

LEARN . . .
THE JOHN F. BARNES'

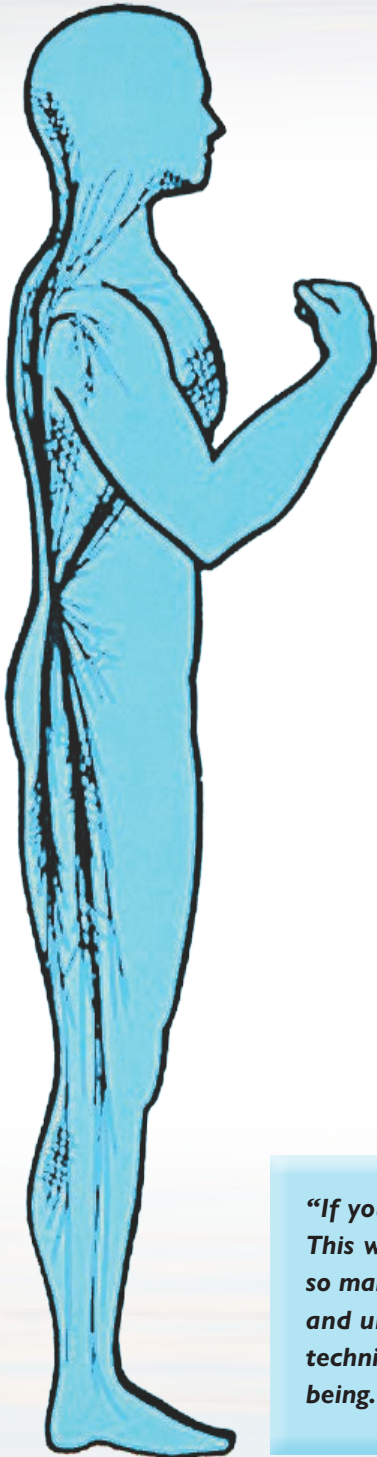
MYOFASCIAL RELEASE

APPROACH®

MYOFASCIAL RELEASE

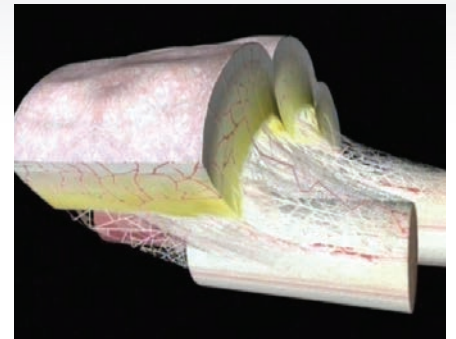
~ ENHANCE YOUR LIFE! ~

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



WHAT IS FASCIA?

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



Fascia Photo by Permission of Dr J.C. Guimberteau

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

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

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

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

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

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



MYOFASCIAL RELEASE

JOHN F. BARNES, PT
*International lecturer, author
and authority on Myofascial Release*

John F. Barnes, PT, is a therapeutic 'icon' considered to be a teacher of the highest caliber. He has been teaching Myofascial Release seminars for over 50 years and has trained over 100,000 therapists.

MASKING PAIN?

Traditional therapy has viewed pain from two different perspectives. One school of thought was to avoid pain, "mask" the symptoms and teach the patient to cope with his or her problem. This approach did not cause direct trauma, but forced people to be satisfied with limited results. There was the possibility of cumulative trauma since untreated restrictions caused micro trauma to the patient's system over time. This micro trauma was like a ticking time bomb left in the system, forcing a return of symptoms or a shift to another area. This is rarely a satisfactory solution.

The other school of thought was "no pain, no gain." Too many times patients were instructed to exercise and force their way through the pain. The result: a lot of strong patients in agony. Manipulation and other aggressive manual techniques produced force into osseous structures while paying no attention to the tight surrounding myofascial environment. The aggressive force used created the possibility of increased pain, injury or a return of symptoms because the environment of every osseous structure, the myofascial system, had not been released first.

Myofascial Release can safely and effectively free the osseous structures and/or create a more open environment to enhance the effectiveness of manipulation, mobilization procedures, muscle energy techniques and exercise and flexibility programs.

