LEARN...

THE JOHN F. BARNES' MYOFASCIAL RELEASE APPROACH®
Fascia is a tough connective tissue which spreads throughout the body in a three-dimensional web from head to foot without interruption. Trauma, posture or inflammation can create a binding down of fascia resulting in excessive pressure on nerves, muscles, blood vessels, osseous structures and/or organs.

Since many of the standard tests such as x-rays, myelograms, CAT scans, electromyography, etc. do not show the fascial restrictions, it is thought that an extremely high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but most go undiagnosed.

The viscoelastic quality of the fascial system causes it to resist a suddenly applied force. This explains why the “old form” of myofascial release, which was an attempt to force a system that cannot be forced, produced pain and limited results.

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!
New Research Verifies the Importance of Fascia!

Research is now verifying the scientific principles that I have been teaching for over 45 years. The Fascia System received nationwide attention in April 2018. The national news reported that the old way of studying the fascial system on dead people and pressing the fascia system together was incorrect. New technology shows the three dimensional fibrous web and the fluid within the fascial system, also referred to as the fascia’s ground substance. The recognition of the fluid aspect of the fascial system is a major shift in the understanding of cellular function and how to improve our physiology, reduce pain and restore function!

The work of Gerald H. Pollack, PhD, at the University of Washington provides an understanding of the physics of how fluid moves through the fascial system. We’ve all been brought up to believe there are three phases of water: ice, water and vapor. Dr. Pollack discovered that there is a fourth phase of water, liquid crystal. Liquid crystal has the characteristics of both solid and fluid and is capable of change. Another word for liquid crystal is fascia and provides a direct scientific connection of what we do as Myofascial Release therapists.

Fascia is a powerful three dimensional web that covers and connects every system of our body. There is a microfascial system within every cell. Trauma, surgery, and thwarted inflammatory responses can produce fascial restrictions that can exert crushing pressure of up to approximately 2,000 lbs per square inch on the various pain sensitive structures in the body.

It is important to understand that fascial restrictions do not show up in any of the standard testing now being done, including X-rays, CT scans, myelograms or blood work. Therefore, fascial restrictions have long been missed or misdiagnosed.

Further a book called The Extracellular Matrix: and Ground Regulation: Basis for a Holistic Biological Medicine (North Atlantic Books, 2017), by one of Austria’s leading scientists Alfred Pischinger, MD, represents over 30 years of research on the fascial system. Pischinger found there is no nerve or blood vessel that touches any of the trillions of cells in our body. The fascial matrix and the space in the matrix, which is not actually space, but a fluid/viscous substance called the ground substance, is the environment of every cell.
The fascial system is the main transport system of our body. This means the nutrition we ingest, the fluid we drink, the air we breathe, all the biochemistry, hormones, and information/energy that every one of the trillions of cells needs to thrive, must go through the fluidity of an unrestricted fascial system. Then, as the cell attempts to excrete, the ground substance of the fascia must be fluid for it to reach the lymphatic system. The solidification of the fluid nature of the ground substance can create physiological chaos, pain, and restrictions of motion.

Forms of therapy, massage, bodywork, and energy work, produce only temporary results. However, the principles of Myofascial Release will help eradicate the symptoms of pain, restriction of movement, fibromyalgia, headaches and a multitude of women’s health issues.

There are very important distinctions in my Myofascial Release Approach® that creates a series of phenomena that are essential for authentic healing and lasting results. In my Myofascial Release Seminars, I will teach you the proper pressure so that your patients/clients are always safe. There is also an important time factor that creates a number of physiological phenomena that are essential for maximum effectiveness and results.

First, the patients/clients body begins to produce piezoelectricity. The cells of our body have a crystalline nature, and when you put pressure into a crystal it generates an electrical flow. So in our body what occurs is a bio-electric flow.

This is then coupled with a phenomenon called mechanotransduction. Our mechanical pressure, around the five-minute mark, begins to produce a biochemical, hormonal effect at the cellular level. It has now recently been discovered, also through mechanotransduction, that the mind-body begins to produce interleukin 8, which is the body’s natural anti-inflammatory. Also, interleukin 3 and interleukin 1b are produced, which have to do with increasing circulation and boosting our immune system.

