



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

LEARN . . .

THE JOHN F. BARNES'

MYOFASCIAL

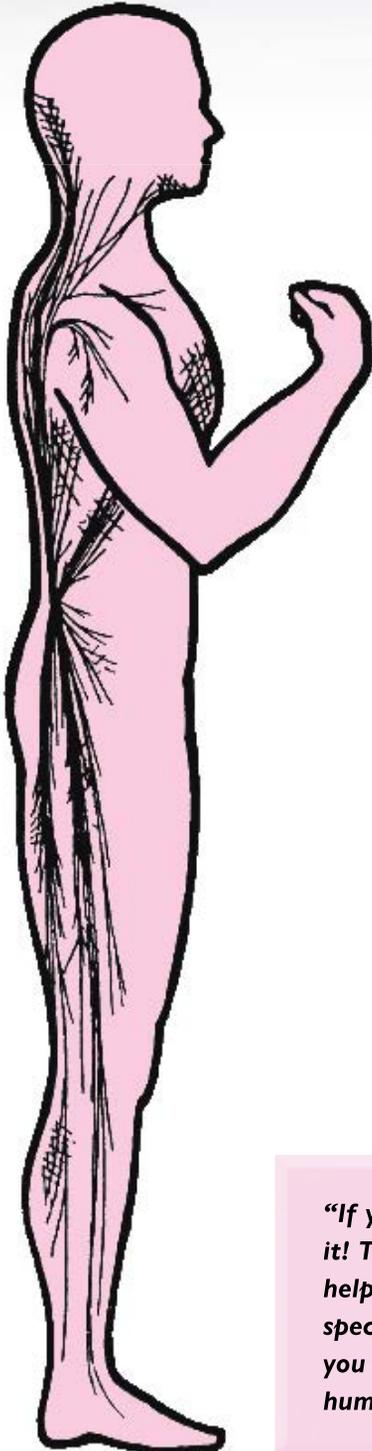
RELEASE

APPROACH®

MYOFASCIAL RELEASE

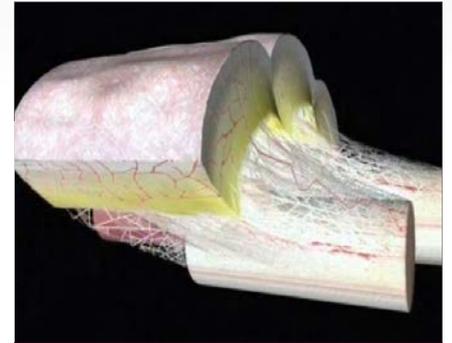
~ ENHANCE YOUR LIFE! ~

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, 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*

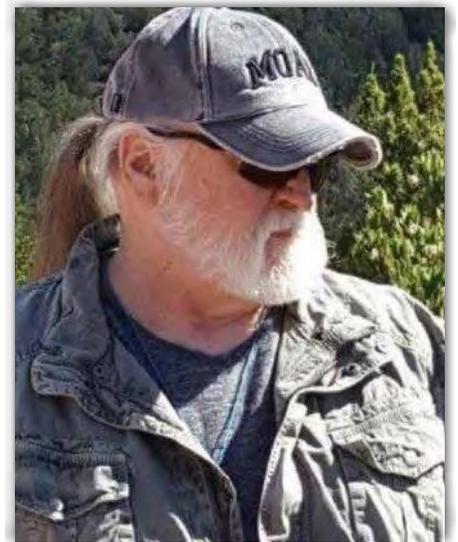
John F. Barnes, PT, is a therapeutic 'icon' considered to be a teacher of the highest caliber. He has been teaching Myofascial Release seminars for over 50 years and has trained over 100,000 therapists.

One of the most important developments in electronics and healthcare !

I would like to share with you the importance of the cytoskeleton and the fascial microtubules that I have learned from treating patients from all over the world and teaching Myofascial Release Seminars over the last 50 years. The cytoskeleton within every cell is comprised of the fascial microtubules through which consciousness flows at an incredible speed.

