Myofascial Release
— The Wave of the Future! —

The John F. Barnes’ Myofascial Release Approach® is considered to be the ultimate mind/body therapy that is safe, gentle and consistently effective in producing results that last. John F. Barnes, PT, is an international lecturer, author and authority on Myofascial Release. He is considered to be a visionary and teacher of the highest caliber.

WHAT IS FASCIA?
Fascia is a tough connective tissue which spreads throughout the body in a three-dimensional web from head to foot without interruption. Trauma, posture or inflammation can create a binding down of fascia resulting in excessive pressure on nerves, muscles, blood vessels, osseous structures and/or organs. Since many of the standard tests such as x-rays, myelograms, CAT scans, electromyography, etc, do not show the fascial restrictions, it is thought that an extremely high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but most go undiagnosed.

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

WHAT IS THE JOHN F. BARNES’ MYOFASCIAL RELEASE APPROACH®?
The John F. Barnes’ Myofascial Release Approach® consists of the gentle application of sustained pressure into the fascial restrictions. This essential “time element” has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly will allow a viscoelastic medium (fascia) to elongate.

Our seminars are designed to be “hands-on” experiences. The seminars listed in this brochure all build upon one another providing a logical, step-by-step, comprehensive Approach for the treatment of pain, headaches and dysfunction. The Barnes’ Myofascial Release Approach® is easily learned so that you can utilize the techniques taught in class immediately upon returning to your practice.

Discover how this truly unique approach can help you to develop the skills and confidence to provide consistent results for your patients / clients while adding fulfillment and revitalizing your professional and personal life!

LEARN MYOFASCIAL RELEASE FOR:
- Back Pain
- Cervical Pain
- Headaches
- Chronic Pain
- Carpal Tunnel
- Fibromyalgia
- Spasm/Spasticity
- Geriatrics
- Scoliosis
- Head Trauma
- Pediatrics
- Sports Injuries
- Rehabilitation
- TMJ
- Restricted Motion
- Chronic Fatigue Syndrome
- CVA
- Neurological Dysfunction

Fascia Photo by Permission of Dr. J.C. Guimberteau
John F. Barnes, PT, LMT, NCTMB
International lecturer, author
and authority on Myofascial Release

John F. Barnes, PT, LMT, NCTMB, is a therapeutic ‘icon’ considered to be a teacher of the highest caliber. He has been teaching Myofascial Release seminars for close to 40 years and has trained over 75,000 therapists. The awareness of the effectiveness of Myofascial Release is spreading across the country!

Research Verifies Myofascial Release!

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

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

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

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

**Phase Transition**

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

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

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

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

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

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

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

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

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

— Carol D., DPT, Coral Gables, FL

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

— Renie A., LMT, Cumberland, ME

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

— Tara C., OTR/L, Bradenton, FL

What Myofascial Release Therapists Are Saying...

‘We have been flooded with people seeking Myofascial Release. We are booked solid and the phone just keeps ringing and ringing! With my ever-expanding wait list, I want to say THANK YOU to John who has propelled MFR to where it is today!!! We owe you a HUGE DEBT OF GRATITUDE. Thank you, thank you, thank you : )’

— Phil T., MSPT, Chevy Chase, MD

Join the therapists utilizing Myofascial Release who are at the leading edge of Healthcare.
This exciting “hands-on” introductory course has trained over 75,000 therapists. Graduates of this course are immediately able to produce positive, structural changes in their patients with acute and chronic pain and dysfunction. These whole-body techniques will be an important added dimension to your existing treatment regimen, greatly enhancing your therapeutic effectiveness.

**20 Contact Hours**

**MYOFASCIAL RELEASE TECHNIQUES:**

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

**THE FASCIAL CRANIUM**

- Theory
- Headache Release
- Evaluation Problems
- Temporomandibular Problems
- Cranial/Sacral Techniques
- Cranial Trauma
- Sinus Problems
- Birth Injuries

**Enjoy a New, Exciting and Lucrative Career!**

I have had the opportunity of training over 75,000 therapists and my goal is to help you improve your logical/intuitive abilities and confidence. Trauma and inflammatory responses create myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in any of the standards tests (x-rays, myelograms, CAT scans, electromyography, etc.).