Next we move into phase transition, which is the phenomenon where ice transforms into water. Obviously, in our body it’s not ice, it’s the solidification of the fluid component of the fascial system. It’s ground substance, which creates that before-mentioned crushing pressure on pain-sensitive structures. There is a chaotic period during the phase transition, and it is in the chaotic period where change, growth, and healing can occur.

Ultimately we create what is called resonance, which is another word for release. These phenomena allow the tissue, which has solidified and produced crushing pressure, to start to rehydrate and be capable of glide again. This takes the pressure off of pain sensitive structures to enable proper function, and elimination of pain.

Myofascial Release enhances all forms of therapy, massage, bodywork and energy work. The problem is up until recently all research has been performed on cadavers. As you know, dead people are brittle. Unfortunately, science ignored the importance of the fascia’s fluid ground substance. This explains why the many

Learn the LUMBOSCRAL DECOMPRESSION technique by visiting our home page www.myofascialrelease.com

This technique is used frequently for back pain, sacroiliac pain and tightness, pelvic pain, elimination and menstrual problems. If you try this technique on your patients/clients, you will do no harm and it will give you a sense of the importance & effectiveness of Myofascial Release.

Myofascial Release is truly the ‘missing link’ to help you consistently enhance the effectiveness of what you do in helping others.

JOIN US!

John F. Barnes, PT, LMT
This exciting “hands-on” introductory course has trained over 100,000 therapists. Graduates of this course are immediately able to produce positive, structural changes in their patients with acute and chronic pain and dysfunction. These whole-body techniques will be an important added dimension to your existing treatment regimen, greatly enhancing your therapeutic effectiveness.

20 Contact Hours

**MYOFASCIAL RELEASE TECHNIQUES:**
- Theory
- Anatomy of Fascia and Related Structures
- Whole Body Inter-Relationships
- Development of Palpation Skills
- Evaluation Procedures
- Lower Extremity Problems
- Sacral Float
- Lumbar-Pelvic Problems
- Anterior and Posterior Thoracic Areas
- Transverse Fascial Planes (Thoracic Inlet, Respiratory Diaphragm & Pelvic Floor)
- Upper Extremity Problems
- Cervical Spine, Atlas and Axis, Occipital Condyle Release, Dural Tube Mobility
- Cranial/Sacral Techniques
- Cranial Trauma
- Sinus Problems
- Birth Injuries
- Lower Extremity Problems

**THE FASCIAL CRANIUM**
- Theory
- Headache Release
- Evaluation Problems
- Temporomandibular Problems
- Cranial/Sacral Techniques
- Cranial Trauma
- Sinus Problems
- Birth Injuries
- Upper Extremity Problems
- Cervical Spine, Atlas and Axis, Occipital Condyle Release, Dural Tube Mobility

So thankful for the teaching of John F Barnes! The MFR seminar was incredible. John was so funny and insightful. Words fail to describe his masterful lectures and the light and ease he shows while answering questions. I am blown away at his courage and bravery in bringing this work to the world! God bless you John! Thank you!

~ John F. Barnes, thank you. A million times thank you. For the last year and a half, I have been an active witness in what seems to many of my clients, as well as to me, to be a miracle of healing in body and heart.

Enjoy a New, Exciting and Lucrative Career!

I have had the opportunity of training over 100,000 therapists and my goal is to help you improve your logical/intuitive abilities and confidence. Trauma and inflammatory responses create myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in any of the standards tests (x-rays, myelograms, CAT scans, electromyography, etc.)

This enormous pressure acts like a “straitjacket” 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 TAHE FUllMEnT OF CONSISTENT, PROFUND RESULTS —
A 16 year old boy broke his right clavicle while skiing in Colorado. The first X-ray was taken in an emergency room that very day and the doctors recommended surgery with pins. The next day, he returned home, and I was asked by his family to see if Myofascial Release would help. After gentle Myofascial Release and spontaneous unwindings the child was able to sleep better that night with less pain and discomfort. The next morning the second X-ray was taken by the local orthopedic physician who recommended conservative therapy and rest. No surgery!

Myofascial Release helps to enhance our healing potential in both acute and chronic pain. Thank you John for showing us the right direction!