The single-cell Paramecium is evidence of consciousness beyond the nervous system. The Paramecium has no central nervous system, no brain, no neurons but it swims around, finds food, finds a mate and avoids danger. The fascial microtubules are the paramecium's cytoskeleton, which process enormous amounts of information/consciousness flowing through us at incredible speed. Recent research has demonstrated that modern brain science with emphasis on the neuron is misguided.

Fascial microtubules have proven to be the most versatile biological structures that are found in every cell in plants, animals and humans. Microtubules act as the crucial cytoskeleton, supporting the structure of living cells and moving the chemical components, nutrition, oxygen and fluid to nourish the trillions of cells in our mind/body complex.



Nobel Prize winner, Sir Charles Scott Sherrington, renowned English physician, neurophysiologist, histologist, bacteriologist, and pathologist, spent his life studying, teaching, and writing about the nervous system. Dr. Sherrington, a long time ago, stated that he considered the cell's cytoskeleton functioned as its nervous system.

Anirban Bandyopadhyay is a physicist studying the work of Dr. Penrose and Dr. Hammeroff on the microtubules. Microtubules conduct information and energy much faster than the neurons. A bundle of microtubules resonates like a guitar string firing a thousand times faster than the normal activity for neurons which is contrary to all previous scientific understanding. Neuroscientists need to go deeper into the microtubules. Bandyopadhyay has stated that modern brain science's emphasis on the neuron is misguided !

Anirban Bandyopadhyay's research has also interestingly stated that the fascial microtubules have been considered by traditional science as basically insulators, incapable of conducting energy. Bandyopadhyay found something very different; applying energy and sustained pressure to the fascia's microtubules increased the flow by a factor of one billion !

Increased by one billion No wonder myofascial release is so incredibly effective ! Instead of the mistaken idea that microtubules were insulators, they have been now shown to be acting like a semi-conductor, capable of carrying enormous amounts of information and energy at an incredible speed. Anirban Bandyopadhyay has stated that he considers this one of the most important developments in electronics !

It is important for us to understand that Myofascial Release enhances the flow of liquid light through the crystalline fascial web to decrease pain, increase motion, and enhance physiological health.

One of the world's greatest geniuses, Einstein, has said that everything is energy, different frequencies and vibration of energy. In all of his profound insights, he stated did not come from his intellectual mind, but from his intuition. It would come to him in the form of pictures as a totality, and that he used his intellectual side to break down into words and concepts so he can communicate this to others.



Fascial restrictions can exert crushing pressure on pain sensitive structures producing pain, headaches, fibromyalgia and restriction of motion.

Similar to Einstein, anesthesiologist Dr. Stuart Hammeroff's intuition showed him that there were tiny structures in our cells called fascial microtubules, which could explain consciousness. He was joined by Sir Roger Penrose, one of the most esteemed figures in mathematical physics. Through years of work, they developed a theory called "Orchestrated Objective Reduction". Research suggests that structures called microtubules could transport materials, chemicals, nutrition, oxygen and fluid inside cells and underlies our conscious thinking. They believe quantum physics might be vital to our cognition and even memory. It has been estimated that the neurological system conducts signals and information at a very fast rate, approximately 150 miles per hour. However, we must look at the fascial system as our primary communication system, since it conducts signals, information, energy at a rate of 750 miles per hour !

My intuition (Channel 3) guided me both through visual images and instinctive 'felt sense' revealing to me how the fascial system is not an insulator, but a semi-conductor and how every fascial fiber down to the tiniest of levels is actually a microtubule with a hollow core. Within the hollow core is fluid, and within the fluid flows photons which are the basic communication of our body at the cellular level.

Our education in traditional therapy and science, while logical, is riddled with enormous errors and flaws. To quote the brilliant writer and father of American Literature, Mark Twain, "I was educated once; it took me years to get over it !"

Isn't it time to let go of the antiquated, obsolete paradigm of traditional therapy and science? To be blunt
When the horse is dead, dismount !!!

