Things to know for your Myofascial Release (MFR) treatment:

⭐It is helpful to not apply any lotions or oils after cleansing your skin before treatment. They create a glide on the skin which greatly decreases the effectiveness of the techniques. You may even find that your skin feels better after MFR because of the hydration of deeper tissues.

⭐Effective MFR requires access to your skin for hands on technique and assessment, however because there can be movement during your session it's helpful to have some body coverage for your comfort. Please wear what you are comfortable in but here are some suggestions:

Women: athletic shorts or underwear and a bra/tank top or a two piece bathing suit.

Men: athletic shorts, underwear or swim trunks.

~The following information is from years of my own personal experience as a patient and as a therapist attending seminars and treating. I would have liked hearing these things when I first started receiving work, so I'm passing it on. They are in no way mandatory dictates but rather advice or suggestions for getting the most out of your sessions. If any of it resonates, wonderful! If not, just keep it in the back of your mind for a time when it might be helpful for you. Ultimately, let your body and your personal experience be your guide.~

⭐The John F. Barnes' approach to MFR therapeutically addresses the fascial system that encompasses every other system of your body right down to the cellular level. There is a superficial layer of fascia under your skin that flows in a multi-dimensional web through your body connecting your head with your toes without beginning or end. It is most often necessary to treat areas other than the one you are currently experiencing issues. While your fascia releases, you may at times feel sensations in other areas, possibly indicating places to address. We call this the "fascial voice".

⭐MFR is different from other types of bodywork. It directly and effectively addresses habitual holding patterns and postural imbalances that run deeply through the body. Our mind is connected to these patterns through our feeling sense. Our feeling sense is an integral part of our innate wisdom to heal. In addition, feeling emotions during your session is completely normal. Allowing yourself to experience emotions that come up can fully heal restricted areas. Your body may also feel like it wants to move on its own, called Unwinding, moving into and through past positions in space where a trauma occurred. While unwinding feels like an unusual experience for many people, you can trust this innate process or stop it at any time you choose.

⭐It's fun to chat when getting to know each other. We can converse during your intake interview and exit interview, however, during your time on the table feel free to rest your focus inward on what you are feeling in your body. When we find ourselves needing to talk to

be comfortable, often it is a distraction from what is going on inside. If you find yourself in this situation, consider giving your mind permission to quiet down and invite your feeling sense inside your body. Conversely, voicing what you are feeling can be an extremely effective way of releasing your restrictions, making language therapeutic. If thoughts or feelings come up during your session that are linked to the work, allowing yourself to express them can move the physical symptoms you have held in your tissue.

⭐Restrictions in fascia can be painful. Our fascia is strong and can exert up to 2,000 pounds per square inch! While therapeutic pain can be a part of releasing, the notion that "pain equals gain" does not apply to healing. Injurious pain causes our fascial system to tighten and restrict more, resulting in the opposite effect of releasing. Listen to what your body tells you, pain is an indicator. It is your body saying, "right here!". Focusing on your breathing can be a great catalyst for release when you are feeling pain or moving through an emotion. Give yourself permission to at ANY time tell your therapist to "ease up" or "halt" all together. You are the boss. You know your body better than anyone. Other times you may feel nothing at all. This does not mean that there isn't anything happening therapeutically. Utilize your feeling sense to scan your body and just notice what is there or not there. Sink into your awareness.

⭐Have patience with your individual healing process and your body. Allow your mind to not need to know all the "hows, whys and whens". We make progress with our goals in a non-linear, zigzag type way. Rest assured that each flare up or challenge comes as a necessary step in the journey. Visualize your goals becoming reality and develop a positive self-talk routine. Treatment continues after you have left the table. Pay attention to the images or memories that come to you during treatment time and dreamtime. While they may not make sense or seem applicable, they can contain valuable information on a subconscious level. You can utilize those images or memories to bring that information to your consciousness and aid your healing process.

⭐John teaches about what he calls Channel 3 and Channel 5. They are a way of describing different modes of our consciousness. Channel 5 is the left brained, thinking, rational mind or our identity and ego. Most of us live primarily in Channel 5. Channel 3 is the right brained, non-linear, creative, intuitive, subconscious side. MFR gives us the opportunity to explore our Channel 3. It is where we can create and experience resolution in health challenges, giving our body a chance to express itself in its own unique language. Everyone is born with this ability. We are meant to utilize both Channels and when we do, we can reach unlimited potentials.

Have the courage to turn your pain into power, embrace your inner oracle and enlighten your life! You deserve to feel fully well and integrated into your body!