- Peter Podbielski, PT, DPT
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™

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 11-13, 2019
Poco Diablo Resort
(928) 282-7333

PACIFIC NW
VANCOUVER, WA
April 9-11, 2019
Heathman Lodge
(360) 254-3100

BETHANY BEACH, DE
May 13-15, 2019
Bethany Beach
Ocean Suites
(302) 539-3200

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

ATLANTA, GA
(Buckhead Area)
November 12-14, 2019
Doubletree Hotel
(404) 231-1234

“I am eternally grateful for this work, for the MFR community, for the life changing skills I have learned, and of course for John Barnes.”
Myofascial Release 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™

Locations and Dates

SEDONA, AZ
March 14-17 (1/2 days) 2019
Poco Diablo Resort
(928) 282-7333

PACIFIC NW
VANCOUVER, WA
April 12-14, 2019
Heathman Lodge
(360) 254-3100

BETHANY BEACH, DE
May 16-19 (1/2 days) 2019
Bethany Beach Ocean Suites
(302) 539-3200

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

ATLANTA, GA
(Buckhead Area)
November 15-17, 2019
Doubletree Hotel
(404) 231-1234

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

Myofascial Release is so Incredibly Important!

I was contacted by a very concerned young mother who had taken her 2 year old son to a few doctors for what looked like club-foot symptoms on his left foot. This was a sudden onset with no known precipitating trauma. Doctors ran many tests and x-rays which all came back negative. The mother was referred for Myofascial Release.

For the first half hour, the 2 year old was very agitated and was clinging to his mom for dear life. His mom offered to help calm him down by breastfeeding him. I asked if I can work on his legs and hips while he was feeding, mother happily agreed. He then started to do some beautiful unwinding; John always says kids are natural unwinders! After about 20 minutes of unwinding and about 5 minutes of structural myofascial release hip work, we were finished. It was one of the most beautiful, therapeutic experiences. When the session was over, there was a slight improvement in the club-foot like symptoms. A few hours later, the mother was thrilled and relieved to report that his foot and leg had returned to their natural position. She is now a strong believer in the power of Myofascial Release! —Mateo G. LMT., Toledo, Ohio

“I’m very pleased with the outcome! Levi had suddenly developed a very noticeable pronation onto his outer left foot with it angled inwards almost perpendicular to his right foot and after x-rays determined there were no breaks or fractures we subsequently spent three days unsure of our next step and how it would resolve. Three days after he first developed his gait issue, with no sign of it resolving on its own, he had his first myofascial release treatment with Mateo and within 3–4 hours it was as if he’d never had any issues with his foot. He was back to standing and walking completely normal, feet pointed straight, bearing weight on the entire foot. It has been almost exactly a week since his first appointment and he continues to walk without any issue!” —Shelley, Levi’s mother
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**

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### Fascial-Pelvis Techniques

- Erector Spinae
- Sacro-Iliac Joints
- Lumbar Area
- Lower Extremities
- Quadratus Lumborum
- Pelvic Floor
- Psoas
- Sacrum

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### Locations and Dates

**Fascial-Pelvis Techniques**

- **OMAHA, NE**
  - March 15-17, 2019
  - Doubletree Hotel
  - (402) 346-7600

- **MISSOULA, MT**
  - March 29-31, 2019
  - Doubletree Hotel
  - (406) 728-3100

- **DENVER, CO**
  - April 26-28, 2019
  - Courtyard by Marriott
  - (303) 757-8797

- **TORONTO, ONTARIO**
  - April 5-7, 2019
  - Novotel Toronto North
  - (416) 733-2929

- **RENO, NV**
  - April 12-14, 2019
  - Silver Legacy Resort
  - (775) 329-4777

- **SANTA CLARA, CA**
  - (San Jose/Silicon Valley)
  - August 16-18, 2019
  - Hilton Hotel
  - (408) 330-0001

- **SEDONA, AZ**
  - February 14-17 (1/2 days) 2019
  - Poco Diablo Resort
  - (928) 282-7333

- **CAPE COD, MA**
  - September 5-8 (1/2 days) 2019
  - Ocean Edge Resort
  - (508) 896-9000