Instead, embrace Myofascial Release fully allowing a return of vitality, passion and joy to your life and the life of others !

JOIN US IN THE IMPORTANT MYOFASCIAL RELEASE EVOLUTION IN HEALTHCARE!

Sincerely,

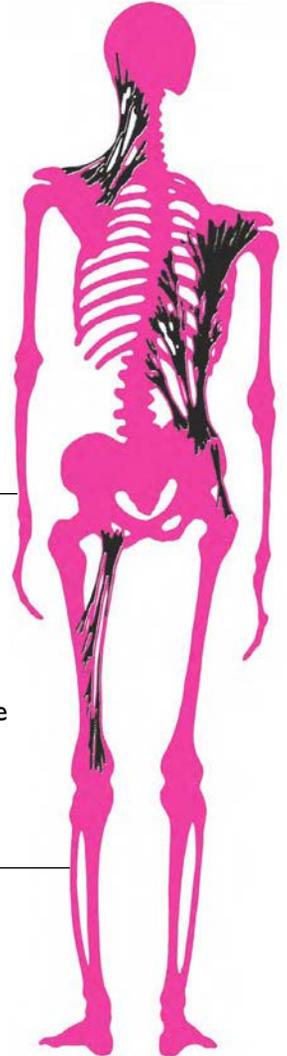

MYOFASCIAL RELEASE I

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 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!

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 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

NIAGARA FALLS, NY

August 14-17, 2025
(½ days)
Sheraton Niagara Falls
(716) 285-3361

ST. LOUIS, MO

September 12-14, 2025
Hilton St. Louis
at the Ballpark
(314) 421-1776

ANN ARBOR, MI

October 24-26, 2025
Hilton Garden Inn
(734) 327-6400

COSTA MESA, CA

November 7-9, 2025
Hilton Orange County
Costa Mesa
(714) 540-7000

DALLAS, TX

November 14-16, 2025
Crowne Plaza -
Market Center
(214) 630-8500

WILMINGTON, DE

December 5-7, 2025
Doubletree Hilton
(302) 478-6000

TAMPA, FL

January 15-18, 2026
(½ days)
Embassy Suites
Hilton USF
(813) 977-7066

SEDONA AREA

(Verde Valley, AZ)
March 12-15, 2026
(½ days)
Cliff Castle Resort
(928) 567-7999

BRISTOL, CT

(Hartford Area)
March 27-29, 2026
Doubletree Hilton
(860) 589-7766



“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

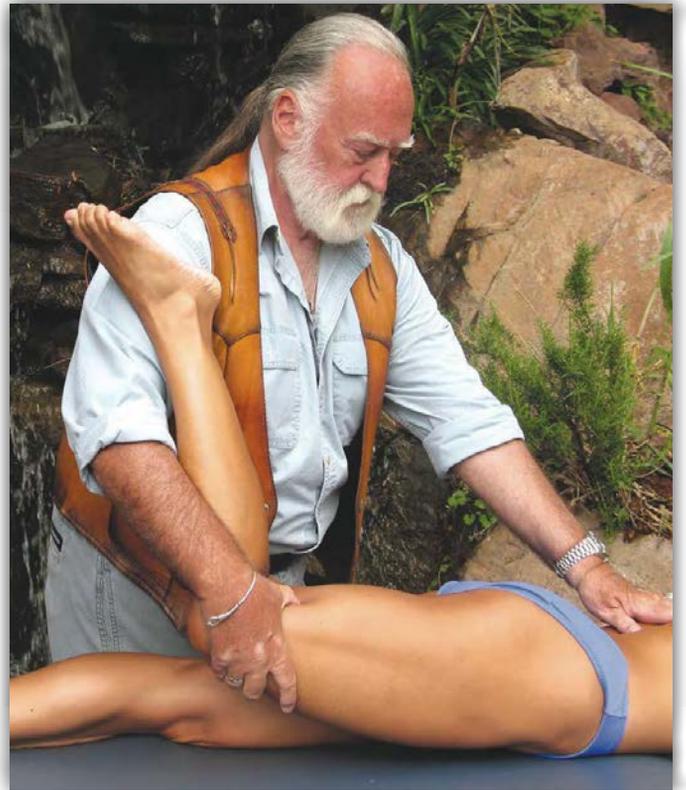
The Myofascial Unwinding seminar is designed to enhance your skill level and sensitivity providing you with a comprehensive treatment regime. Persistent pain and/or structural dysfunction may be perpetuated by “holding or bracing patterns” in the body. You will learn from the patient’s perspective how 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 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

