



LEARN . . .
THE JOHN F. BARNES'

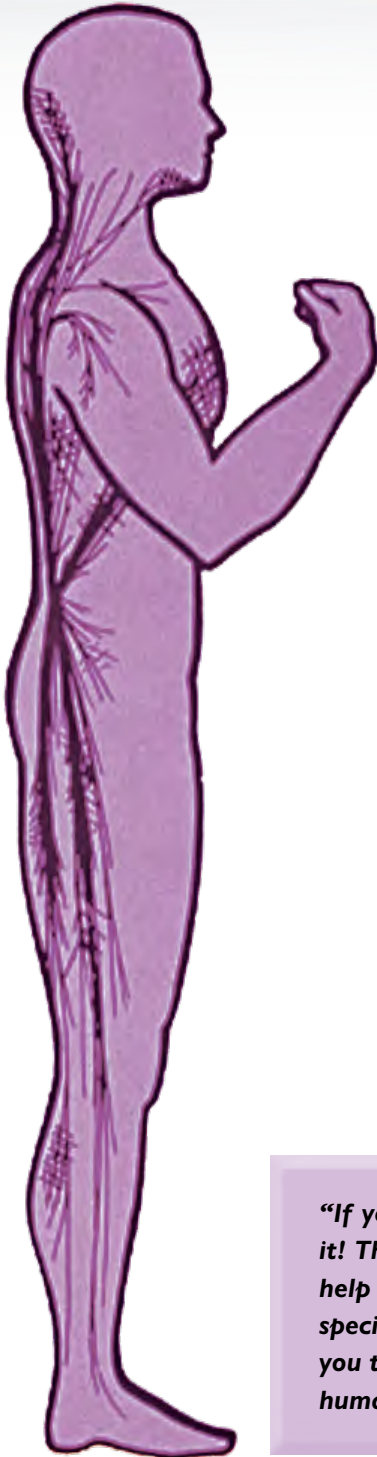
MYOFASCIAL RELEASE

APPROACH®

MYOFASCIAL RELEASE

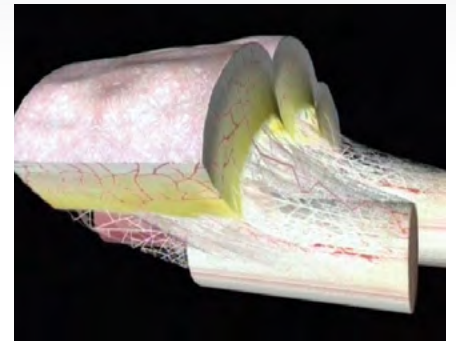
~ ENHANCE YOUR LIFE! ~

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.

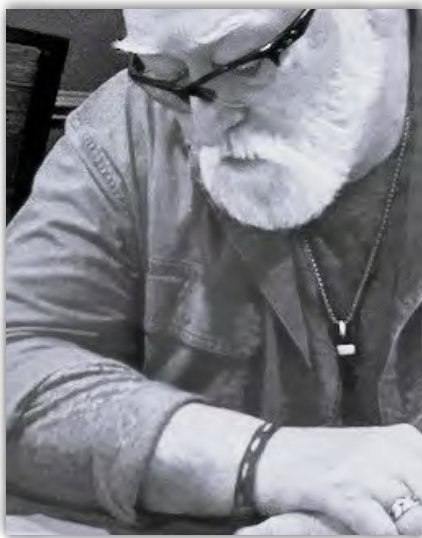
WHAT IS THE JOHN F. BARNES' MYOFASCIAL RELEASE APPROACH®?

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.

Someone recently posed this question to me: *“It seems we’ve become a society obsessed with the notion of hydration, as witnessed by the blooming bottled water industry. Seems as though, everywhere you go, you can see people with their water bottles in tow. Could you please share your thoughts on how relevant our fascial system correlates with cellular hydration and therefore how to improve the effectiveness of keeping ourselves truly hydrated?”*

As this therapist has observed, everyone is walking around with their cute little water bottles, guzzling copious amounts of water. This is about as effective as pouring water over a stone. The surface becomes wet, but the water never penetrates to the interior.

The “stones” I am referring to are the collagenous restrictions of the fascial system that do not show up in any of the standard testing now being done. The “ground substance” of the fascial system, the environment of every cell of our body, should be a gelatinous to a fluid state. When we undergo trauma or a “thwarted” inflammatory process, the ground substance dehydrates. As the cellular environment, the fascial system, hardens it produces crushing pressure on the cells and blocks the flow of water, nutrition, oxygen, hormones, and/or medicine into the cell’s interior. These fascial restrictions also block the excretion of toxins from the cell.



