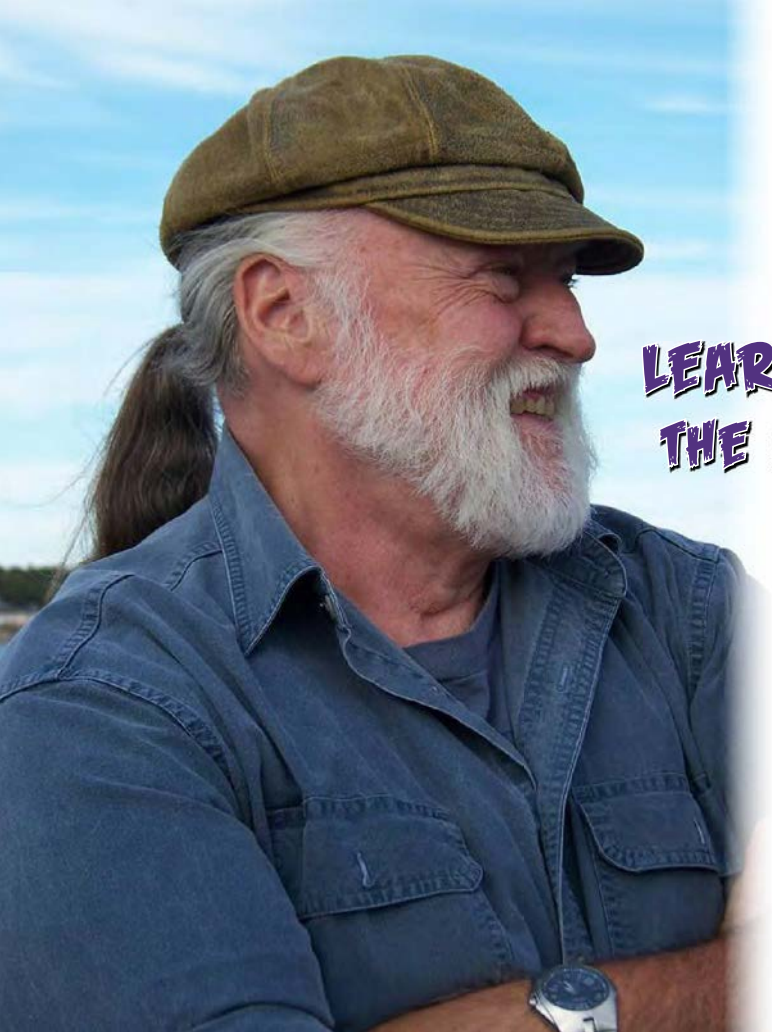




John F. Barnes, PT, is considered to be a therapeutic icon and teacher of the highest caliber, sharing over 50 years of experience, expertise and wisdom from patients all over the world.

**LEARN . . .
THE JOHN F. BARNES'**

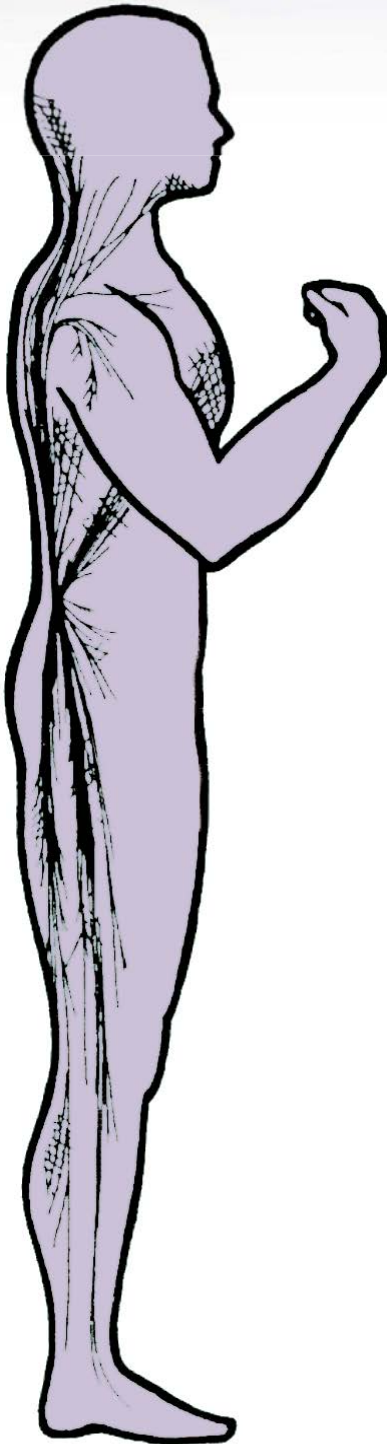
MYOFASCIAL RELEASE

APPROACH®

MYOFASCIAL RELEASE

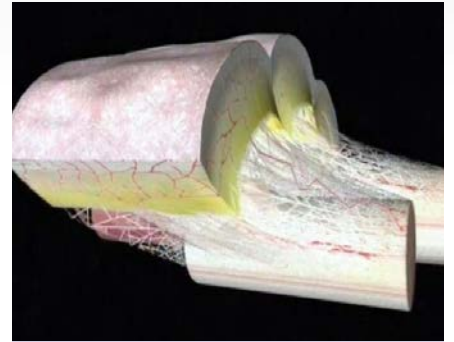
~ ENHANCE YOUR LIFE! ~

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



WHAT IS FASCIA?

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



Fascia Photo by Permission of Dr J.C. Guimberteau

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

WHAT IS THE JOHN F. BARNES' MYOFASCIAL RELEASE APPROACH®?

The John F. Barnes' Myofascial Release Approach® consists of the gentle application of sustained pressure into the fascial restrictions. This essential "time element" has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly will allow a viscoelastic medium (fascia) to elongate.