NIAGARA FALLS, NY

August 18-20, 2025
Sheraton Niagara Falls
(716) 285-3361

TAMPA, FL

January 19-21, 2026
Embassy Suites Hilton USF
(813) 977-7066

SEDONA AREA

(Verde Valley, AZ)
March 16-18, 2026
Cliff Castle Resort
(928) 567-7999



“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

NIAGARA FALLS, NY

August 21-24, 2025
(½ days)
Sheraton Niagara Falls
(716) 285-3361

TAMPA, FL

January 22-25, 2026
(½ days)
Embassy Suites
Hilton USF
(813) 977-7066

SEDONA AREA

(Verde Valley, AZ)
March 19-22, 2026
(½ days)
Cliff Castle Resort
(928) 567-7999



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

MADISON, WI

September 13 & 14, 2025
Doubletree Hilton
Madison East
(608) 244-4703

CRANBERRY TWP., PA

(Pittsburgh Area)
October 4 & 5, 2025
Hilton Garden Inn
Pittsburgh Cranberry
(724) 779-9999

WINNIPEG, MB

October 11 & 12, 2025
The Birchwood Inn
(204) 885-4478

ATLANTA, GA

December 13 & 14, 2025
Hilton Garden Inn
Atlanta Buckhead
(404) 231-1234

SAN ANTONIO, TX

Jan. 31 & Feb. 1, 2026
Doubletree Hilton
Downtown
(210) 224-7155

SAN LUIS OBISPO, CA

Feb. 28 & March 1, 2026
Embassy Suites Hotel
(805) 549-0800

FORT LAUDERDALE, FL

March 7 & 8, 2026
Fort Lauderdale
Marriott North
(954) 771-0440

*“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

ROCHESTER, MN

October 11 & 12, 2025
The Kahler Hotel
(507) 280-6200

DAYTONA BEACH, FL

November 15 & 16, 2025
Daytona Grand Hotel
(386) 271-7979

CHATTANOOGA, TN

March 28 & 29, 2026
The Chattanooga Hotel
by Hilton
(423) 756-3400



“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!



ST. PAUL, MN—The great Mississippi River runs through St. Paul, MN, a city full of culture, history, arts, local brews and fantastic food !

Cervical Thoracic
July 18-20, 2025

Myofascial Rebounding
July 22-24, 2025

Fascial Cranium
July 25-27, 2025

Doubletree Hilton
Downtown
(651) 291-8800



NIAGARA FALLS, NY—Experience the power of the Falls and live to tell the tale ! The iconic Maid of the Mist tour boats have escorted millions of guests to the base of the Falls, and should not be missed !

Myofascial Release I
August 14-17, 2025 (½ days)

Myofascial Unwinding
August 18-20, 2025

Myofascial Release II
August 21-24, 2025 (½ days)

Sheraton at the Falls
(716) 285-3361



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

Myofascial Rebounding
Sept 18-21, 2025 (½ days)

Quantum Leap
Sept 22-24, 2025

Fascial Cranium
Sept 25-28, 2025 (½ days)

Cliff Castle Resort
(928) 567-7999



SEDONA AREA (VERDE VALLEY, AZ)—Beautiful Sedona's red rock cliffs and vortexes are just a short drive. You can kayak or canoe in the beautiful Verde River. Montezuma Castle National Monument only 3 minutes away and the incredible animals at the 'Out of Africa Wildlife Park' are 10 minutes away. Take a couple extra days to explore the magnificent Grand Canyon or take a peaceful boat ride on the turquoise water of Lake Powell.