So, unfortunately no matter how much water you take in, in the presence of fascial restrictions, it doesn’t get to where your body needs it the most. This is why I say, without Myofascial Release, the intention of drinking plenty of water is good, but it is as effective as pouring water over a stone! Myofascial Release enhances cellular function and the effectiveness of good massage, bodywork, and energy techniques.

Myofascial Release is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion. 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.

The use of Myofascial Release allows us to look at each patient as a unique individual. Our one-on-one therapy sessions are hands-on treatments during which our therapists use a multitude of Myofascial Release techniques and movement therapy. We promote independence through education in proper body mechanics and movement, self-treatment instruction, enhancement of strength, improved flexibility, and postural and movement awareness.

Hands-On Treatment

Each Myofascial Release Treatment session is performed directly on skin without oils, creams or machinery. This enables the therapist to accurately detect fascial restrictions and apply the appropriate amount of sustained pressure to facilitate release of the fascia.

Fascia is a specialized system of the body that has an appearance similar to a spider's web or a sweater. Fascia is very densely woven, covering and interpenetrating every muscle, bone, nerve, artery and vein, as well as, all of our internal organs including the heart, lungs, brain and spinal cord. The most interesting aspect of the fascial system is that it is not just a system of separate coverings. It is actually one continuous structure that exists from head to toe without interruption. In this way you can begin to see that each part of the entire body is connected to every other part by the fascia, like the yarn in a sweater.



Trauma, inflammatory responses, and/or surgical procedures 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 many of the standard tests (x-rays, myelograms, CAT scans, electromyography, etc.) A high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but are not diagnosed.

Fascia: A Liquid Crystalline Matrix

My experience has shown that much of what you and I were taught has been known to be obsolete for close to seventy years! Despite the fact that the information has been known to be outdated, it is still being taught in most medical, dental, and therapeutic schools, leading to the frustration of temporary results and a health care system on the verge of bankruptcy and collapse.

It is time to change and update our paradigm, which is a shared set of assumptions, a model of reality. Our society's model of reality is logical, but a terribly flawed and incomplete paradigm.

I hope to share with you the principles that I have developed from my own personal experience with pain and gleaned from patients from around the world over decades. We will explore an exciting new paradigm of the Myofascial system that is emerging and the important concepts of piezoelectricity, fiber optics, mechanotransduction, fluid dynamics, quantum physics, fractal geometry, complexity and chaos theory, and cellular consciousness.

When one experiences physical trauma, emotional trauma, scarring, or inflammation, the fascia loses its pliability. It becomes tight, restricted, and a source of tension to the rest of the body. Trauma, such as a fall, car accident, whiplash, surgery or just habitual poor posture and repetitive stress injuries has cumulative effects on the body. The changes trauma causes in the fascial system influences comfort and function of our body. Fascial restrictions can exert excessive pressure causing all kinds of symptoms producing pain, headaches or restriction of motion. Fascial restrictions affect our flexibility and stability, and are a determining factor in our ability to withstand stress and perform daily activities.

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

SEDONA AREA

(Verde Valley, AZ)
March 13-16, 2025 (½ days)
Cliff Castle Resort
(928) 567-7999

COVINGTON, KY

(Cincinnati, OH)
March 28-30, 2025
Radisson Riverfront
(859) 777-0008

SACRAMENTO, CA

April 11-13, 2025
Courtyard Marriott
Cal Expo
(916) 929-7900

GREEN BAY, WI

April 11-13, 2025
Delta Hotel
(920) 499-0631

AURORA, CO

(Denver Area)
April 25-27, 2025
Doubletree Denver-Aurora
(303) 337-2800

TACOMA, WA

(Seattle Area)
April 25-27, 2025
Courtyard Tacoma
Downtown
(253) 591-9100

BURLINGTON, VT

May 2-4, 2025
Hilton Burlington Lake
Champlain
(802) 658-6500

NASHVILLE, TN

May 9-11, 2025
The Inn at Opryland
(615) 889-0800

JACKSONVILLE, FL

May 30 – June 1, 2025
Embassy Suites
Jacksonville Baymeadows
(904) 731-3555

SIOUX FALLS, SD

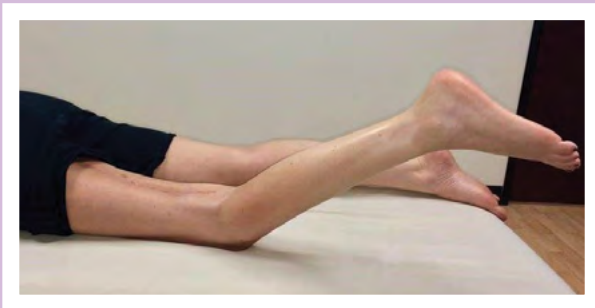
June 6-8, 2025
Hilton Garden Inn South
(605) 444-4500