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

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

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

In Loving Memory JOHN F. BARNES, P.T.

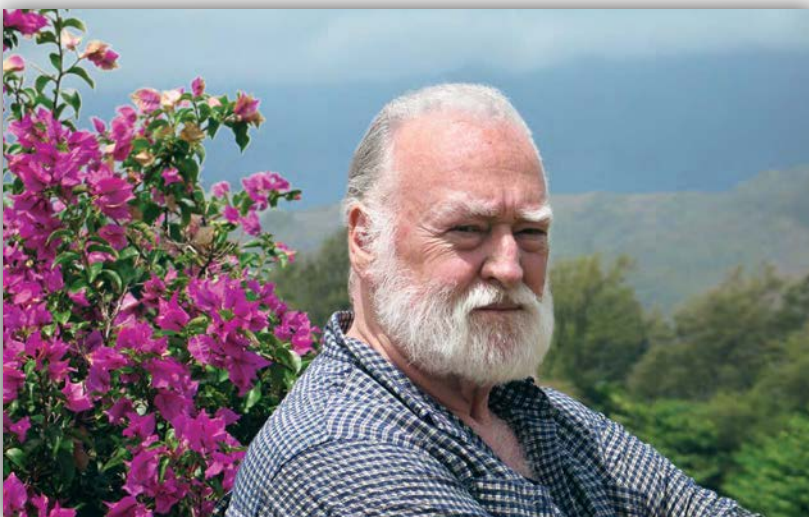


We honor the life and legacy of John F. Barnes, PT, an “icon” and a teacher/therapist of the highest caliber. His profound impact on the world will be felt for generations to come.

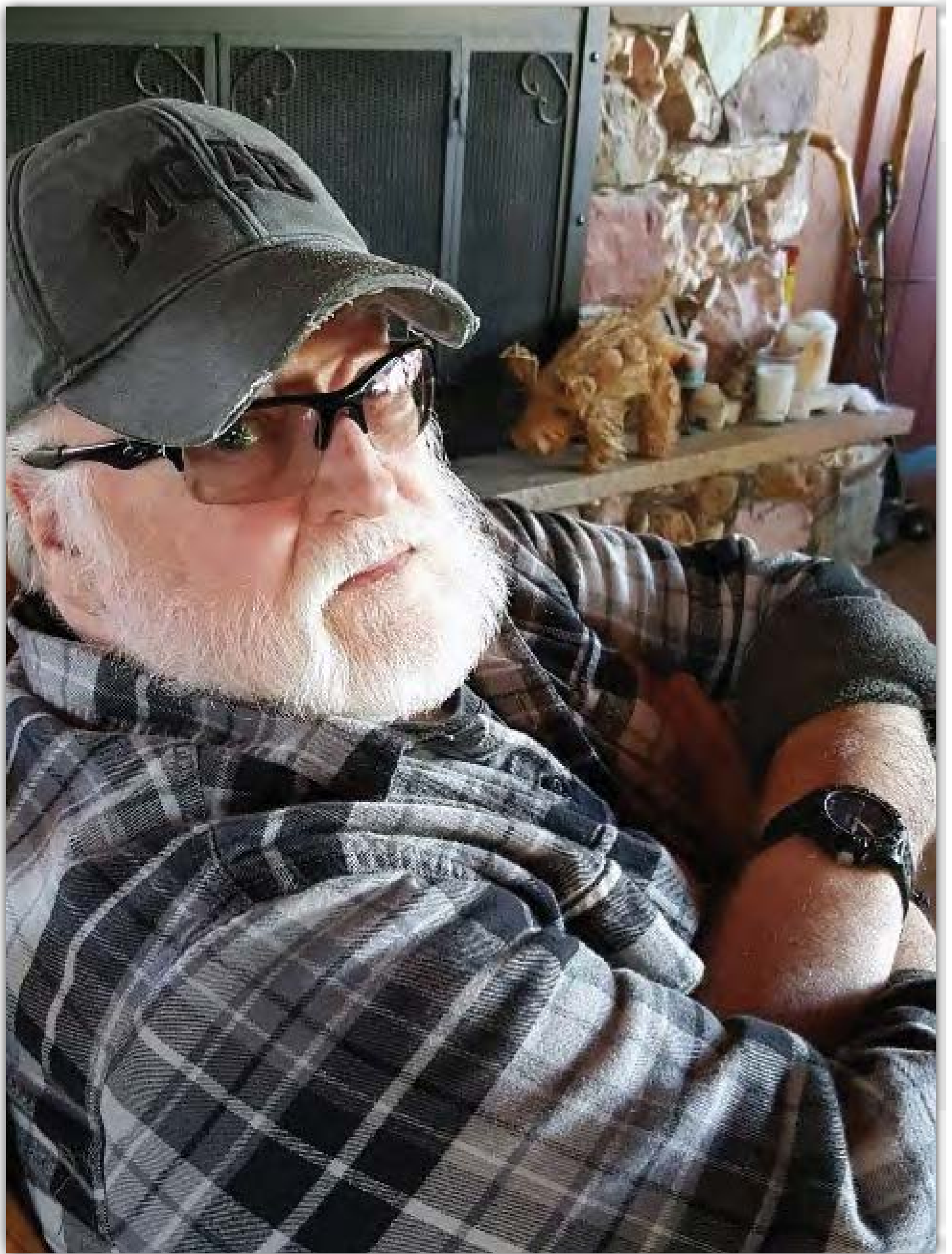
John, an internationally recognized Physical Therapist, lecturer, author and leading authority on Myofascial Release, transformed the way therapists and physicians view and treat the human body. As the founder of The John F. Barnes' Myofascial Release Approach®, he dedicated his life to this highly effective whole-body approach for the evaluation and treatment of pain and dysfunction.