This enormous pressure acts like a “straightjacket” on muscles, nerves, blood vessels and osseous structures producing the symptoms of pain, headaches and restriction of motion.

Symptoms are the tip of the iceberg of a much deeper, important problem – myofascial restrictions! Science has now discovered what I have been teaching for over 40 years; i.e., pain, dysfunction and disease are caused by a prolonged inflammatory response. Trauma and the resultant inflammatory response create myofascial restrictions that ultimately create the symptoms.

Myofascial Release allows the chronic inflammatory response to resolve and eradicates the enormous pressure of myofascial restrictions exerted on pain-sensitive structures to alleviate symptoms and to allow the body’s natural healing capacity to function properly.

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**ENJOY THE FULFILLMENT OF CONSISTENT, PROFOUND RESULTS**
Myofascial Release I

Locations and Dates

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

ST. JOHN’S, NEWFOUNDLAND
July 13-15, 2012
Delta Hotel
(709) 739-6404

LAKE OF THE OZARKS, MO
July 26-29 (1/2 days) 2012
Tan Tar A Resort
(573) 348-3131

TALLAHASSEE, FL
August 24-26, 2012
Doubletree by Hilton
(850) 262-5000

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

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

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

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

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

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

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

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

SALT LAKE CITY, UT
May 31–June 2, 2013
Sheraton Hotel
(801) 401-2000

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

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

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

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

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

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

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

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

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

SALT LAKE CITY, UT
May 31–June 2, 2013
Sheraton Hotel
(801) 401-2000

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

VICTORIA, BRITISH COLUMBIA
May 30-June 2 (1/2 days) 2013
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TALLAHASSEE, FL
August 24-26, 2012
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BISMARCK, ND
March 15-17, 2013
Radisson Hotel
(701) 255-6000

MYOFASCIAL RELEASE I

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

Letters of Gratitude

January 29, 2009

Dear John,

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

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

20 Contact Hours

MYOFASCIAL UNWINDING IS A VERY EFFECTIVE MOVEMENT FACILITATION TECHNIQUE UTILIZED TO:

- Decrease Pain
- Increase Range of Motion
- Eliminate Subconscious “Holding or Bracing Patterns”
- Increase Your Proprioceptive Awareness
- Increase Functional Mobility of the Neuro/Myofascial/Osseous Systems

Locations and Dates

LAKE OF THE OZARKS, MO
July 30-August 1, 2012
Tan Tar A Resort
(573) 348-3131

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

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

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

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

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

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

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

NASHVILLE, TN
August 6-8, 2013
Hilton Garden Inn
(615) 369-5900
Myofascial Release™ 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

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**Locations and Dates**

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<tr>
<th>Location</th>
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<tr>
<td><strong>LAKE OF THE OZARKS, MO</strong></td>
<td>August 2-5 (½ days) 2012</td>
<td><strong>NASHVILLE, TN</strong></td>
<td>August 9-11, 2013</td>
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<td>Tan Tar A Resort</td>
<td>(573) 348-3131</td>
<td>Hilton Garden Inn</td>
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<td><strong>CAPE COD, MA</strong></td>
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<td>Hilton Center City</td>
<td>(704) 377-1500</td>
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<td>Ocean Edge Resort</td>
<td>(508) 896-9000</td>
<td><strong>MADISON, WI</strong></td>
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<td>Sheraton Hotel</td>
<td>(608) 251-2300</td>
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<td><strong>MINNEAPOLIS, MN</strong></td>
<td>November 16-18, 2012</td>
<td><strong>VICTORIA, BRITISH COLUMBIA</strong></td>
<td>June 6-9 (1/2 days) 2013</td>
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<td>Hyatt Regency</td>
<td>(612) 370-1234</td>
<td>Harbour Towers</td>
<td>(250) 385-2405</td>
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<td>(928) 282-7333</td>
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<td><strong>OCEAN CITY, MD</strong></td>
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<td>Carousel Oceanfront</td>
<td>(410) 524-1000</td>
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**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
Our experience has shown that over 90% of patients suffering with lumbar and pelvic pain, menstrual problems, cervical pain and headaches have imbalances in the pelvis creating fascial restrictions throughout the body. This introductory “hands-on” seminar will teach you a logical, step-by-step progression of techniques for treating the lumbo-pelvic region in a comprehensive and effective manner.

