



## Myofascial Release Therapy Seminars

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**Seminars will be comprised of hands-on practice sessions – preceded by brief lectures and demonstrations of techniques.**

### **Goals: Seminars in Myofascial Release Therapy will:**

- ✓ **demonstrate making contact with the fascia, sinking in and waiting to produce releases of fascial restrictions**
- ✓ **explain how following the fascia can produce fascial releases**
- ✓ **establish that affecting the fascia in one part of the body can produce releases in other parts of the body**
- ✓ **show that releases are produced by unwinding, the undoing of fascial trauma, which is described as local, regional, and whole body unwinding**
- ✓ **allow the participant to experience myofascial releases as a client and therapist**
- ✓ **describe and demonstrate various techniques for affecting releases in various regions of the body**
- ✓ **demonstrate how the therapist can increase results while decreasing physical strain and discomfort**

### **Objectives:**

**Upon completion of this course, participants will be able to:**

- **1) demonstrate the ability to palpate for and follow the fascia**
- **2) understand the nature of the fascia, fascial restrictions, and fascial releases**
- **3) describe myofascial releases, both from the therapist and client perspective**
- **4) utilize specific techniques for affecting releases in various regions of the body**
- **5) identify fascial changes throughout the body**
- **6) work effectively with ease and comfort**

**ABOUT THE INSTRUCTOR: Douglas has a master's degree in English and has been a college teacher and adult educator for forty years. He has taken over 200 hours of Myofascial Release training, mostly with the John Barnes Myofascial Release Seminars, as well as several hundred hours of consultation with other MFR therapists. Furthermore, he has training in Craniosacral Therapy, Therapeutic Touch and Reiki. A 1999 graduate of the Universal College of Healing Arts in Omaha, he now serves on the faculty there where he teaches Myofascial Release in both the diploma and Associates Degree programs. Additionally, he conducts continuing education seminars for Licensed Massage Therapists throughout the Midwest.**