John has trained over 100,000 therapists. Through decades of teaching and treating patients/clients and therapists, John inspired a countless number of therapists and physicians around the world to look beyond symptoms, and treat using this whole-body approach with compassion, wisdom, intuition and skill. His approach empowered practitioners to create meaningful, lasting change in the lives of their patients/clients.

John will be remembered for his unwavering belief in the body's innate ability to heal itself, and for encouraging others to trust that process. While his passing leaves an immeasurable void, his life's passion will continue through “Myofascial Release Treatment Centers and Seminars”, and the dedicated individuals he's mentored and entrusted to carry his vision forward. Through their commitment and dedication, his teachings, philosophy, and spirit will endure. His mind-body approach will continue to shape the future of healthcare and touch the lives of patients/clients and practitioners alike.



*He is
deeply missed
and
forever
remembered*



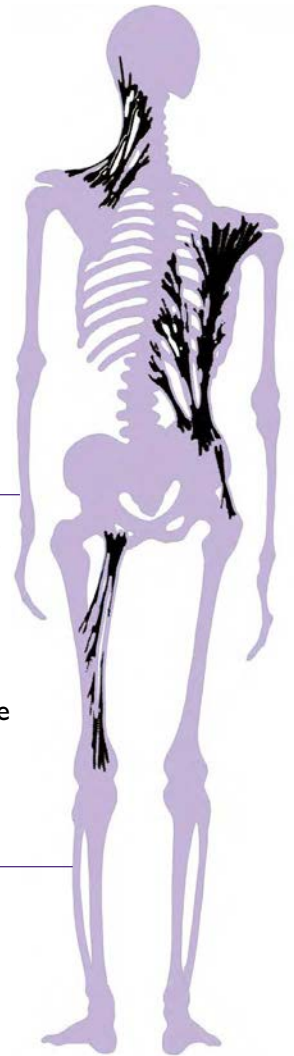
MYOFASCIAL RELEASE I

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



20 Hour Seminar

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



MYOFASCIAL RELEASE TECHNIQUES

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

CRANIAL TECHNIQUES

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

ENJOY A NEW, EXCITING AND LUCRATIVE CAREER!

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

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

Symptoms are the tip of the iceberg of a much deeper, important problem—myofascial restrictions! Science has now discovered what John has been teaching for over 60 years; i.e., pain, dysfunction and disease are caused by a prolonged inflammatory response. Trauma and the resultant inflammatory response create myofascial restrictions that ultimately create the symptoms.

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

MYOFASCIAL RELEASE I

LOCATIONS AND DATES

CORAL GABLES, FL
July 31–August 2, 2026
Hotel Colonnade
(305) 441-2600

OAK BROOK, IL
(Chicago Area)
August 7-9, 2026
Doubletree Hilton
Chicago-Oak Brook
(630) 472-6000

LAS VEGAS, NV
September 17-20, 2026
(½ days)
Alexis Park Resort
(702) 796-3300

SCHENECTADY, NY
October 9-11, 2026
Doubletree Hilton
(518) 393-4141

DAYTON, OH
November 6-8, 2026
Hilton Garden Inn
Dayton Beaver Creek
(937) 458-2650

WILMINGTON, DE
December 4-6, 2026
Doubletree Hilton
(302) 478-6000

PASADENA, CA
January 29-31, 2027
DoubleTree Hilton
Monrovia – Pasadena
(626) 357-1900

SAN ANTONIO, TX
February 5-7, 2027
Menger Hotel
(210) 223-4361

SEDONA, AZ
(Verde Valley, AZ)
March 11-14, 2027
(½ days)
Cliff Castle Resort
(928) 567-7999

BILLINGS, MT
April 30-May 2, 2027
DoubleTree by
Hilton Billings
(406) 252-7400

BURR RIDGE, IL
May 7-9, 2027
Chicago Marriott SW
Burr Ridge
(630) 986-4100

OCALA, FL
June 4-6, 2027
Hilton Ocala
(352) 854-1400

HARRISBURG, PA
June 25-27, 2027
Crowne Plaza
Harrisburg-Hershey
(717) 234-5021

CHARLOTTE, NC
July 16-18, 2027
DoubleTree Hilton
South Charlotte Tyvola
(704) 527-8000



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

PATIENT STATEMENT



ONE YEAR OF PHYSICAL THERAPY & MASSAGE THERAPY



MYOFASCIAL RELEASE RESULTS

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

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

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

Rowena Cua, LMT, BCTMB, Las Vegas, NV

MYOFASCIAL UNWINDING

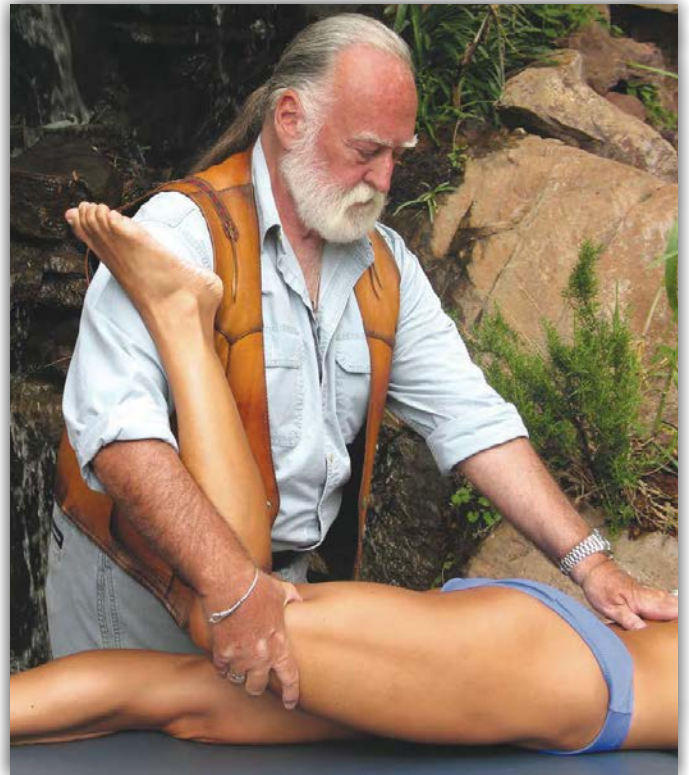
The Myofascial Unwinding seminar is designed to enhance your skill level and sensitivity providing you with a comprehensive treatment regime. Persistent pain and/or structural dysfunction may be perpetuated by “holding or bracing patterns” in the body. You will learn from the patient’s perspective how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