Is there a possibility of another option for the relief of pain and the restoration of motion? I strongly believe the possibility exists, based on my years of experience and the experience of over 100,000 physicians and therapists that I have had the opportunity to train in this approach.

I would like you to consider the possibility of a third treatment option of relieving pain and restoring motion: therapeutic pain.

One aspect of the Myofascial Release Approach is where the therapist applies gentle, sustained pressure into the fascial system, creating what the patient reports as a feeling of good pain or a good stretch. Release of the pressure of the fascial system around the muscles, nerves, blood vessels and the osseous structures creates a free mobile environment of these pain-sensitive structures, producing consistent results in relieving pain and restoring functional mobility.

Another aspect of myofascial release is the sophisticated facilitation techniques called Myofascial Unwinding. The fascial system is a piezoelectric tissue, so when the therapist applies gentle sustained pressure into the fascial system through compression, traction or twisting the fascial system or moving a particular body part (taking gravity out of the system), it creates a flow of the body's bioenergy. This flow triggers the mind/body complex into spontaneous motion. This

spontaneous therapeutic motion allows the body to assume positions in space that represent positions of past traumas. These positions of trauma represent one's subconscious fear, negative memories and/or pain that have created holding or bracing patterns which have impeded progress of the traditional therapeutic approach. It is these positions in space and the re-experiencing of this pain memory which is never injurious, that takes the threat out of the system and allows the mind/body complex to let go of these holding or bracing patterns so that healing can commence.

Working in reverse, Myofascial Release, and Myofascial Unwinding, release the fascial tissue restrictions, thereby altering the habitual muscular response and allowing the positional, reversible amnesia to surface, producing emotions and belief systems that are the cause of holding patterns and ultimately symptoms. Thus, it is important for the therapist to quiet his or her mind and feel the inherent motions. Quietly following the tissue or body part three-dimensionally along the direction of ease takes the patient into the significant restrictions or positions. With Myofascial Unwinding, the therapist eliminates gravity from the system. This unloading of the structure allows the body's righting reflexes and protective responses to temporarily suspend their influence. The body can then move into positions that allow these state or position dependent physiologic or flashback phenomena to reoccur. As this happens within the safe environment of a treatment session, the patient can facilitate the body's inherent self-correcting mechanism to obtain improvement.



Photo by Permission of Dr. JC Guimberteau

Fascial restrictions can exert approximately 2,000 pounds of pressure per square inch on pain sensitive structures producing pain, headaches, fibromyalgia and restrictions of motion.

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

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

Sincerely, 

MYOFASCIAL RELEASE I

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



20 CONTACT HOURS

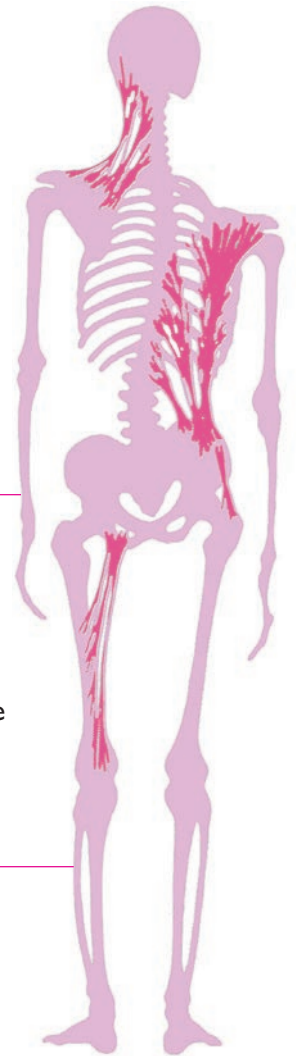
“I attended MFR 1 last year in Sedona. My practice is probably 90% MFR and people love it! I believe that the demand for Myofascial Release will do nothing but increase as people learn more about fascia and experience the healing that comes with this work.”

MYOFASCIAL RELEASE TECHNIQUES

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

CRANIAL TECHNIQUES

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



ENJOY A NEW, EXCITING AND LUCRATIVE CAREER!