20 Contact Hours

**TECHNIQUES FOR THE FASCIAL–PELVIS:**
- Erector Spinae
- Sacro-Iliac Joints
- Lumbar Area
- Lower Extremities
- Quadratus Lumborum
- Pelvic Floor
- Psoas
- Sacrum

**Prerequisite: Myofascial Release I™**

**CERVICAL–THORACIC**

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

20 Contact Hours

**LOCATIONS AND DATES**

**TECHNIQUES FOR THE CERVICAL–THORACIC:**
- Thoracic-Lumbar Junction
- Rib Cage
- Atlas/Axis Complex
- Craniomandibular Mechanism
- Anterior/Posterior Cervical Areas
- Thoracic Spine
- Sternum
- Hands/Wrists
- Upper Extremities

**NEW YORK, NY**
August 17-19, 2012
Holiday Inn Midtown
(212) 581-8100

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

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

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

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

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

**ST. LOUIS, MO**
November 30 – December 2, 2012
Millennium Hotel
(314) 241-9500

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

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

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

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

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

**NEW YORK, NY**
August 17-19, 2012
Holiday Inn Midtown
(212) 581-8100

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

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

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

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

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

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

**PHILADELPHIA, PA**
May 10-12, 2013
Crowne Plaza West
(215) 477-0200
## Vacation Series & Specialty Seminars

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

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

<table>
<thead>
<tr>
<th>Cervical-Thoracic</th>
<th>Myofascial Rebounding</th>
<th>Women’s Health</th>
<th>Holiday Inn Midtown</th>
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**Cape Cod, MA**  
You will rejoice in the freedom of being able to do exactly what you love: golf, swimming, dining, biking and relaxing.

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

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<tr>
<th>Myofascial Release I</th>
<th>Myofascial Unwinding</th>
<th>Myofascial Release II</th>
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**Key West, FL**  
Eclectic and eccentric, wild and warm, blessed with some of Florida's most colorful characters and equally blessed with some of its most spectacular sea scenery, the Key West is a wonderland paradise.

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<thead>
<tr>
<th>Myofascial Release I</th>
<th>Myofascial Rebounding</th>
<th>Women’s Health</th>
<th>Doubletree Hilton</th>
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</table>

**Sedona, AZ**  
Take the therapeutic vacation of a lifetime in breathtaking Sedona!

| Women’s Health | Myofascial Healing | Cervical-Thoracic | Site: Red Rock Memorial Lodge |
|---------------|-------------------|-------------------|Accommodations: Sky Ranch Lodge |
| February 7-10, 2013 | February 11-13, 2013 | February 14-17 (1/2 days) 2013 | (928) 282-6400 |

**Sedona, AZ**  
Enjoy the warmth of Sedona, one of the scenic wonders of the world!

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

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<tr>
<th>Myofascial Release I</th>
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<th>Myofascial Release II</th>
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<td>April 5-7, 2013</td>
<td>April 9-11, 2013</td>
<td>April 12-14, 2013</td>
<td>(704) 377-1500</td>
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</tbody>
</table>

**Madison, WI**  
From the family-friendly activities to the natural beauty of Olbrich Botanical Gardens and the UW Arboretum, there is something for everyone! Venture out of Madison and you’ll encounter fascinating artistic communities and rolling green landscapes.

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<tr>
<th>Myofascial Release I</th>
<th>Myofascial Unwinding</th>
<th>Myofascial Release II</th>
<th>Sheraton Hotel</th>
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<tr>
<td>May 3-5, 2013</td>
<td>May 7-9, 2013</td>
<td>May 10-12, 2013</td>
<td>(608) 251-2300</td>
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</table>

**Victoria, British Columbia**  
Whether you’re strolling along the causeway in the Inner Harbour; enjoying a whale watching adventure, indulging in the distinct cuisine, or taking in a local theatre production, Victoria’s attractions add up to a trip that's nothing short of breathtaking.