20 Hour Seminar—Prerequisite: Myofascial Release I™

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

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

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



LOCATIONS AND DATES

LAS VEGAS, NV

September 21-23, 2026
Alexis Park Resort
(702) 796-3300

WILMINGTON, DE

December 8-10, 2026
Doubletree Hilton
(302) 478-6000

SEDONA, AZ

(Verde Valley, AZ)
March 15-17, 2027
Cliff Castle Resort
(928) 567-7999

BURR RIDGE, IL

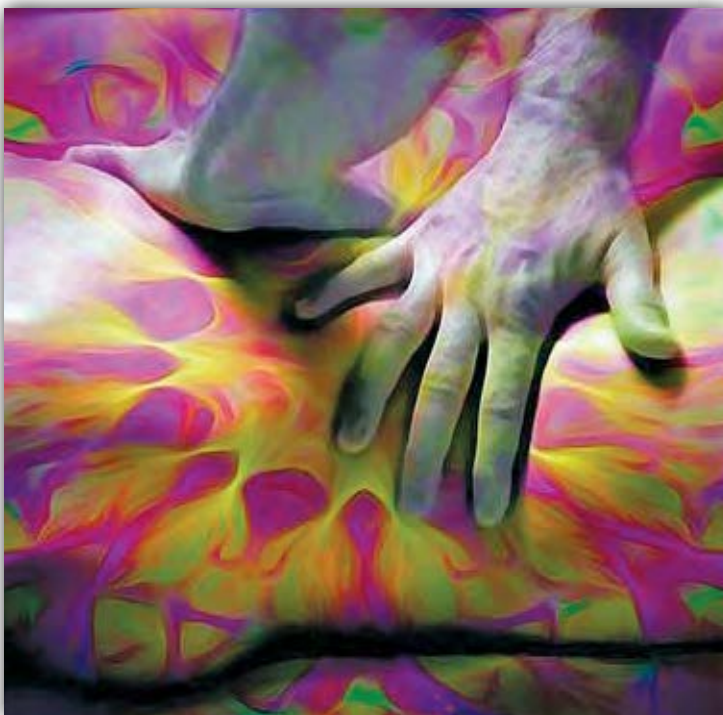
May 11-13, 2027
Chicago Marriott SW
Burr Ridge
(630) 986-4100

CHARLOTTE, NC

July 20-22, 2027
DoubleTree Hilton
South Charlotte Tyvola
(704) 527-8000



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



MYOFASCIAL RELEASE II

Myofascial Release I developed a fascinating framework of concepts and techniques. Myofascial Release II completes this conceptual framework with important, advanced, whole body Myofascial Release techniques and newly refined cranial advancements. The intermediate “hands-on” Myofascial Release II seminar will greatly enhance your vital “feel” via development of the tactile and proprioceptive senses which will allow you to achieve a higher level of expertise. These exciting techniques have been carefully developed and selected for their outstanding, consistent results.

20 Hour Seminar—Prerequisite: Myofascial Release I™

LOCATIONS AND DATES



LAS VEGAS, NV

September 24-27, 2026
(½ days)
Alexis Park Resort
(702) 796-3300

WILMINGTON, DE

December 11-13, 2026
Doubletree Hilton
(302) 478-6000

SEDONA, AZ

(Verde Valley, AZ)
March 18-21, 2027
(½ days)
Cliff Castle Resort
(928) 567-7999

BURR RIDGE, IL

May 14-16, 2027
Chicago Marriott SW
Burr Ridge
(630) 986-4100

CHARLOTTE, NC

July 23-25, 2027
DoubleTree Hilton
South Charlotte Tyvola
(704) 527-8000

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 SUCCESS WITH SEVERE TORTICOLLIS !



A TOTAL OF 18 MYOFASCIAL RELEASE TREATMENTS.

This is a 3-year-old girl who was terrified and in extreme pain and obviously had minimal range of motion. She was diagnosed with torticollis. Her neck was severely compressed, fully rotated, and side bent. She had been to many therapists, had cranial manipulations, and had seen a multitude of physicians. Unfortunately, none provided any improvement.

Her physicians recommended Botox injections and possible surgery.

Fortunately, she found Peter Podbielski, DPT, who is a highly skilled myofascial release therapist, and he was able to help her return to being a happy, healthy little girl.

Myofascial release is the missing link in traditional therapy, and is safe, gentle and highly effective !

MYOFASCIAL MOBILIZATION

This fascinating “hands-on” seminar will introduce you to the highly effective world of Myofascial Release. This seminar will present the theory of Myofascial Release and the hands-on sessions will primarily focus on the upper and lower extremities, cervical, thoracic and lumbar areas.



