

As we prepare for upcoming seminars, we would like to take this moment to inform you of our current policies at seminars.

Mask wearing at seminars will be optional for seminar participants. This means that seminar participants may choose to wear masks but it is not required. As always, this is subject to change.

Our seminars are 'hands-on' and you must fully participate in all of the 'hands-on' sessions throughout the seminar. Requesting to 'observe only' creates uneasiness with other participants and will not be permitted. To fully learn Myofascial Release 'touch' is a necessary aspect.

Anyone experiencing of the following symptoms at any point during any day of the seminar you are attending, such as temperature of 100.4 degrees Fahrenheit or more, fever or chills, cough, shortness of breath or difficulty breathing, fatigue (unrelated to usual fatigue levels), muscle or body aches (unrelated to usual pain symptoms), headache (unrelated to usual pain symptoms for), new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or any other flu-like symptoms and/or if you have been in contact with anyone with these symptoms within 14 days of the start of the seminar, please contact MFR Seminars at 1-800-327-2425 ext. 4 or email [seminars@myofascialrelease.com](mailto:seminars@myofascialrelease.com) to transfer your seminar funds towards a future class.

Your attendance at our seminar is subject to and acceptance of these terms and conditions and you waive MFR Seminars from any and all liability.