Myofascial Healing
October 16-19, 2025 (½ days)

Subtle Energy
October 19 & 20, 2025

Myofascial Release III
October 21-26, 2025

Cliff Castle Resort
(928) 567-7999



INDIANAPOLIS, IN—Blessed with plenty of green space, glistening waterways and remarkable memorials, Indianapolis is a charmingly picturesque city with an array of things to do. No matter what your tastes or hobbies, the north-eastern city is bound to win you over.

Women's Health
November 6-9, 2025

Advanced Unwinding
November 11-13, 2025

Fascial Cranium
November 14-16, 2025

Hilton Hotel
(317) 972-0600



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 5-7, 2025

Myofascial Rebounding
December 9-11, 2025

Cervical-Thoracic
December 12-14, 2025

Doubletree Hilton
(302) 478-6000



TAMPA, FL—Tampa is the heart of Florida's Gulf coast. Discover active adventures, exotic wildlife, authentic culture and cuisine . . . and enjoy it all at a relaxing pace. It's the perfect union of exhilaration with relaxation. Be sure to take a stroll down the incredibly scenic Tampa Riverwalk !

Myofascial Release I
January 15-18, 2026 (½ days)

Myofascial Unwinding
January 19-21, 2026

Myofascial Release II
January 22-25, 2026 (½ days)

Embassy Suites
Hilton USF
(813) 977-7066



SEDONA AREA (VERDE VALLEY, AZ)—Verde Valley, Arizona is just a short drive to the bristling forests and magnificent red rock canyons of Sedona. You just may want to stay a few more days to take in all that this area has to offer, including the incredible vistas of the Grand Canyon and turquoise water of Lake Powell !

Women's Health
February 12-15, 2026

Myofascial Healing
February 16-18, 2026

Cervical-Thoracic
February 19-22, 2026 (½ days)

Cliff Castle Resort
(928) 567-7999



SEDONA AREA (VERDE VALLEY, AZ)—Enjoy the spectacular red rock cliffs of Sedona, or visit Jerome, a historic mining town with interesting and unique shopping. Enjoy the beautiful landscape while sitting on the banks of the beautiful Verde River.

Myofascial Release I
March 12-15, 2026 (½ days)

Myofascial Unwinding
March 16-18, 2026

Myofascial Release II
March 19-22, 2026 (½ days)

Cliff Castle Resort
(928) 567-7999

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

LOCATIONS AND DATES

COLUMBIA, SC
August 22-24, 2025
Hilton Garden Inn NE
(803) 807-9000

SAN JOSE, CA
September 5-7, 2025
Hilton San Jose
(408) 287-2100

PORTLAND, ME
September 12-14, 2025
Holiday Inn by the Bay
(207) 775-2311

SKOKIE, IL
(Chicago Area)
September 26-28, 2025
Doubletree
North Shore Conf. Ctr.
(847) 679-7000

VANCOUVER, WA
(Portland Area)
October 3-5, 2025
The Heathman Lodge
(360) 254-3100

TEMPE, AZ
(Phoenix Area)
November 21-23, 2025
Doubletree Hilton
Phoenix Tempe
(480) 967-1441

KING OF PRUSSIA, PA
February 20-22, 2026
Crowne Plaza Philadelphia
King of Prussia
(610) 265-7500

“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 Hour Seminar
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

ST. PAUL, MN
July 18-20, 2025
Doubletree Hilton
Downtown
(651) 291-8800

WILMINGTON, DE
December 12-14, 2025
Doubletree Hilton
(302) 478-6000

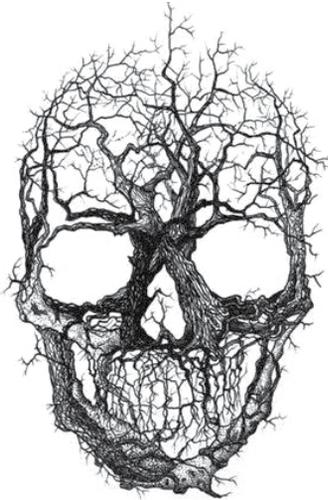
SEDONA AREA
(Verde Valley, AZ)
February 19-22, 2026
(½ days)
Cliff Castle Resort
(928) 567-7999

“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.