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

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

Symptoms are the tip of the iceberg of a much deeper, important problem—myofascial restrictions! Science has now discovered what I have been teaching for over 45 years; i.e., pain, dysfunction and disease are caused by a prolonged inflammatory response. Trauma and the resultant inflammatory response create myofascial restrictions that ultimately create the symptoms.

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

MYOFASCIAL RELEASE I

LOCATIONS AND DATES

SAVANNAH, GA

(Historic District)
August 12-14, 2022
Embassy Suites
(912) 721-6900

GRAND RAPIDS, MI

August 26-28, 2022
DoubleTree by Hilton
(616) 957-0100

BRADENTON, FL

(Sarasota/Riverfront Area)
October 7-9, 2022
Courtyard Bradenton
(941) 747-3727

SUGARLAND, TX

(Houston Area)
October 7-9, 2022
Houston Marriott
(281) 275-8400

EVANSTON, IL

October 21-23, 2022
Holiday Inn
Chicago North
(847) 491-6400

ATLANTA, GA

(Buckhead Area)
November 4-6, 2022
Hilton Garden Inn
(404) 231-1234

CAPE COD, MA

(Hyannis Area)
November 11-13, 2022
DoubleTree Cape Cod
(508) 771-1700

ST. PAUL, MN

November 11-13, 2022
DoubleTree by Hilton
(651) 291-8800

SAN LUIS OBISPO, CA

November 18-20, 2022
Embassy Suites by Hilton
(805) 549-0800

CAPTIVA ISLAND, FL

January 19-22, 2023
(½ days)
South Seas Island Resort
(239) 472-5111

SEDONA, AZ

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

RENO, NV

March 17-19, 2023
Silver Legacy Resort
(775) 329-4777

SAN ANTONIO, TX

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

TOLEDO, OH

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

BURR RIDGE, IL

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

ROCHESTER, NY

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

WILMINGTON, DE

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

COLUMBIA, SC

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

OKLAHOMA CITY, OK

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

LAS VEGAS, NV

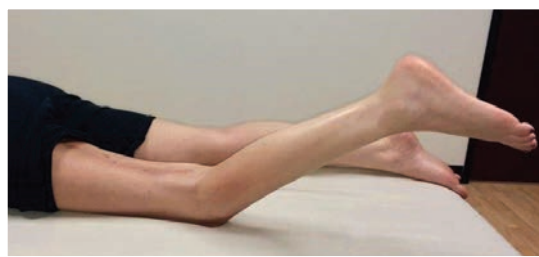
June 15-18, 2023 (½ days)
Alexis Park Resort
(702) 796-3300

APPLETON, WI

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

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

PATIENT STATEMENT



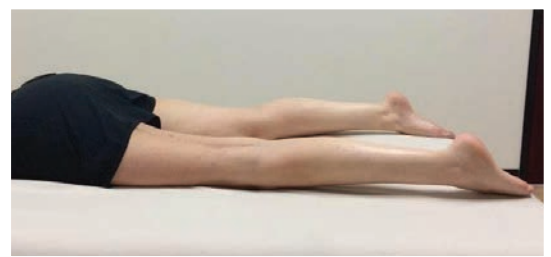
ONE YEAR OF PHYSICAL THERAPY & MASSAGE THERAPY

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

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

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

Rowena Cua, LMT, BCTMB, Las Vegas, NV



MYOFASCIAL RELEASE RESULTS

MYOFASCIAL UNWINDING

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

20 Contact Hours—Prerequisite: Myofascial Release I™

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

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

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



LOCATIONS AND DATES

SAVANNAH, GA

August 16-18, 2022
Embassy Suites
Historic District
(912) 721-6900

CAPTIVA ISLAND, FL

January 23-25, 2023
South Seas Island Resort
(239) 472-5111

BURR RIDGE, IL

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

ST. PAUL, MN

November 15-17, 2022
DoubleTree
by Hilton
(651) 291-8800

SEDONA, AZ

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

WILMINGTON, DE

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

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



MYOFASCIAL RELEASE II

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

20 Contact Hours—Prerequisite: Myofascial Release I™

LEARN ADVANCED MYOFASCIAL TECHNIQUES FOR:

- ♦ Lumbo-Sacral
- ♦ Hyoid
- ♦ Intra-Oral (Maxillae, Palatines, Vomer, Pterygoids, Mandible)
- ♦ Sacro-Iliac
- ♦ Thorax
- ♦ Psoas Complex
- ♦ Upper Extremities
- ♦ Lower Extremities
- ♦ Fascial Cranium
- ♦ Cervical
- ♦ Dural System

LOCATIONS AND DATES

SAVANNAH, GA

August 19-21, 2022
Embassy Suites
Historic District
(912) 721-6900

ST. PAUL, MN

November 18-20, 2022
DoubleTree
by Hilton
(651) 291-8800

CAPTIVA ISLAND, FL

January 26-29, 2023
(½ days)
South Seas Island Resort
(239) 472-5111

SEDONA, AZ

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

BURR RIDGE, IL

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

WILMINGTON, DE

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



YEARNING FOR A SIGNIFICANT TRANSFORMATION?



LEAP !!!

practice, with very little advertising (only Facebook ads and a listing in the MFR Directory). The demand for Myofascial Release exceeds what I can physically supply. People NEED this work. For the first time in my life, I'm making enough to support my kids without relying on anyone else. Best of all, we have been able to take a few memorable family vacations before my kids are all grown up. John says, "Life is meant to be enjoyed," and we are enjoying it so much more now, thanks to him. Love you, John F. Barnes!"

"I love talking about how John F. Barnes Myofascial Release has transformed my financial circumstances! I grew up very poor and continued to cycle below the poverty line throughout my 20's and 30's. I was 40, newly divorced, and financially devastated when I graduated from massage school five years ago. My area is saturated with massage therapists and I had no idea how difficult it is to make a steady, sustainable living from bodywork in my town."

"About 3 years ago, I was introduced to John Barnes' Myofascial Release by an amazing therapist and I started taking MFR Seminars. It was a tremendous stretch to come up with the seminar money, but I could feel with every fiber of my being that I needed to pursue this work. In just three years, I've built a thriving Myofascial Release

MYOFASCIAL MOBILIZATION

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

12 Contact Hours

LOCATIONS AND DATES

AUSTIN, TX

August 20 & 21, 2022
Hyatt Regency
(512) 477-1234

SANTA CLARA, CA

September 10 & 11, 2022
Hilton Hotel
(408) 330-0001

TORONTO, ON

September 24 & 25, 2022
Hotel Novotel
(416) 733-2929

LACROSSE, WI

October 8 & 9, 2022
Radisson Hotel
(608) 668-2448

TUCSON, AZ

November 19 & 20, 2022
Marriott University Park
(520) 792-4100

SAN DIEGO, CA

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

TOWSON, MD

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

SOUTH BEND, IN

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

BELLEVUE, WA

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

ASHEVILLE, NC

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



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

PEDIATRIC MYOFASCIAL RELEASE

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

12 Contact Hours

LOCATIONS AND DATES

CAMBRIDGE, MA

(Boston Area)
September 10 & 11, 2022
DoubleTree Suites
Boston-Cambridge
(617) 783-0090

VENTURA, CA

October 22 & 23, 2022
Crowne Plaza
Ventura Beach
(805) 648-2100

SACRAMENTO, CA

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

MAITLAND, FL

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

HARRISBURG, PA

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



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

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

VACATION SERIES & SPECIALTY SEMINARS

save
\$300

By registering for any
three seminars!



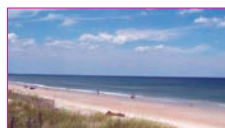
SAVANNAH, GA—Savannah's Historic District is home to many beautiful parks, a variety of museums, restored 18th-century homes, boutiques and more than 100 restaurants. Take a ferry ride on the Savannah River, and soak up the beauty and charm of Savannah's cobblestone streets.