12 Hour Seminar

LOCATIONS AND DATES

CRANBERRY TOWNSHIP, PA

(Pittsburgh Area)
August 29 & 30, 2026
Hilton Garden Inn
Pittsburgh Cranberry
(724) 779-9999

ST. LOUIS, MO

September 26 & 27, 2026
Hilton St. Louis
at the Ballpark
(314) 421-1776

CHARLOTTE, NC

October 3 & 4, 2026
Embassy Suites Hilton
(704) 527-8400

INDIANAPOLIS, IN

March 6 & 7, 2027
Hilton Hotel
(317) 972-0600

PHOENIX, AZ

April 24 & 25, 2027
Doubletree Hilton
Phoenix North
(602) 997-5900

BURLINGTON, VT

May 15 & 16, 2027
Doubletree Hilton
Burlington
(802) 865-6600

ROCHESTER, MN

June 5 & 6, 2027
Kahler Grand Hotel
(507) 280-6200

*“The techniques are excellent,
they do adhere to the ‘no force’ principles.”*

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

PEDIATRIC MYOFASCIAL RELEASE

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

12 Hour Seminar



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

LOCATIONS AND DATES

SPOKANE, WA

September 12 & 13, 2026
Davenport Grand Hotel
(509) 458-3330

MADISON, WI

October 24 & 25, 2026
Madison Marriott West
(608) 831-2000

FT. MYERS, FL

April 3 & 4, 2027
Embassy Suites Hilton
Ft. Myers – Estero
(239) 949-4222

WALTHAM, MA

(Boston Area)
June 12 & 13, 2027
Embassy Suites Hilton
Boston Waltham
(781) 890-6767

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

VACATION SERIES & SPECIALTY SEMINARS

**SAVE
\$300**

By registering
for any three
seminars!



CAMBRIDGE, MA—Experience breathtaking city views right along the famous Charles River in Cambridge. The Royal Sonesta Hotel is at the center of the area's dining, nightlife, sporting events and attractions. Cambridge has a distinct vibe that you don't want to miss!

Cervical Thoracic
August 13-16, 2026 (½ days)

Fascial Pelvis
August 17-19, 2026

Women's Health
August 20-23, 2026

Royal Sonesta Boston
(617) 806-4200



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

Myofascial Release I
Sept. 17-20, 2026 (½ days)

Myofascial Unwinding
Sept. 21-23, 2026

Myofascial Release II
Sept. 24-27, 2026 (½ days)

Alexis Park Resort
(702) 796-3300



SEDONA AREA (VERDE VALLEY, AZ)—The beautiful Verde Valley is just a short drive to Sedona. Enjoy nearby boating, hiking, biking, wine tasting, or just taking in the landscape sitting on the banks of the Verde River.

Myofascial Healing
October 15-18, 2026 (½ days)

Subtle Energy
October 18 & 19, 2026

Myofascial Release III
October 20-25, 2026

Cliff Castle Resort
(928) 567-7999



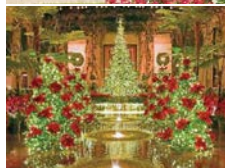
ADDISON, TX (DALLAS AREA)—Where modern charm meets endless excitement! Whether you're exploring the picturesque parks or savoring the culinary delights of this town's renowned restaurants, something here for everyone! Addison is known for its over 200 diverse restaurants, cafes, and pubs packed into just 4.4 square miles!

Cervical Thoracic
November 13-15, 2026

Myofascial Rebounding
November 17-19, 2026

Fascial Cranium
November 20-22, 2026

Renaissance Dallas Addison
(972) 386-6000



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

Myofascial Release I
December 4-6, 2026

Myofascial Unwinding
December 8-10, 2026

Myofascial Release II
December 11-13, 2026

Doubletree Hilton
(302) 478-6000



MELBOURNE, FL—Bask in the sunshine and tropical breeze on miles of Melbourne's unspoiled beaches. You'll find all types of shopping and restaurants in Historic Downtown Melbourne.

Cervical Thoracic
January 14-17, 2027 (½ days)

Myofascial Rebounding
January 18-20, 2027

Fascial Cranium
January 21-24, 2027 (½ days)

Hilton Hotel
(321) 768-0200



SEDONA AREA (VERDE VALLEY, AZ)—Often referred to as 'the most beautiful place on Earth', Sedona, AZ, is a four-seasons playground with something for everyone. You just may want to stay a few more days to take in all that this area has to offer, including the Grand Canyon!

Women's Health
February 18-21, 2027

Myofascial Healing
February 22-24, 2027

Cervical Thoracic
February 25-28, 2027 (½ days)

Cliff Castle Resort
(928) 567-7999



SEDONA AREA (VERDE VALLEY, AZ)—Just a short drive to the bristling forests and magnificent red rock canyons of Sedona. Stay a few extra days and visit the turquoise water of Lake Powell!

Myofascial Release I
March 11-14, 2027 (½ days)

Myofascial Unwinding
March 15-17, 2027

Myofascial Release II
March 18-21, 2027 (½ days)

Cliff Castle Resort
(928) 567-7999



WILMINGTON, DE—Easily accessible via I-95. Experience this lush area where rolling hills and valleys have been carved out by the beautiful Brandywine River. Stroll through some of the leading horticultural centers in the world like Longwood Gardens.

Myofascial Rebounding
April 9-11, 2027

Quantum Leap
April 12-14, 2027

Doubletree Hilton
(302) 478-6000



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

Myofascial Release I
May 7-9, 2027

Myofascial Unwinding
May 11-13, 2027

Myofascial Release II
May 14-16, 2027

Chicago Marriott SW at Burr Ridge
(630) 986-4100



SEDONA AREA (VERDE VALLEY, AZ)—Just a short drive to Sedona! Enjoy nearby boating, hiking, biking, wine tasting, or just taking in the landscape sitting on the banks of the Verde River.

Myofascial Healing
June 10-13, 2027 (½ days)

Advanced Unwinding
June 14-16, 2027

Fascial Cranium
June 17-20, 2027 (½ days)

Cliff Castle Resort
(928) 567-7999



CHARLOTTE, NC—Charlotte blends southern charm with a vibrant city vibe. Enjoy top-tier dining, relax at the botanical gardens or seek adventure rafting and zip lining. There is something for everyone here!