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### Locations and Dates

**Cervical-Thoracic Techniques**

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

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“**My schedule is booked way out and the demand for Myofascial Release continues to grow.”**
### Sedona, AZ
- **Enjoy the warmth of the Arizona sun this winter. Sedona is one of the most gorgeous places in the world!**
- **Women’s Health Myofascial Healing Cervical Thoracic**
  - Feb. 7-10 (1/2 days) 2019 February 11-13, 2019 Feb. 14-17 (1/2 days) 2019
- **Poco Diablo Resort**
  - (928) 282-7333
- **Sedona, AZ** Sedona is alive with energy and awash with spectacular beauty. Shake off the weariness and stress amid the pine forests of Oak Creek in the Red Rock Canyons.
- **Myofascial Release I Myofascial Unwinding Myofascial Release II**
  - March 7-10 (1/2 days) 2019 March 11-13, 2019 Mar. 14-17 (1/2 days) 2019
- **Poco Diablo Resort**
  - (928) 282-7333

### Pacific Northwest- Vancouver, WA
- The natural wonder of the Pacific Northwest meets a culture of unique, personalized service at The Heathman Lodge. Relax & rejuvenate in this rustic Northwest mountain lodge setting, near the beautiful Columbia River.
- **Myofascial Release I Myofascial Unwinding Myofascial Release II**
  - April 5-7, 2019 April 9-11, 2019 April 12-14, 2019
- **The Heathman Lodge**
  - (360) 254-3100

### Bethany Beach, DE
- Bethany has embraced its own quite style- smaller and more serene than other beach resorts; Bethany is beloved for its balance of family-friendly peacefulness. Enjoy the beautiful beach, boating, fishing and great restaurants!
- **Myofascial Release I Myofascial Unwinding Myofascial Release II**
  - May 9-12 (1/2 days) 2019 May 13-15, 2019 May 16-19 (1/2 days) 2019
- **Bethany Beach Suites**
  - (302) 539-3200

### Sedona, AZ
- Sedona is known for its extraordinary beauty, powerful healing energy, hiking trails and unique southwestern shopping and cuisine.
- **Myofascial Rebounding Myofascial Healing Advanced Unwinding**
  - June 13-16 (1/2 days) 2019 June 17-19, 2019 June 20-23 (1/2 days) 2019
- **Poco Diablo Resort**
  - (928) 282-7333

### Chicago Area- Burr Ridge, IL
- Visit Chicago without the downtown pricing. The Marriott is near the Burr Ridge Village Center featuring a mix of upscale boutiques, restaurants and the Kohler Waters Spa. Visitors will enjoy the lush green space.
- **Myofascial Release I Myofascial Unwinding Myofascial Release II**
  - July 12-14, 2019 July 16-18, 2019 July 19-21, 2019
- **Marriott Southwest**
  - (630) 986-4100

### Lake of the Ozarks, MO
- On 420 scenic acres, Tan-Tar-A Resort is a refuge for endless recreation. Tee off on two golf courses or set out on a lake cruise with jet-ski, and power boat rentals at the resort’s full-service marina. Spend the day cooling off at Timber Falls Indoor Waterpark, or explore local trails on horseback.
- **Women’s Health Myofascial Healing Quantum Leap!**
  - August 15-18, 2019 August 19-21, 2019 Aug. 22-35 (1/2 days) 2019
- **Tan-Tar-A Resort**
  - (573) 348-3131

### Cape Cod, MA
- Rejoice in the freedom of being able to do exactly what you love- golf, tennis, swimming, dining, biking and relaxing on Cape Cod’s beautiful beaches.
- **Cervical Thoracic Myofascial Rebounding Fascial Cranium**
  - Sept. 5-8 (1/2 days) 2019 September 9-11, 2019 Sept.12-15 (1/2 days) 2019
- **Ocean Edge Resort**
  - (508) 896-9000

### Atlanta, GA
- A must-visit for the chic and savvy. Things to do in Atlanta’s Buckhead area include legendary shopping and entertainment, decadent dining, engaging art galleries and more! Known as "The Beverly Hills of the East," the luxurious neighborhood of Buckhead is a must-visit!
- **Myofascial Release I Myofascial Unwinding Myofascial Release II**
  - November 8-10, 2019 November 12-14, 2019 November 15-17, 2019
- **Grand Hyatt Buckhead**
  - (404) 237-1234
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**