Myofascial Release I
August 12-14, 2022

Myofascial Unwinding
August 16-18, 2022

Myofascial Release II
August 19-21, 2022

**EMBASSY SUITES
HISTORIC DISTRICT
(912) 721-6900**



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

Cervical Thoracic
Sept 22-25, 2022 (½ days)

Myofascial Rebounding
Sept 26-28, 2022

Fascial Cranium
Sept 29-Oct 2, 2022 (½ days)

**EMBASSY SUITES
OCEANFRONT RESORT
(843) 449-0006**



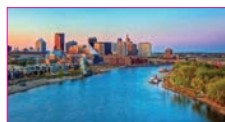
SEDONA, AZ—Often referred to as 'the most beautiful place on Earth', Sedona is a four-seasons playground with something for everyone.

Myofascial Healing
October 13-16, 2022 (½ days)

Subtle Energy
October 16-17, 2022

MFR III 'Beyond Technique'
October 18-23, 2022

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



ST. PAUL, MN—Known as the "City of Neighborhoods", there are so many diverse, charming and historic corners to be explored in St. Paul.

Myofascial Release I
November 11-13, 2022

Myofascial Unwinding
November 15-17, 2022

Myofascial Release II
November 18-20, 2022

**DOUBLETREE
BY HILTON
(651) 291-8800**



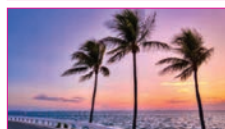
WILMINGTON, DE—Just off of Interstate 95, rolling hills and valleys have been carved out by the beautiful Brandywine River. Stroll through some of the leading horticultural centers in the world, Longwood Gardens, Winterthur, and the Hagley Museum. Visit Longwood Garden's 500,000 light incredible holiday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

Cervical Thoracic
December 2-4, 2022

Advanced Unwinding
December 6-8, 2022

Fascial Cranium
December 9-11, 2022

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



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

Myofascial Release I
January 19-22, 2023 (½ days)

Myofascial Unwinding
January 23-25, 2023

Myofascial Release II
January 26-29, 2023 (½ days)

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



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

Women's Health
February 16-19, 2023

Myofascial Healing
February 20-22, 2023

Cervical-Thoracic
February 23-26, 2023 (½ days)

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



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

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

Myofascial Unwinding
March 13-15, 2023

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

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



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

Women's Health
April 13-16, 2023

Myofascial Rebounding
April 18-20, 2023

Fascial Cranium
April 21-23, 2023

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



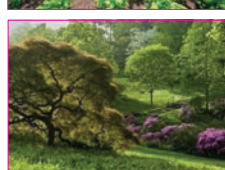
BURR RIDGE, IL (CHICAGO SUBURB)—Visit the quaint Burr Ridge Village with a wide variety of shopping and excellent dining. Travel plans become effortless thanks to our location near Chicago Midway International Airport.

Myofascial Release I
April 28-30, 2023

Myofascial Unwinding
May 2-4, 2023

Myofascial Release II
May 5-7, 2023

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



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

Myofascial Release I
May 12-14, 2023

Myofascial Unwinding
May 16-18, 2023

Myofascial Release II
May 19-21, 2023

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



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

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

Cervical-Thoracic
June 19-21, 2023

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

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



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

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

Myofascial Rebounding
July 17-19, 2023

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

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

FASCIAL-PELVIS



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

20 Contact Hours

LOCATIONS AND DATES

MORRISTOWN, NJ

August 19-21, 2022
Hyatt Regency
(973) 647-1234

DAYTONA BEACH, FL

September 9-11, 2022
Hilton Daytona Beach
Oceanfront Resort
(386) 254-8200

CLEVELAND, OH

September 16-18, 2022
DoubleTree Cleveland
Downtown-Lakeside
(216) 241-5100

FARGO, ND

September 23-25, 2022
Hilton Garden Inn
(701) 499-6000

COSTA MESA, CA

November 4-6, 2022
Westin South Coast Plaza
(714) 540-2500

FRESNO, CA

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

JACKSONVILLE, FL

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

RICHMOND, VA

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

BURLINGTON, VT

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

HOUSTON, TX

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

ST. LOUIS, MO

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

DEARBORN, MI

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

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

CERVICAL-THORACIC



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

20 Contact Hours—
Prerequisite: Myofascial Release I™

CERVICAL THORACIC TECHNIQUES

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

LOCATIONS AND DATES

MYRTLE BEACH, SC

September 22-25, 2022 (½ days)
Embassy Suites
Oceanfront Resort
(843) 449-0006

WILMINGTON, DE

December 2-4, 2022
Doubletree Hotel
(302) 478-6000

SEDONA, AZ

February 23-26, 2023 (½ days)
Poco Diablo Resort
(928) 282-7333

LAS VEGAS, NV

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

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

FASCIAL CRANIUM

The Fascial Cranium Seminar is one of our newest and most popular seminars! You will explore and learn unique Myofascial Release principles for the fascial cranium and intra-oral structures to increase physiological function, enhance cognition, and decrease headaches, cervical, sinus and TMJ pain.