Myofascial Release I
July 16-18, 2027

Myofascial Unwinding
July 20-22, 2027

Myofascial Release II
July 23-25, 2027

Doubletree Hilton Charlotte Tyvola
(704) 527-8000

FASCIAL-PELVIS



Our experience has shown that over 90% of patients suffering with lumbar and pelvic pain, menstrual problems, cervical pain and headaches have imbalances in the pelvis creating fascial restrictions throughout the body. This introductory “hands-on” seminar will teach you a logical, step-by-step progression of techniques for treating the lumbo-pelvic region in a comprehensive and effective manner.

20 Hour Seminar

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

LOCATIONS AND DATES

CAMBRIDGE, MA

August 17-19, 2026
Royal Sonesta Boston
(617) 806-4200

JACKSONVILLE, FL

September 11-13, 2026
Hilton Jacksonville at
Mayo Clinic
(904) 929-9000

SIoux FALLS, SD

October 2-4, 2026
Hilton Garden Inn
Sioux Falls South
(605) 444-4500

NASHVILLE, TN

October 9-11, 2026
Holiday Inn Nashville
Downtown–Stadium
(615) 254-1551

SAN DIEGO, CA

November 6-8, 2026
Handlery Hotel
(619) 298-0511

ATLANTA, GA

March 5-7, 2027
Hilton Garden Inn
Atlanta – Buckhead
(404) 231-1234

CINCINNATI, OH

April 16-18, 2027
Embassy Suites
Cincinnati RiverCenter
(859) 261-8400

ROCHESTER, NY

April 30-May 2, 2027
Rochester Marriott
Airport
(585) 225-6880

SEATTLE, WA

May 21-23, 2027
Seattle Marriott
Airport
(206) 241-2000

GRAND RAPIDS, MI

July 30-August 1, 2027
DoubleTree Hilton
Grand Rapids Airport
(616) 957-0100

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 Hour Seminar

Prerequisite: Myofascial Release I™

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

CERVICAL THORACIC TECHNIQUES

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

LOCATIONS AND DATES

CAMBRIDGE, MA

August 13-16, 2026
(½ days)
Royal Sonesta
Boston
(617) 806-4200

ADDISON, TX

(Dallas Area)
November 13-15, 2026
Renaissance Dallas
Addison Hotel
(972) 386-6000

MELBOURNE, FL

January 14-17, 2027
(½ days)
Hilton Melbourne
(321) 768-0200

SEDONA, AZ

(Verde Valley, AZ)
February 25-28, 2027
(½ days)
Cliff Castle Resort
(928) 567-7999

FASCIAL CRANIUM

THE FASCIAL CRANIUM SEMINAR IS ONE OF OUR NEWEST AND MOST POPULAR SEMINARS!

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



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

20 Hour Seminar

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

LOCATIONS AND DATES

ADDISON, TX

(Dallas Area)
November 20-22, 2026
Renaissance Dallas
Addison Hotel
(972) 386-6000

MELBOURNE, FL

January 21-24, 2027
(½ days)
Hilton Melbourne
(321) 768-0200

SEDONA, AZ

(Verde Valley, AZ)
June 17-20, 2027
(½ days)
Cliff Castle Resort
(928) 567-7999

"I am grateful for the wonderful, new techniques I learned in the Fascial Cranium seminar that have made astonishing changes in myself and my clients. The seminar was exquisitely beautiful . . . Thank you John Barnes for these powerful handles into our fascial web! Therapists do not hesitate to take this class! It will rock you, and your clients worlds beyond belief!"

WOMEN'S HEALTH SEMINAR

Increase your knowledge, skill and income by adding this important dimension to your practice. In this seminar you will receive extensive treatment for your own pelvic problems.

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

25 Hour Seminar

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

LOCATIONS AND DATES

CAMBRIDGE, MA

August 20-23, 2026
Royal Sonesta Boston
(617) 806-4200

SEDONA, AZ

(Verde Valley, AZ)
February 18-21, 2027
Cliff Castle Resort
(928) 567-7999



THIS FASCINATING INTERMEDIATE "HANDS-ON" SEMINAR WILL TEACH YOU IMPORTANT MYOFASCIAL RELEASE, VISCERAL RELEASE & MYO/GYNO-FASCIAL RELEASE:

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

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

QUANTUM LEAP! SEMINAR

This one-of-a-kind seminar is presented every few years and sells out quickly. You will examine 40 years of research on the fascial system. Incredible micro-videography reveals tensegrity, piezoelectricity, mechanotransduction in action, and the fractal nature of the fascial system allowing you to see what you have been feeling in your hands!

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



LOCATION AND DATE

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



WILMINGTON, DE

April 12-14, 2027
Doubletree Hilton
(302) 478-6000

MYOFASCIAL REBOUNDING



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

Myofascial Rebounding utilizes the fluid/energy dynamics as a therapeutic force to greatly enhance your Myofascial Release effectiveness in reducing pain, increasing function and awareness. Myofascial Rebounding also "confuses" the neuromotor system to help free the body of its bracing patterns. It's kind of a subtle way in the back door. The mind/body doesn't know what to do, so it just lets go. Myofascial Release and Myofascial Rebounding is an important combination acting as a powerful catalyst enhancing your effectiveness!

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

Prerequisite: Myofascial Release I™

LOCATIONS AND DATES

ADDISON, TX

(Dallas Area)
November 17-19, 2026
Renaissance Dallas
Addison Hotel
(972) 386-6000

MELBOURNE, FL

January 18-20, 2027
Hilton Melbourne
(321) 768-0200

WILMINGTON, DE

April 9-11, 2027
Doubletree Hilton
(302) 478-6000

ADVANCED MYOFASCIAL UNWINDING

A rare opportunity to grow and expand your abilities by being treated with advanced unwinding techniques by highly skilled Myofascial Release Therapists.