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<tr>
<th>Location</th>
<th>Date</th>
<th>Venue</th>
<th>Contact Number</th>
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<tbody>
<tr>
<td>FORT, LEE, NJ</td>
<td>March 30 &amp; 31, 2019</td>
<td>Doubletree Hotel (201) 461-9000</td>
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<tr>
<td>ATLANTA, GA</td>
<td>April 6 &amp; 7, 2019</td>
<td>Doubletree Hotel (404) 231-1234</td>
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<td>HOUSTON, TX</td>
<td>April 6 &amp; 7, 2019</td>
<td>Westin Hotel (281) 501-4300</td>
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<td>ALBUQUERQUE, NM</td>
<td>April 13 &amp; 14, 2019</td>
<td>Sheraton Uptown (505) 881-0000</td>
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<td>ROANOKE, VA</td>
<td>April 27 &amp; 28, 2019</td>
<td>Hotel Roanoke (540) 985-5900</td>
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<tr>
<td>ST. CHARLES, MO</td>
<td>June 1 &amp; 2, 2019</td>
<td>Ameristar Resort (636) 940-4300</td>
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<tr>
<td>SPOKANE, WA</td>
<td>August 24 &amp; 25, 2019</td>
<td>Ruby River Hotel (509) 326-5577</td>
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<tr>
<td>NASHVILLE, TN</td>
<td>September 7 &amp; 8, 2019</td>
<td>Hilton Garden Inn (615) 369-5900</td>
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<tr>
<td>CHARLOTTE, NC</td>
<td>October 5 &amp; 6, 2019</td>
<td>Embassy Suites (704) 970-5400</td>
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<tr>
<td>SIOUX FALLS, SD</td>
<td>October 26 &amp; 27, 2019</td>
<td>Hilton Garden Inn (605) 444-4700</td>
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<tr>
<td>LONG ISLAND, NY</td>
<td>November 9 &amp; 10, 2019</td>
<td>Hyatt Place (631) 208-0002</td>
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<tr>
<td>SCRANTON, PA</td>
<td>November 16 &amp; 17, 2019</td>
<td>Hilton Scranton (570) 343-3000</td>
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**Introductory Workshop**

**Pediatric Myofascial Mobilization**

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**

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<tr>
<td>TALLAHASSEE, FL</td>
<td>March 9 &amp; 10, 2019</td>
<td>Sheraton Downtown (850) 422-0071</td>
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<tr>
<td>CLEVELAND, OH</td>
<td>March 30 &amp; 31, 2019</td>
<td>Doubletree Hotel (216) 241-5100</td>
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<tr>
<td>CHICAGO, IL</td>
<td>April 13 &amp; 14, 2019</td>
<td>Chicago Marriott (312) 491-1234</td>
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<tr>
<td>CHATTANOOGA, TN</td>
<td>May 18 &amp; 19, 2019</td>
<td>Embassy Suites (423) 602-5100</td>
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<tr>
<td>GREEN BAY, WI</td>
<td>June 8 &amp; 9, 2019</td>
<td>Hyatt Regency (920) 432-1234</td>
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<tr>
<td>SAN FRANCISCO, CA</td>
<td>August 24 &amp; 25, 2019</td>
<td>Holiday Inn Golden Gateway (415) 441-4000</td>
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<tr>
<td>ST. PAUL, MN</td>
<td>September 14 &amp; 15, 2019</td>
<td>Doubletree Hilton (651) 291-8800</td>
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<tr>
<td>ROCKVILLE, MD</td>
<td>October 12 &amp; 13, 2019</td>
<td>Hilton Garden Inn (240) 507-1800</td>
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<td>BELLEVUE, WA</td>
<td>November 9 &amp; 10, 2019</td>
<td>Sheraton Hotel (425) 455-3330</td>
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Increase your knowledge, skill and income by adding this important dimension to your practice. In this seminar you will receive extensive treatment for your own pelvic problems. Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.

