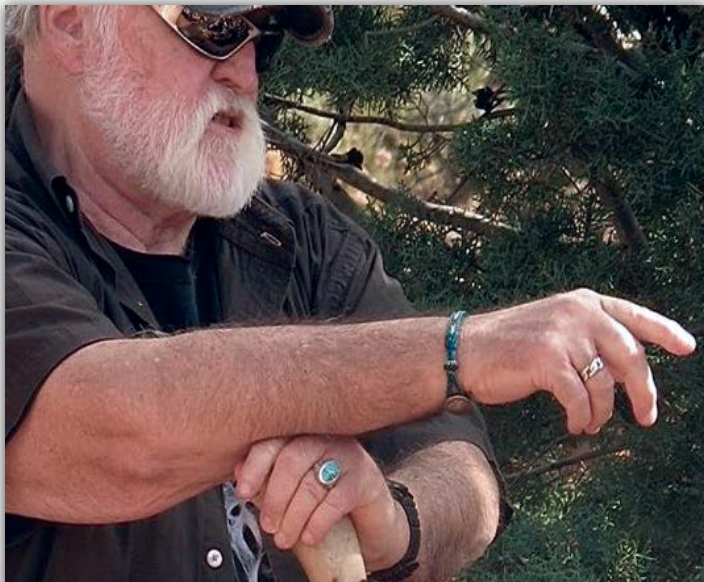
- ♦ Neck Pain
- ♦ Scoliosis
- ♦ Sciatica

- ♦ 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."*

## LOCATIONS AND DATES

### SEDONA, AZ

February 15-17, 2021  
Poco Diablo Resort  
(928) 282-3002

### SEDONA, AZ

June 10-13, 2021 (½ days)  
Poco Diablo Resort  
(928) 282-3002

### WILMINGTON, DE

August 6-8, 2021  
Doubletree Hotel  
(302) 478-6000

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

### 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!





# 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
- ♦ Advanced Myofascial Unwinding
- ♦ Myofascial Rebounding
- ♦ 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](http://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](http://www.myofascialrelease.com)**

### IMPORTANT

Seminar Location City: \_\_\_\_\_ State: \_\_\_\_\_

Check the appropriate box(es)

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

Charge to: ☐ VISA ☐ MASTERCARD Expiration Date: \_\_\_\_\_

Card #: \_\_\_\_\_ 3 Digit Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Professional Initials: \_\_\_\_\_

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

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

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

MFR Seminars  
42 Lloyd Avenue  
Malvern, PA 19355

☐ Fax Form to 610-644-1662



**Web Site: [www.myofascialrelease.com](http://www.myofascialrelease.com) ♦ Email: [seminars@myofascialrelease.com](mailto:seminars@myofascialrelease.com)**