20 Hour Seminar

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

LOCATIONS AND DATES

ST. PAUL, MN

July 25-27, 2025
Doubletree Hilton
Downtown
(651) 291-8800

SEDONA AREA

(Verde Valley, AZ)
September 25-28, 2025
(½ days)
Cliff Castle Resort
(928) 567-7999

INDIANAPOLIS, IN

November 14-16, 2025
Hilton Hotel
(317) 972-0600

"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™, Fascial-Pelvis, Myofascial Unwinding

LOCATIONS AND DATES

INDIANAPOLIS, IN

November 6-9, 2025
Hilton Hotel
(317) 972-0600

SEDONA AREA

(Verde Valley, AZ)
February 12-15, 2026
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 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



SEDONA AREA
(Verde Valley, AZ)
September 22-24, 2025
Cliff Castle Resort
(928) 567-7999

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

ST. PAUL, MN
July 22-24, 2025
Doubletree Hilton
Downtown
(651) 291-8800

SEDONA AREA
(Verde Valley, AZ)
September 18-21, 2025
(½ days)
Cliff Castle Resort
(928) 567-7999

WILMINGTON, DE
December 9-11, 2025
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

INDIANAPOLIS, IN
November 11-13, 2025
Hilton Hotel
(317) 972-0600



- ◆ 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.

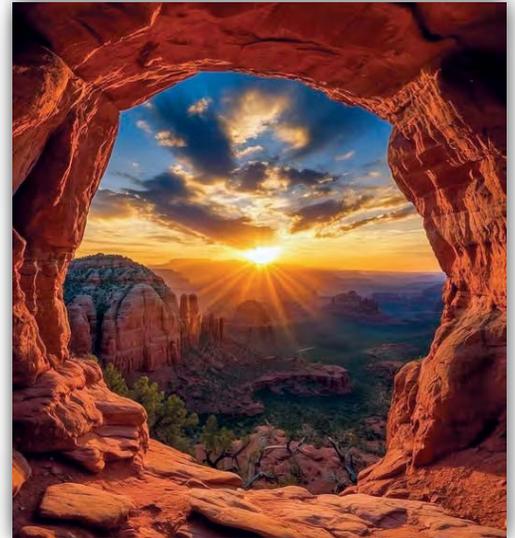
This powerful and enjoyable experience will allow your essence to re-emerge in a healthy, positive, balanced fashion. This will be done in a supportive, loving environment designed to bring out your full potential to become authentic healers.

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 21-26, 2025

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 19 & 20, 2025
Cliff Castle Resort
(928) 567-7999

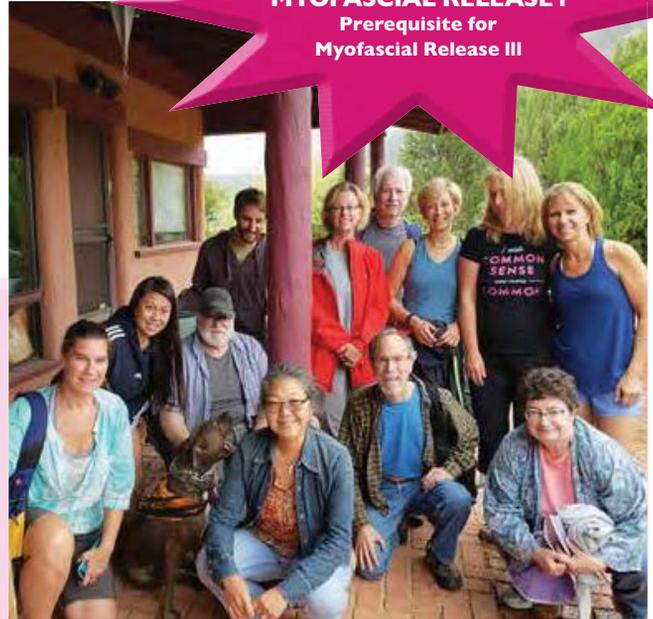
SKILL ENHANCEMENT SEMINAR

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 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 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