25 Contact Hours

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

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

- Pelvic Floor Pain & Dysfunction
- Urinary Incontinence, Urgency and/or Frequency
- Problematic Breast Implant/Reduction Scars
- Vulvodynia
- Mastectomy Pain
- Endometriosis
- Interstitial Cystitis
- Fibromyalgia
- Menstrual Problems
- Adhesions
- Coccygeal Pain
- Episiotomy Scars
- Painful Intercourse
- Infertility Problems
- Lymphedema
- Painful Scars

I had a thermography scan for breast screening. The results showed hyperthermia/inflammation in both breasts and they were particularly concerned about new vascularity (compared to my previous scans a few years earlier) that “extended from my lower sternum across the left breast to circumscribe the left nipple. They classified my left breast at INCREASED RISK for developing malignant breast disease. I received five Myofascial Release treatments to both breasts and did a follow-up thermogram. The results are remarkable as you can see from the photos. My left breast is now at LOW RISK as well as my right!!!

J. Reynolds, PT, Missouri

The Women’s Health Seminar was absolutely awesome. There was a feeling of being part of something incredibly important... like witnessing a piece of history. It felt like John was opening the door for us to be a part of a significant shift in the healthcare field.”

**LOCATIONS AND DATES**

**SEDONA, AZ**
February 7-10, 2019
Poco Diablo Resort
(928) 282-7333

**LAKE OF THE OZARKS, MO**
Central Missouri
August 15-18, 2019
Tan-Tar-A Resort
(573) 348-3131
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!

Location and Dates
SEDONA, AZ
June 13-16 (1/2 days) 2019
Poco Diablo Resort
(928) 282-7333

SEDONA, AZ
June 20-23 (1/2 days) 2019
Poco Diablo Resort
(928) 282-7333

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

Prerequisite: Myofascial Release I™

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

Sincerely, John F. Barnes, P.T.

New Prerequisites for MFR 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.

Location and Dates
SEDONA, AZ
September 24-29, 2019
Poco Diablo Resort
(928) 282-7333
Quantum Leap!
Coming in 2019

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

This one-of-a-kind seminar is presented every few years and sells out quickly. You will examine 30 years of research on the fascial system. Incredible micro-videography reveals tensegrity, piezoelectricity, mechanotransduction in action, and the fractal nature of the fascial system allowing you to see what you have been feeling in your hands!

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

Location and Dates:
LAKE OF THE OZARKS, MO
Central, Missouri
August 22-25 (1/2 days) 2019
Tan-Tar-A Resort
(573) 348-3131

Quantum Leap!
Taking you to the Edge of the Quantum!

Don’t miss out on the Cape Cod Seminar which is filling up quickly!

Fascial Cranium!

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

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

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

Location and Dates
KEY WEST, FL
January 17-20 (1 1/2 days) 2019
Doubletree Resort
(305) 293-1818

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

Exciting New Seminar!!

Enhance your Cranial Expertise

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

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™

ENROLLMENT IS LIMITED
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.

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 a model to build or enhance your own practice.

Skill Enhancement with John F. Barnes, PT

The Skill Enhancement Seminar is also offered during select weeks when John F. Barnes, PT is treating at either the Malvern or Sedona Myofascial Release Treatment Centers. This option allows the therapist to treat patients alongside John Barnes and our staff. Personal treatment sessions with John F. Barnes and our staff are all included.

ENROLLMENT IS LIMITED

ONLY 4 THERAPISTS PER WEEK THEREBY MAXIMIZING & PERSONALIZING YOUR LEARNING EXPERIENCE

“The Sanctuary” - Malvern, PA  
1-800-FASCIAL (327-2425)

“The Therapy on the Rocks” - Sedona, AZ  
(928) 282-3002
“The Sanctuary”, our Eastern Myofascial Release Treatment Center, located in Malvern, Pennsylvania, the Main Line suburbs of Philadelphia, is a therapeutic retreat that is a haven for patients and therapists who desire the utmost care. Experience the expert guidance of our Myofascial Release Therapists’ hands-on healing skills so that you can return to a pain-free, active lifestyle!

Our beautiful, new John F. Barnes’ Myofascial Release Treatment Center is an impressive stone and wood building immersed in the healing energy of an ancient, lush forest. Patients will enjoy the benefits of Myofascial Release treatments, a soothing complimentary infrared sauna and whirlpool, and the tranquil woodland environment.