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

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



LOCATIONS AND DATES

MYRTLE BEACH, SC

Sept. 29-Oct. 2, 2022 (½ days)
Embassy Suites
Oceanfront Resort
(843) 449-0006

WILMINGTON, DE

December 9-11, 2022
Doubletree Hotel
(302) 478-6000

SEDONA, AZ

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

SAN FRANCISCO, CA

April 21-23, 2023
Holiday Inn
Golden Gateway
(415) 441-4000

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

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

WOMEN'S HEALTH SEMINAR

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

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

25 Contact Hours

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

LOCATIONS AND DATES

SEDONA, AZ

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

SAN FRANCISCO, CA

April 13-16, 2023
Holiday Inn Golden Gateway
(415) 441-4000



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 30 years of research on the fascial system. Incredible micro-videography reveals tensegrity, piezoelectricity, mechanotransduction in action, and the fractal nature of the fascial system allowing you to see what you have been feeling in your hands!

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

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

LOCATION AND DATE

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



MYOFASCIAL REBOUNDING



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

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

Prerequisite: Myofascial Release I™

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

LOCATIONS AND DATES

MYRTLE BEACH, SC
September 26-28, 2022
Embassy Suites
Oceanfront Resort
(843) 449-0006

SAN FRANCISCO, CA
April 18-20, 2023
Holiday Inn Golden Gateway
(415) 441-4000

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

ADVANCED MYOFASCIAL UNWINDING



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

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

LOCATIONS AND DATES

WILMINGTON, DE
December 6-8, 2022
Doubletree Hotel
(302) 478-6000

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

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

MYOFASCIAL RELEASE III—"BEYOND TECHNIQUE"

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

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

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

I look forward to being with you.

Sincerely,



John F. Barnes, P.T.



New Prerequisites for Myofascial Release III

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

DATE: October 18-23, 2022

TIMES: Full-day October 18th, Half-days October 19-23, 2022. Times will vary.

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

HOTEL: Poco Diablo Resort (928) 282-7333—Reserve Early!

PRICE: \$1800 or \$1495 if registered 2 weeks prior to the seminar date.

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

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

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

SUBTLE ENERGY SEMINAR

EXPAND YOUR SENSITIVITY & AWARENESS!

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

Highly recommended to be taken in conjunction with Myofascial Release III

LOCATION AND DATE

SEDONA, AZ
October 16 & 17, 2022
Poco Diablo Resort
(928) 282-7333

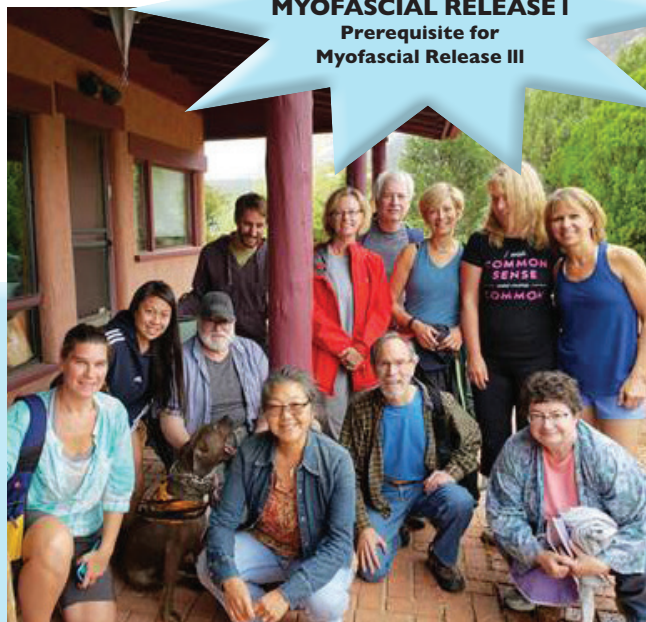
SKILL ENHANCEMENT SEMINAR

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

Prerequisite: Myofascial Release I™

In this Relaxed, No Pressure Environment You Will:

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



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

SKILL ENHANCEMENT WITH JOHN F. BARNES, PT

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



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



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

ENROLLMENT IS LIMITED!