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

LOCATION AND DATE

SEDONA, AZ

(Verde Valley, AZ)
June 14-16, 2027
Cliff Castle Resort
(928) 567-7999



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

MYOFASCIAL RELEASE III—"BEYOND TECHNIQUE"

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

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

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



New Prerequisites for Myofascial Release III

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

DATE: October 20-25, 2026

LOCATION: Sedona Area (Verde Valley, AZ)—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: Cliff Castle Resort (928) 567-7999—Reserve Early!

PRICE: \$2000 or \$1795 if registered 2 weeks prior to the seminar date.

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

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

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

SUBTLE ENERGY SEMINAR

EXPAND YOUR SENSITIVITY & AWARENESS!

You will expand your sensitivity and awareness by exploring new levels of stillness, listening, awareness, focus and intentionality, energetic perception, interconnection and intuitive knowing as they relate to our own healing and thus to the deepening healing of patients.

Highly recommended to be taken in conjunction with Myofascial Release III

LOCATION AND DATE

SEDONA AREA

(Verde Valley, AZ)
October 18 & 19, 2026
Cliff Castle Resort
(928) 567-7999

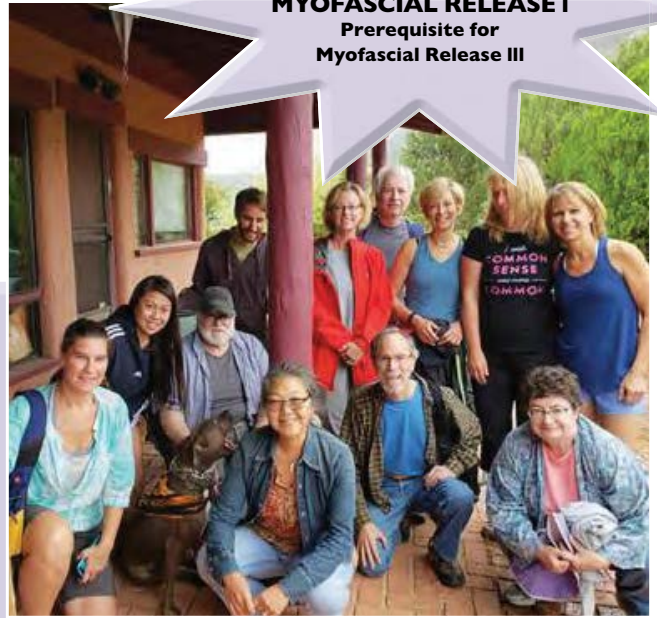
SKILL ENHANCEMENT SEMINAR

The Skill Enhancement Seminar is offered on-site in our Malvern, Pennsylvania and Sedona, Arizona Treatment Centers. The Skill Enhancement Seminar allows anyone who has taken Myofascial Release I to work alongside our highly trained and skilled Myofascial Release staff as we treat patients and therapists from around the world.

Prerequisite: Myofascial Release I™

In this Relaxed, No Pressure Environment You Will:

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



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

SKILL ENHANCEMENT LOCATIONS



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



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

ENROLLMENT IS LIMITED!

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

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

"THERAPY FOR THE THERAPIST"

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

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

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



THE BEST GIFT I EVER GAVE MYSELF!

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

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

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



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



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

ENROLLMENT IS LIMITED!

EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

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



“THE SANCTUARY”

42 LLOYD AVENUE ♦ MALVERN, PA 19355

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

Malvern@myofascialrelease.com

NURSE BETTY WELCOMES YOU TO HER HOME FOR ONLY \$50/NIGHT!

With her home less than a mile from “*The Sanctuary*” in Malvern, PA, Nurse Betty offers lodging at very reasonable rates to therapists and patients who visit us. Those who have stayed there have loved it! Lodging includes a private bedroom and use of the house, including a full kitchen. There are 4 bedrooms with 2 shared bathrooms including a private entrance on the lower level. Nurse Betty is a highly respected and dedicated nurse who is very welcoming to guests who stay in her home. For those interested in these comfortable accommodations within a 2-minute drive or 20 minute walk, you cannot beat the rate of \$50 per night, and the comradery of sharing a home with other MFR enthusiasts.

OUR MISSION IS TO RETURN YOU TO

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

WOMEN’S HEALTH PROBLEMS:

- ♦ Pelvic Floor Pain & Dysfunction
- ♦ Urinary Incontinence
- ♦ Infertility Problems
- ♦ Mastectomy Pain
- ♦ Painful Intercourse
- ♦ Urinary Urgency
- ♦ Vulvodynia
- ♦ Endometriosis
- ♦ Painful Scars

WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

“Therapy on the Rocks”, our Western Myofascial Release Treatment Center, is located in Sedona, Arizona nestled on a cliff along side a fifty foot waterfall cascading into the pristine water of Oak Creek Canyon. “Therapy on the Rocks” offers the perfect setting for healing. Magnificent views of the red rocks of Sedona are seen from the cozy treatment rooms, redwood sunning decks, and our creek side whirlpool.

Western majestic Red Rock Canyons lie nestled between the beauty of the Grand Canyon, just a 2 hour drive north, and the charm of Phoenix, a magnificent two hour drive south. Drive through Oak Creek Canyon (between Sedona and Flagstaff) on scenic Highway 89A, where spring fed Oak Creek cuts its way through a 28 mile long, 3,000 foot deep gorge and where the forces of nature have acted to create a visual masterpiece. Visit the quaint mining town of Jerome, built on the precipice of Mingus Mountain, with unique shopping available and spectacular views of the Sedona Valley.