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

Our Mission is to Return You

- Back Pain
- Jaw Pain (TMJ)
- Disc Problems
- Headaches
- Sports Injuries
- Whiplash
- Fibromyalgia
- Myofascial Pain Syndrome
- Infants/Children

WOMEN’S HEALTH PROBLEMS:
- Pelvic Floor Pain & Dysfunction
- Urinary Incontinence
- Infertility
- Mastectomy Pain
- Painful Intercourse
- Urinary Urgency
- Vulvodynia
- Endometriosis
- Painful Scars

NURSE BETTY WELCOMES YOU TO HER HOME FOR ONLY $35/NIGHT!
With her home less than a mile from The Sanctuary, 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 works long hours, so guests often have the place to themselves. For those interested in these comfortable accommodations within a 2 minute drive or 20 minute walk, you can’t beat the rate and the comradery of sharing a home with other MFR enthusiasts.
“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 are minutes away.

• Neurological Dysfunction
• Chronic Pain
• Migraines
• Chronic Fatigue Syndrome
• Carpal Tunnel
• Adhesions
• Neck Pain
• Scoliosis
• Sciatica

• Interstitial Cystitis
• Lymphedema
• Problematic Breast Implant/Reduction Scars
• Menstrual Problems
• Urinary Frequency
• Coccydynia (tail bone pain)
• Adhesions
• Episiotomy Scars

“THERAPY ON THE ROCKS”
676 North Highway 89A • Sedona, AZ 86336
928-282-3002 • 928-282-7274 fax
Sedona@myofascialrelease.com • Therapyontherocks.net

to a Pain Free, Active Lifestyle!
The Myofascial Healing Seminar will guide you to the depths of your essence for authentic healing in the most beautiful place in the world – Sedona, Arizona.

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

“The seminar is so important! It has given me my life back!”

Locations and Dates

SEDONA, AZ
February 11-13, 2019
Poco Diablo Resort
(928) 282-7333

SEDONA, AZ
June 17-19, 2019
Poco Diablo Resort
(928) 282-7333

LAKE OF THE OZARKS, MO
Central, Missouri
August 19-21, 2019
Tan-Tar-A Resort
(573) 348-3131

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

FOR THE PATIENT:
The Myofascial Healing Seminar will teach you how to “treat” yourself and is designed to help those wanting to enhance their progress and take a quantum leap in their healing. Through lectures and workshops patients will learn how to help eliminate their pain and energize their body. Send your patients/clients to the Myofascial Healing Seminars to enhance their treatment response, cut their healthcare costs and provide a way of helping them to continue to heal.

FOR THE THERAPIST:
HEAL YOURSELF
The Myofascial Healing Seminar is also for you, the therapist, and your friends and family, providing all of you an inexpensive way to lift your spirits, soothe your mind and eliminate your pain while enhancing your healing journey.

“After suffering with fibromyalgia for years, my pain is finally gone! I feel so much better!”

“John is a therapist of the highest caliber. I could feel the compassion flowing from his gentle touch. The power and love within this seminar supported me in overcoming my pain.”
• Myofascial Release I
• Fascial-Pelvis Myofascial Release
• Cervical-Thoracic Myofascial Release
• Myofascial Unwinding
• Myofascial Release II
• Myofascial Rebounding
• Advanced Myofascial Unwinding
• Quantum Leap!
• Fascial Cranium
  $750 for each seminar or
  $695 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 the seminar date

• Myofascial Healing Seminar
  $550 or $495 if registered 2 weeks
  prior to seminar date
  $395 per person when 2 or more
  register together*  
  (*Please make two copies of this
  registration form, one for each person
  and mail together.)

Check the appropriate box(es)

☐ Myofascial Release I
☐ Myofascial Unwinding
☐ Myofascial Release II
☐ Fascial-Pelvis
☐ Cervical-Thoracic
☐ Myofascial Rebounding
☐ Advanced Myofascial Unwinding
☐ Myofascial Mobilization
☐ Pediatric Myofascial Release
☐ Women’s Health Seminar
☐ Myofascial Healing
☐ Subtle Energy
☐ Myofascial Release III
☐ Fascial Cranium
☐ Quantum Leap!

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
1-800-FASCIAL (327-2425)
Fax Form to 610-644-1662

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