<table>
<thead>
<tr>
<th>Myofascial Release I</th>
<th>Myofascial Unwinding</th>
<th>Myofascial Release II</th>
<th>Harbour Towers</th>
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<td>May 30-June 2, (1/2 days) 2013</td>
<td>June 3-5, 2013</td>
<td>June 6-9 (1/2 days) 2013</td>
<td>(250) 385-2405</td>
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</table>

**Sedona, AZ**  
Red Rock Country is a gorgeous four season’s playground for everyone.

<table>
<thead>
<tr>
<th>Myofascial Rebounding</th>
<th>Myofascial Healing</th>
<th>Advanced Myofascial Unwinding</th>
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<tr>
<td>June 13-16 (1/2 days) 2013</td>
<td>June 17-19, 2013</td>
<td>June 20-23 (1/2 days) 2013</td>
</tr>
</tbody>
</table>

**Vacation Series & Specialty Seminars**  
**SAVE $300**  
By registering for any three seminars!
This fascinating “hands-on” seminar will introduce you to the highly effective world of Myofascial Release. This seminar will present the theory of Myofascial Release and the hands-on sessions will primarily focus on the upper and lower extremities, cervical, thoracic and lumbar areas.

12 Contact Hours

**Locations and Dates**

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

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

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

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

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

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

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

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

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

**LAS CRUCES, NM**
October 6 & 7, 2012
Hilton Garden Inn
(575) 522-0900

**TWIN FALLS, SD**
April 6 & 7, 2013
Red Lion Hotel
(208) 734-5000

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

**SAN JOS E, CA**
November 17 & 18, 2012
Sainte Claire Hotel
(408) 295-2000

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

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

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

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

**COLUMBUS, OH**
April 13 & 14, 2013
Hilton Garden Inn
(614) 814-5464

**ANN ARBOR, MI**
June 8 & 9, 2013
Sheraton Hotel
(734) 996-0600

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

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

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

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

**San Jose, CA**
November 17 & 18, 2012
Sainte Claire Hotel
(408) 295-2000

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

**Indianapolis, IN**
May 18 & 19, 2013
Sheraton Hotel
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(Suburbs of Chicago)
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(847) 679-8900

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

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

“Introductory Workshop: Pediatric Myofascial Release”

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

12 Contact Hours

“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

“The Myofascial Mobilization Workshop taught me how to incorporate and utilize Myofascial Release techniques immediately with my patients and that everyone can benefit from myofascial mobilization techniques.”

“I have gained so many new treatment ideas during the Pediatric Myofascial Workshop. We spent the perfect amount of time in hands-on workshops that I have a good handle on how to perform these techniques correctly to get maximum results with my pediatric patients.”
The Women’s Health Seminar
the Myofascial Release Approach

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

25 Contact Hours

This fascinating intermediate “hands-on” seminar will teach you important myofascial release, visceral release and myo/gyno-fascial release:

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

In this seminar you will receive extensive treatment for your own pelvic problems. Many times chronic, persistent headaches, neck and back pain can be resolved with Myofascial Release to the pelvic area.

“The Women’s Health Seminar was a profound experience.”

“John teaches this class with such a delightful mixture of tenderness, comedy, integrity and love.”

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

Locations and Dates

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

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

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

**Locations and Dates**

**KEY WEST, FL**
- January 21-23, 2013
- Doubletree Hilton
- 305-293-1818

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

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™**

**ADVANCED MYOFASCIAL UNWINDING**

**Locations and Date:**

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

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

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

**EXPAND YOUR SENSITIVITY AND AWARENESS!**

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

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

**Location and Date:**

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

CEU’s are not offered on the above mentioned seminars
Dear Friends:
The contents of this fascinating seminar will include Advanced Myofascial Release, Cranial and Myofascial Unwinding techniques, visualization, guided imagery and subtle energy techniques; emphasizing the development of your proprioceptive senses for whole body evaluation and treatment.

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

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

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

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

Dates: October 23-28, 2012

Times: Full and half days. Times will vary.

Location: Red Rock Memorial Lodge, Sedona, Arizona

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

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

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

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

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

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

CEU’s are not offered for this seminar.
The Myofascial Healing Seminar will guide you to the depths of your essence for authentic healing in the most beautiful place in the world – Sedona, Arizona.