NIAGARA FALLS, NY

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

“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

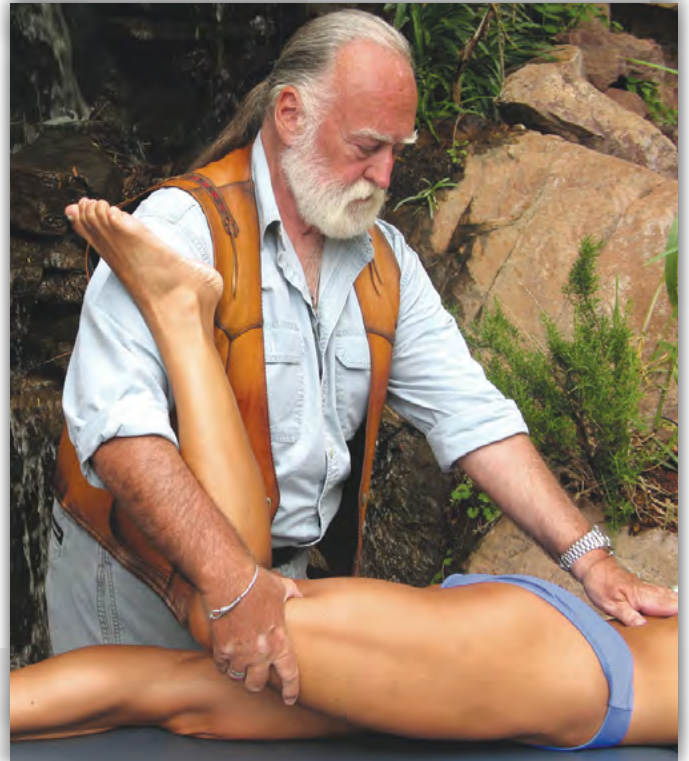
The Myofascial Unwinding seminar is designed to enhance your skill level and sensitivity providing you with a comprehensive treatment regime. Persistent pain and/or structural dysfunction may be perpetuated by “holding or bracing patterns” in the body. You will learn from the patient’s perspective how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

SEDONA AREA
(Verde Valley, AZ)
March 17-19, 2025
Cliff Castle Resort
(928) 567-7999

NASHVILLE, TN
May 13-15, 2025
The Inn at Opryland
(615) 889-0800

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



“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

SEDONA AREA

(Verde Valley, AZ)

March 20-23, 2025 (½ days)

Cliff Castle Resort

(928) 567-7999

NASHVILLE, TN

May 16-18, 2025

The Inn at Opryland

(615) 889-0800

NIAGARA FALLS, NY

August 21-24, 2025 (½ days)

Sheraton Niagara Falls

(716) 285-3361



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 Release (MFR) treatment results speaks for itself! Patient came in Day 1 with complaints of 90% limitations of using her hand because of shooting pain, numbness and tightness. Several cortisone shots and pain meds given in the past with surgery as last resort.

Day 4 of MFR session. What a great progress! Patient was thrilled to report she was able to cut her food and hold utensils to cook!! Patient gives permission to share her story. Who wouldn't, right?! Life changing results in 2 weeks of one-on-one treatment versus 2 years of traditional medicine and therapy. Thank you, John, for continuing to teach and inspiring us.”