Sedona, Arizona is truly a unique destination spot where visitors can enjoy a multitude of activities: hiking trails leading into the heart of the Red Rocks, jeep and helicopter tours, horseback riding, train and balloon rides await visitors. Beautiful and varied art galleries, Southwest and eclectic shopping opportunities, ancient Native American ruins, golf on the rocks, Slide Rock State Park and a multitude of high quality restaurants, incredibly beautiful resorts and housing options, even cozy suites are minutes away.



“THERAPY ON THE ROCKS”

676 NORTH HIGHWAY 89A ♦ SEDONA, AZ 86336

928-282-3002 ♦ 928-282-7274 (fax)

Sedona@myofascialrelease.com ♦ Therapyontherocks.net

A PAIN FREE, ACTIVE LIFESTYLE!

- ♦ Neurological Dysfunction
- ♦ Chronic Pain
- ♦ Migraines

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

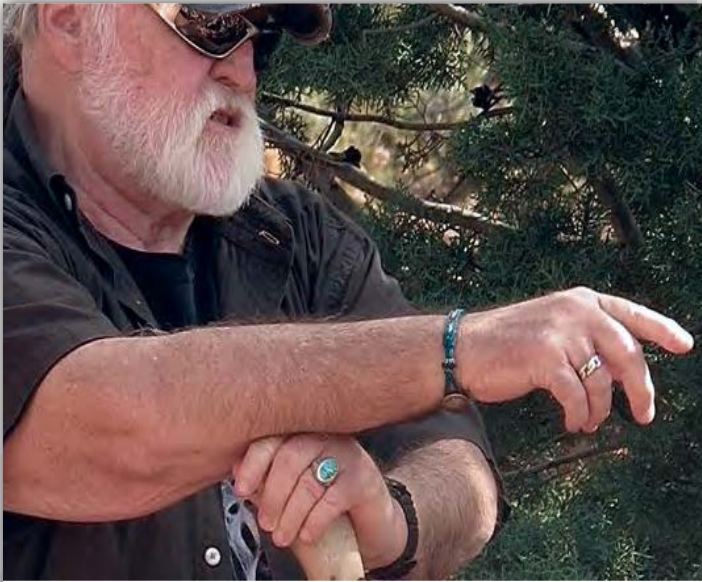
- ♦ Neck Pain
- ♦ Scoliosis
- ♦ Sciatica

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

- ♦ Menstrual Problems
- ♦ Urinary Frequency
- ♦ Adhesions

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

MYOFASCIAL HEALING SEMINAR



The Myofascial Healing Seminar will guide you to the depths of your essence for authentic healing in the most beautiful place in the world—Sedona, Arizona.

"After suffering fibromyalgia for years, my pain is finally gone. I feel so much better!"



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

LOCATION AND DATES

SEDONA AREA

(Verde Valley, AZ)
October 15-18, 2026
(½ days)
Cliff Castle Resort
(928) 567-7999

SEDONA, AZ

(Verde Valley, AZ)
June 10-13, 2027
(½ days)
Cliff Castle Resort
(928) 567-7999

SEDONA, AZ

(Verde Valley, AZ)
February 22-24, 2027
Cliff Castle Resort
(928) 567-7999



FOR THE PATIENT

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

FOR THE THERAPIST: HEAL YOURSELF

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

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



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

REGISTRATION INFORMATION

**SAVE
\$300**
By registering
for any three
seminars!

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

\$895 for each seminar or

\$795 if registered 2 weeks prior to seminar date

- ♦ Women's Health Seminar

\$1,200 for the seminar or

\$995 if registered 2 weeks prior to seminar date

- ♦ Myofascial Mobilization Workshop
- ♦ Pediatric Myofascial Release Workshop
- ♦ Subtle Energy

\$595 for each seminar or

\$495 if registered 2 weeks prior to seminar date

- ♦ Myofascial Healing Seminar

\$695 for each seminar or

\$595 if registered 2 weeks prior to seminar date

\$495 per person if 2 or more register together*

(*Please make two copies of this registration form,
one for each person and mail together.)

CONTINUING EDUCATION:

Myofascial Release Seminars are approved by many state and national associations. Please visit our website at myofascialrelease.com for a complete listing and to determine the number of hours granted by your association. It is the individuals responsibility to determine from their state board what is within their scope of practice.

DISCOUNTS:

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

REGISTRATION FEE AND CANCELLATION POLICY:

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

TAX REFORM ACT OF 1986, AS AMENDED BY THE 2017 TAX CUTS & JOBS ACT:

Registration fees, travel and lodging expenses incurred by a business or self-employed taxpayer while attending a convention or seminar that maintains or improves job skills relating to their profession will continue to be fully deductible; meal cost will remain 50% deductible.

**CALL TODAY – 1-800-FASCIAL or
Register Online at www.myofascialrelease.com**

IMPORTANT

Seminar Location City: _____ State: _____

Check the appropriate box(es)

- | | |
|---|---|
| ☐ Myofascial Release I | ☐ Fascial Cranium |
| ☐ Myofascial Unwinding | ☐ Women's Health Seminar |
| ☐ Myofascial Release II | ☐ Myofascial Rebounding |
| ☐ Myofascial Mobilization | ☐ Advanced Myofascial Unwinding |
| ☐ Pediatric Myofascial Release | ☐ Myofascial Release III—\$500 deposit |
| ☐ Fascial-Pelvis | ☐ Myofascial Healing |
| ☐ Cervical-Thoracic | ☐ Subtle Energy |
| | ☐ Quantum Leap ! |

Name: _____

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

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____

Charge to: ☐ VISA ☐ MASTERCARD Expiration Date: _____

Card #: _____ 3 Digit Security Code: _____

Signature: _____

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

MFR Seminars
42 Lloyd Avenue
Malvern, PA 19355

☐ Fax Form to 610-644-1662



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