**FOR THE PATIENT**

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

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

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

“**John is a therapist of the highest caliber. I could feel the compassion flowing from his gentle touch. The power and love within this seminar supported me in overcoming my pain.”**

**FOR THE THERAPIST:**

**HEAL YOURSELF**

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

Locations and Dates

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Site</th>
<th>Accommodations</th>
<th>Phone</th>
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<tr>
<td>SEDONA, AZ</td>
<td>October 11-14</td>
<td>Red Rock Memorial</td>
<td>Sky Ranch Lodge</td>
<td>(928)</td>
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<td></td>
<td>(1/2 days) 2012</td>
<td>Lodge</td>
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<td>282-6400</td>
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<tr>
<td>WILMINGTON, DE</td>
<td>November 30 - December 2, 2012</td>
<td>Doubletree Hilton</td>
<td></td>
<td>(302) 478-6000</td>
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<tr>
<td>SEDONA, AZ</td>
<td>June 24-26, 2013</td>
<td>Red Rock Memorial Lodge</td>
<td>Sky Ranch Lodge</td>
<td>(928) 282-6400</td>
</tr>
</tbody>
</table>

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

Take the Therapeutic Vacation of a Lifetime!

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

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

To register call toll free 1-877-MFR-HEAL (637-4325) and charge your Visa/MasterCard or send the form below with your Visa/ MasterCard information via fax to (928) 203-8738, or send a check or money order with the form below to:

Myofascial Healing Seminars, c/o Therapy on the Rocks, 676 N State Route 89A, Sedona, AZ 86336.

Name ___________________________ Occupation ___________________________

Address ___________________________

City __________________ State ____ Zip _____

Phone # __________________ Email __________________

Charge to: ☐ Visa ☐ MasterCard

Card # ___________________ 3-digit security code

Expiration Date __________________

Signature _________________________

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

Please check:

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

Prices:

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

Only $395 when 2 or more register together!
The Skill Enhancement Seminar is offered on-site in our Malvern, Pennsylvania and Sedona, Arizona Treatment Centers. The Skill Enhancement Seminar allows anyone who has taken at least Myofascial Release I to work alongside our highly trained and skilled Myofascial Release staff as we treat patients and therapists from around the world. We accept up to four therapists per week in this program to maximize our ability to provide individual attention.

Therapists who attend the Skill Enhancement Seminar can incorporate the knowledge and skills learned at our off-site educational seminars in a clinical setting that specializes in Myofascial Release. The value of individual private instruction on Myofascial Release techniques with actual patients, as well as receiving private treatment, serves to be a comprehensive and an invaluable instructional experience. Immediate and personal feedback will be offered to the participating Skill Enhancement Seminar therapist. Questions will be addressed in a timely and productive fashion throughout this week long seminar.

**Skill Enhancement with John F. Barnes, PT**

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

Enrollment in the Skill Enhancement Seminar is limited. We only accept four therapists per week to ensure personal and direct guidance. Booking in advance is recommended.

- Learn how a successful Myofascial Release Treatment Center operates in terms of patient flow, variety, and frequency of treatments.
- Examine how a patient’s progress is influenced by varying frequency of treatments.
- Observe the unique styles of our therapists and instill confidence and cultivate your own distinct therapeutic abilities.

**What are other therapists saying?**

“The Skill Enhancement Seminar is a very positive and rewarding experience. I felt very comfortable and welcome. The openness and feedback from the team of therapists was much appreciated. I have a lot more self confidence about practicing Myofascial Release with my clients and about myself.”

“What an enjoyable and significant learning experience. There was no pressure and it was so important to receive the personal supervision for refinement of my skills.”

“Therapy on the Rocks” - Sedona, AZ

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

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

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

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
A Patient’s Perspective...

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

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

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

— Maggie H., Patient

“Therapy on the Rocks”
676 N Highway 89A • Sedona, AZ 86336
928-282-3002 • 928-282-7274 fax
sedona@myofascialrelease.com • therapyontherocks.net

to a Pain Free, Active Lifestyle!