Grace Vedala, PT, Cordova, TN

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

BRADENTON, FL

April 5 & 6, 2025
Courtyard Marriott
Riverfront
(941) 747-3727

LITTLE ROCK, AR

April 12 & 13, 2025
Doubletree Hilton
(501) 372-4371

NAPERVILLE, IL

(Chicago Suburbs)
May 10 & 11, 2025
Doubletree Lisle Naperville
(630) 505-0900

THUNDER BAY, ON

May 24 & 25, 2025
Superior Inn &
Conference Centre
(807) 577-8481

MISSOULA, MT

May 31 & June 1, 2025
Hilton Garden Inn
(406) 532-5300

NEWARK, NJ

June 15 & 16, 2025
Doubletree
Newark Airport
(973) 690-5500



“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

SUGAR LAND, TX

March 15 & 16, 2025
Houston Marriott
Sugar Land
(281) 275-8400

SAN DIEGO, CA

March 29 & 30, 2025
Handlery Hotel
(619) 298-0511

ASHEVILLE, NC

April 26 & 27, 2025
Doubletree
Asheville-Biltmore
(828) 274-1800

GRAND RAPIDS, MI

June 7 & 8, 2025
Doubletree
Grand Rapids Airport
(616) 957-0100

“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!



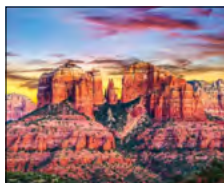
SEDONA AREA (VERDE VALLEY, AZ)—Just a short drive to Sedona! Enjoy nearby boating, hiking, biking, wine tasting, or just taking in the landscape sitting on the banks of the Verde River.

Women's Health
February 13-16, 2025

Myofascial Healing
February 17-19, 2025

Cervical Thoracic
February 20-23, 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 Release I
March 13-16, 2025 (½ days)

Myofascial Unwinding
March 17-19, 2025

Myofascial Release II
March 20-23, 2025 (½ days)

CLIFF CASTLE RESORT
(928) 567-7999



WILMINGTON, DE—Experience this lush area where rolling hills and valleys have been carved out by the beautiful Brandywine River. Stroll through some of the leading horticultural centers in the world like Longwood Gardens, Winterthur, and the Hagley Museum. Enjoy the beauty of flowers and trees from all over the world.

Myofascial Healing
April 4-6, 2025

Advanced Unwinding
April 7-9, 2025

Women's Health
April 10-13, 2025

DOUBLETREE HILTON
(302) 478-6000



NASHVILLE, TN—Experience 'Music City' where you can explore the Grand Ole Opry, Country Music Hall of fame along with unique culture, arts, food and shopping.

Myofascial Release I
May 9-11, 2025

Myofascial Unwinding
May 13-15, 2025

Myofascial Release II
May 16-18, 2025

THE INN AT OPRYLAND
(615) 889-0800



SEDONA AREA (VERDE VALLEY, AZ)—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!

Myofascial Healing
June 12-15, 2025 (½ days)

Myofascial Rebounding
June 16-18, 2025

Advanced Unwinding
June 19-22, 2025 (½ days)

CLIFF CASTLE RESORT
(928) 567-7999



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

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

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

SAN BERNARDINO, CA
Feb. 28 - March 2, 2025
Doubletree Hilton
(909) 889-0133

FT. LAUDERDALE, FL
March 7-9, 2025
Ft. Lauderdale
Marriott North
(954) 771-0440

OVERLAND PARK, KS
March 21-23, 2025
Sheraton Hotel at
Convention Center
(913) 234-2100

SASKATOON, SK
April 4-6, 2025
Saskatoon Inn &
Conference Centre
(306) 242-1440

FORT WORTH, TX
May 2-4, 2025
Radisson Fort Worth
North-Fossil Creek
(817) 769-4023

TOLEDO, OH
(Perrysburg)
May 30 – June 1, 2025
Hilton Garden Inn
(419) 873-0700

NORFOLK, VA
June 6-8, 2025
Sheraton Norfolk
Waterside
(757) 622-6664

“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

SEDONA AREA
(Verde Valley, AZ)
February 20-23, 2025 (½ days)
Cliff Castle Resort
(928) 567-7999

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



“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

“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!”

LOCATION AND DATE

ST. PAUL, MN

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

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 Hour Seminar

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

LOCATIONS AND DATES

SEDONA AREA

(Verde Valley, AZ)
February 13-16, 2025
Cliff Castle Resort
(928) 567-7999

WILMINGTON, DE

April 10-13, 2025
Doubletree Hilton
(302) 478-6000



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.”

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™

LOCATIONS AND DATES

SEDONA AREA
(Verde Valley, AZ)
June 16-18, 2025
Cliff Castle Resort
(928) 567-7999

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

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

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™

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

LOCATION AND DATES

WILMINGTON, DE
April 7-9, 2025
Doubletree Hilton
(302) 478-6000

SEDONA AREA
(Verde Valley, AZ)
June 19-22, 2025 (1/2 days)
Cliff Castle Resort
(928) 567-7999

“I owe John a lifetime of gratitude. His principles apply not just to therapy, but to life as well. In the past ten years I have been a therapist and a patient; in many ways I have made progress beyond measure. Because of John & Myofascial Release, my life is rich in so many ways . . . Of course, I realize that not every day is going to bring ‘sunshine & rainbows’, but I have confidence now, that whatever the weather may bring, I am going to be more than, ‘just fine.’”