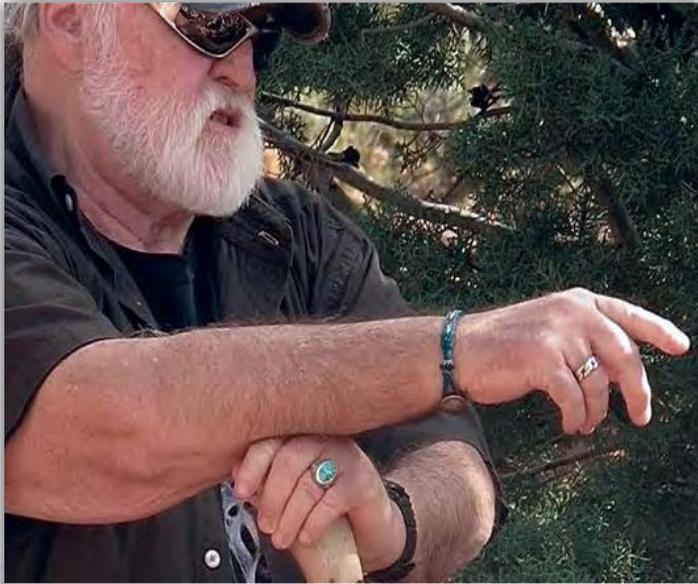
- ♦ Neck Pain
- ♦ Scoliosis
- ♦ Sciatica

- ♦ 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 16-19, 2025
(½ days)
Cliff Castle Resort
(928) 567-7999

SEDONA AREA

(Verde Valley, AZ)
February 16-18, 2026
Cliff Castle Resort
(928) 567-7999



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

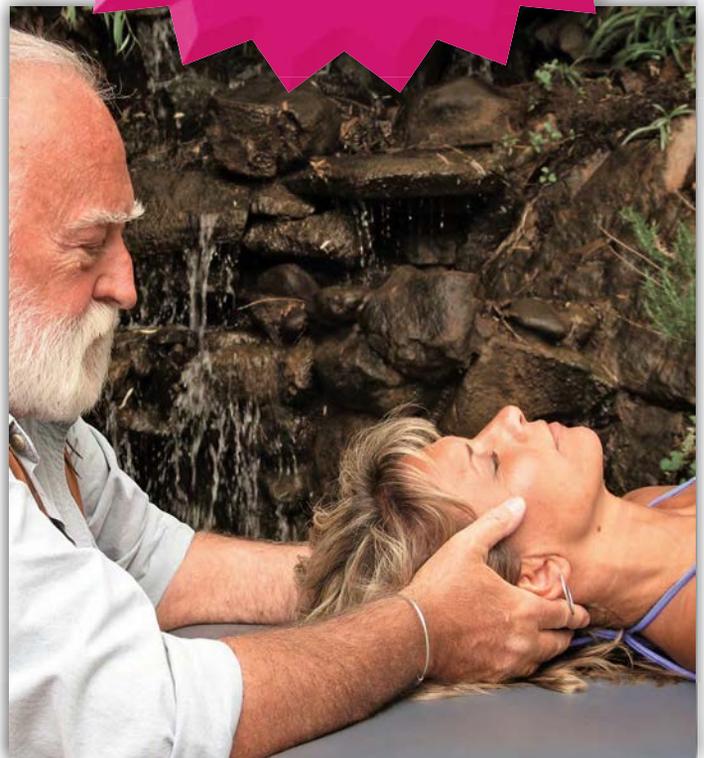
FOR THE PATIENT

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



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

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