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

- Interstitial Cystitis
- Lymphedema
- Problematic Breast Implant/Reduction Scars
- Menstrual Problems
- Urinary Frequency
- Coccydynia (tail bone pain)
- Adhesions
- Episiotomy Scars
Healing Ancient Wounds: The Renegade's Wisdom

By John F. Barnes

The enjoyable and important book, “Healing Ancient Wounds: The Renegade's Wisdom,” was designed to help you expand your abilities, therapeutic awareness and to assist you on your journey as an intuitive therapeutic artist. This intriguing book was also written for your patients/clients to educate, motivate and inspire them to accelerate, deepen and enhance their treatment response. $49.95

Package 1: Save over $75

..................................................................................................... $299.00

Package 2: Save $20
Contains Myofascial Release: The Search for Excellence© & Healing Ancient Wounds: The Renegade's Wisdom©

..................................................................................................... $99.00

Package 3: Save over $50
Contains Strolling Under the Skin, Muscle Attitudes & Interior Architecture DVDs

..................................................................................................... $129.00

Call 1-800-FASCIAL or order online www.myofascialrelease.com
**Registration Information**

Register For Any Three Seminars and Receive $300 OFF!

- Myofascial Release I™
- Fascial-Pelvis Myofascial Release
- Cervical-Thoracic Myofascial Release
- Myofascial Unwinding™
- Myofascial Release II™
- Myofascial Rebounding
- Advanced Myofascial Unwinding
  $750 for each seminar or $695 if registered 2 weeks prior to seminar date

- Women’s Health Seminar:
The Myofascial Release Approach
$1,000 for each seminar or $895 if registered 2 weeks prior to the seminar date

- Myofascial Mobilization Workshop
- Pediatric Myofascial Release Workshop
- Subtle Energy
  $450 for each seminar or $395 if registered 2 weeks prior to seminar date

**Continuing Education:**
Myofascial Release Seminars are approved by many state and national associations. Please visit our website at myofascialrelease.com for a complete listing and to determine the number of hours granted by your association.

**Discounts:**
Graduates of the Pediatric Myofascial Release Workshop or the Myofascial Mobilization Workshop are entitled to a $50 discount off the price of the Myofascial Release I™ or the Fascial-Pelvis Seminar. Participants who register for any three seminars at one time (excluding the Myofascial III, Myofascial Healing and the Skill Enhancement Seminar) are entitled to a $300 discount. Hospitals or facilities who register five or more persons at the same time are entitled to a $50 per person discount on any Myofascial Release Seminar. Registrations must be mailed, faxed or phoned in at the same time. Graduates of our seminars may repeat any or all of these seminars for half-price (excluding the Myofascial Healing and the Skill Enhancement Seminar). Discounts cannot be combined.

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

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

**Tax Reform Act Of 1986:**
Registration fees, travel and lodging expenses incurred by a taxpayer while attending a convention or seminar relating to their profession will continue to be fully deductible; meal cost will remain 50% deductible.

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### IMPORTANT

<table>
<thead>
<tr>
<th>Seminar Location City:</th>
<th>State</th>
</tr>
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**Check the appropriate box(es)**

- [ ] Myofascial Release I™
- [ ] Myofascial Unwinding™
- [ ] Myofascial Release II™
- [ ] Fascial-Pelvis
- [ ] Cervical-Thoracic
- [ ] Myofascial Mobilization
- [ ] Pediatric Myofascial Release
- [ ] Myofascial Rebounding
- [ ] Advanced Myofascial Unwinding
- [ ] Women’s Health Seminar

Charge to: [ ] Visa  [ ] MasterCard  [ ] American Express  [ ] Discover  [ ] Other

Expiration Date

Card #  [ ] 3-Digit Security Code

Name

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

Email

Address

City  State  Zip

Phone ( )

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

42 Lloyd Avenue,
Malvern, PA 19355

1-800-FASCIAL (327-2425)

Fax Form to 610-644-1662

Web Site: www.myofascialrelease.com • Email: seminars@myofascialrelease.com
Recent research verifies the principles of the John F. Barnes’ Myofascial Release Approach®

We have now trained 75,000 therapists!

GRAND OPENING! . . . “THE SANCTUARY”