—Julie L., OTR/L
Tennessee

HOW IS MYOFASCIAL RELEASE BENEFITING YOU AS A THERAPIST?

There is such beauty in the simplicity of Myofascial Release and I am ever grateful to be able to take the pressure off myself and provide authentic care. Myofascial Release brings ease and joy to my life, which I am so grateful for and honored to share with others.

—Kelly M.

When I reflect on my Myofascial Release journey, I feel an immense amount of love and gratitude. It has significantly changed and impacted my life! Myofascial Release continually benefits me in a multitude of important ways and for that I am forever grateful.

—Krissy C.

The results that I have experienced both personally and professionally, have been nothing short of extraordinary following the principles of John F. Barnes' Myofascial Release®! As a therapist of this life changing work, I am truly fulfilled personally and flourishing professionally.

—Heather M.

Myofascial release can be used for newborns all the way through to the elderly. I'm grateful to have found my passion and be fulfilling my dreams of authentically helping others!

—Joni E.

I had been a physical therapist for over 35 years when I took my first John F. Barnes' Myofascial Release® class. When I came home from that weekend and started treating my patients, I noticed incredible changes that I had not seen in what I was doing prior to this. John F. Barnes' Myofascial Release® has changed me in so many ways I have a very busy practice but get to enjoy time to travel and spend time with family.

—Anna K.

I have helped so many patients with their pain. Myofascial Release has provided me with a rewarding and fulfilling career!

—Jill R.

Discovering Myofascial Release through a John F. Barnes' seminar has revolutionized my approach to patient care. Initially focused on pediatric cases, I soon realized the profound impact Myofascial Release could have across all age groups. Integrating Myofascial Release into my private practice has not only enhanced patient outcomes but also significantly expanded my clientele base. Overall, Myofascial Release has revitalized my passion for helping people get better and has empowered me to do this.

—Susan S.

Over the past decade, I've witnessed a remarkable ripple effect in my clinical practice since focusing on Myofascial Release. I have been able to help people with results that had been deemed unreachable prior to Myofascial Release. Additionally, there's been a notable increase in physicians and surgeons, not only seeking treatment themselves but also referring their patients to me.

—Jordan S.

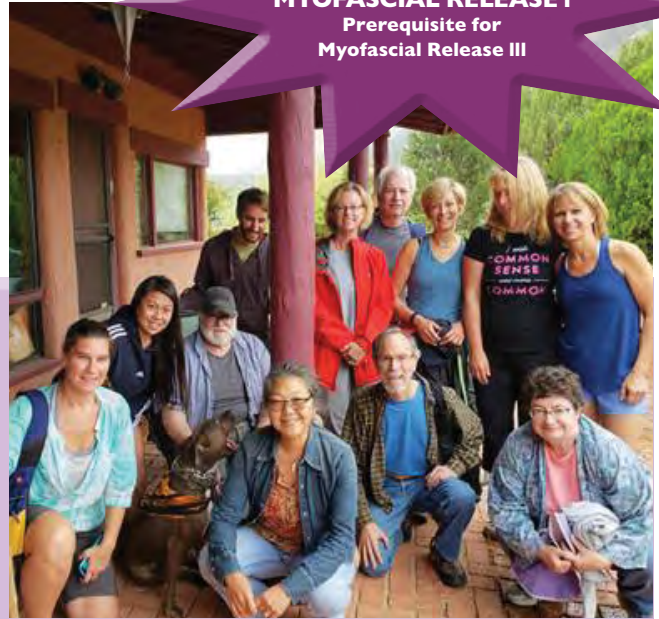
SKILL ENHANCEMENT SEMINAR

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.