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

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

"THERAPY FOR THE THERAPIST"

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

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

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

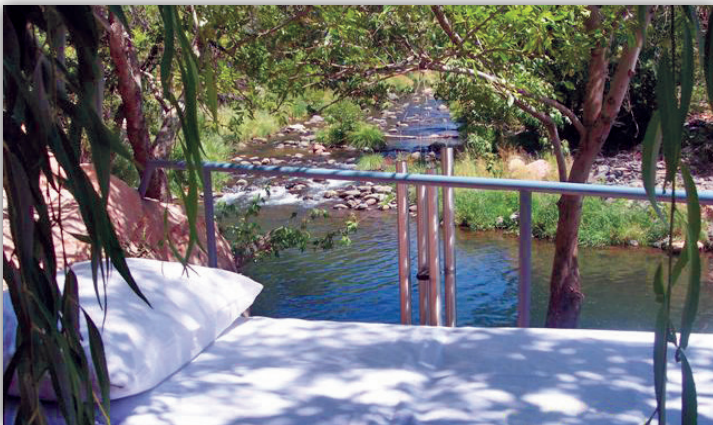


THE BEST GIFT I EVER GAVE MYSELF!

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

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

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



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



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

ENROLLMENT IS LIMITED!

EASTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

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



“THE SANCTUARY”

42 LLOYD AVENUE ♦ MALVERN, PA 19355

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

Malvern@myofascialrelease.com

NURSE BETTY WELCOMES YOU TO HER HOME FOR ONLY \$40/NIGHT!

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

OUR MISSION IS TO RETURN YOU TO

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

WOMEN’S HEALTH PROBLEMS:

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

WESTERN MYOFASCIAL RELEASE TREATMENT CENTER

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

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

Sedona, Arizona is truly a unique destination spot where visitors can enjoy a multitude of activities: hiking trails leading into the heart of the Red Rocks, jeep and helicopter tours, horseback riding, train and balloon rides await visitors. Beautiful and varied art galleries, Southwest and eclectic shopping opportunities, ancient Native American ruins, golf on the rocks, Slide Rock State Park and a multitude of high quality restaurants, incredibly beautiful resorts and housing options, even cozy suites for \$40 a night are minutes away.



“THERAPY ON THE ROCKS”

676 NORTH HIGHWAY 89A ♦ SEDONA, AZ 86336

928-282-3002 ♦ 928-282-7274 (fax)

Sedona@myofascialrelease.com ♦ 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, AZ

October 13-16, 2022 (½ days)
Poco Diablo Resort
(928) 282-7333

SEDONA, AZ

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

SEDONA, AZ

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

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

FOR THE PATIENT

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

FOR THE THERAPIST: HEAL YOURSELF

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

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



REGISTRATION INFORMATION

**SAVE
\$300**

By registering for any
three seminars!

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

\$750 for each seminar or

\$695 if registered 2 weeks prior to seminar date

- ◆ Women's Health Seminar

\$1,000 for the seminar or

\$895 if registered 2 weeks prior to seminar date

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

\$450 for each seminar or

\$395 if registered 2 weeks prior to seminar date

- ◆ Myofascial Healing Seminar

\$550 for each seminar or

\$495 if registered 2 weeks prior to seminar date

\$395 per person if 2 or more register together*

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

CONTINUING EDUCATION:

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

DISCOUNTS:

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

REGISTRATION FEE AND CANCELLATION POLICY:

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

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

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

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

IMPORTANT

Seminar Location City: _____ State: _____

Check the appropriate box(es)

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

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