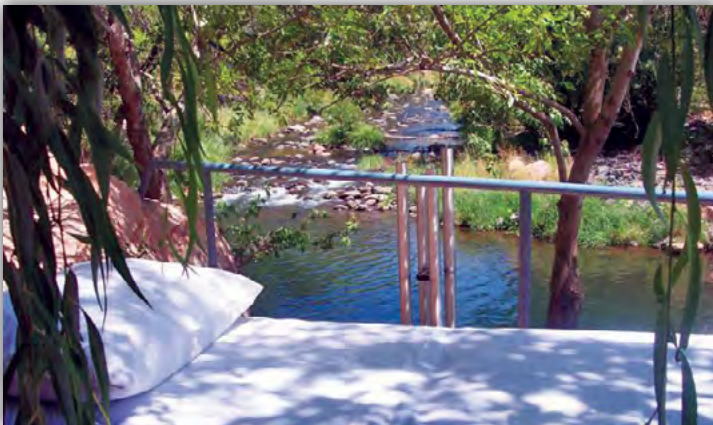
**"THERAPY FOR THE THERAPIST"
IS A NEW PREREQUISITE FOR
MYOFASCIAL RELEASE III**

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:

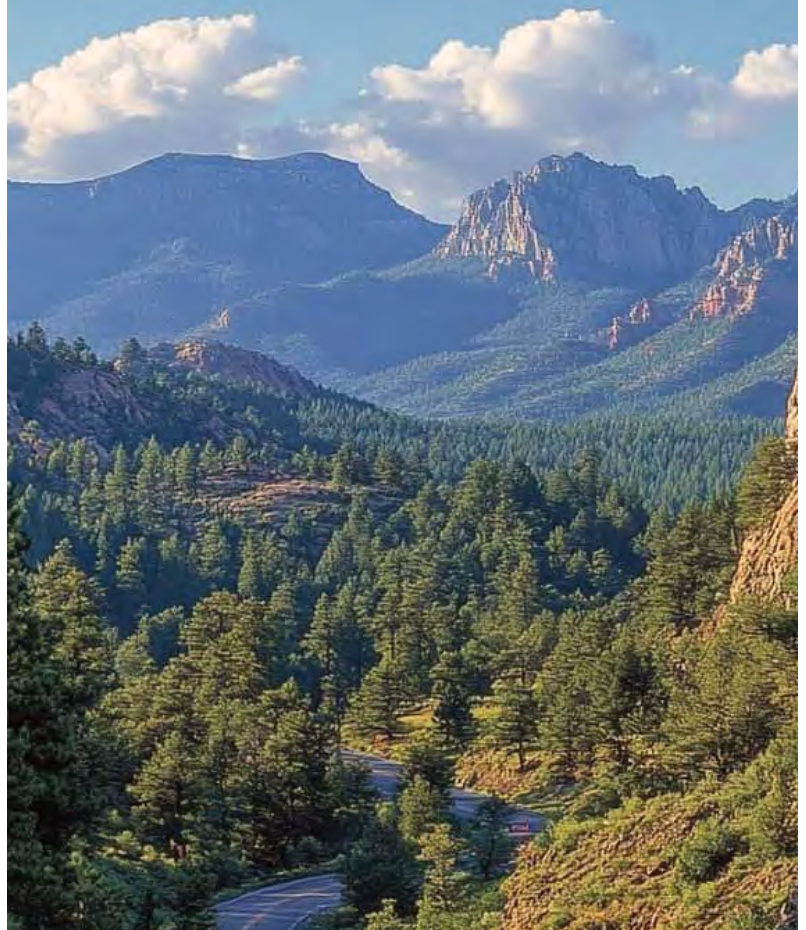
- ♦ Pelvic Floor Pain & Dysfunction
- ♦ Urinary Incontinence
- ♦ Infertility Problems
- ♦ Mastectomy Pain
- ♦ Painful Intercourse
- ♦ Urinary Urgency
- ♦ Vulvodynia
- ♦ Endometriosis
- ♦ Painful Scars

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.



The drive from Sedona's Oak Creek Canyon is considered to be one of the most beautiful in the world !



“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)
February 17-19, 2025
Cliff Castle Resort
(928) 567-7999

WILMINGTON, DE

April 4-6, 2025
Doubletree Hilton
(302) 478-6000

SEDONA AREA

(Verde Valley, AZ)
June 12-15, 2025 (½ days)
Cliff Castle Resort
(928) 567-7999



FOR THE PATIENT

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

FOR THE THERAPIST: HEAL YOURSELF

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

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



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

REGISTRATION INFORMATION



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

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

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

MFR Seminars
 42 Lloyd Avenue
 Malvern, PA 19355

Fax Form to 610-644-1662



Charge to: VISA MASTERCARD Expiration Date: _____

Card #: _____ 3 Digit Security Code: _____

Signature: _____

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