



Jersey Shore Myofascial Release Center

Our Invitation



It is a rare and unique opportunity to walk into a center and have the owners provide the services.

Jersey Shore Myofascial Release Center grew out of the love that the owners have for massage therapy and authentic healing. Owners, Brian and Michele Ruhmann have over 40 years combined experience in athletic training, fitness programming, massage therapy, spa services, and alternative healing modalities. Through their own personal growth, Brian and Michele have discovered absolute truths that they strive to bring to each of the services and programs offered at Jersey Shore Myofascial Release Center. These truths are; unconditional presence, unconditional acceptance, and unconditional love.

While we believe that it is essential for everyone to experience these truths, we also acknowledge that it is our souls' purpose at Jersey Shore Myofascial Release Center, to express them to you, our clients.

We specialize in myofascial release therapy, a form of therapeutic bodywork, that is uniquely superior in treating the following conditions:

- Chronic Pain
- Fibromyalgia
- Women's Health Issues
- Repetitive Motion Syndrome
- Sports/Traumatic Injuries
- Chronic Fatigue
- Migraines
- Low Back Pain
- Pediatric Disorders
- Unresolved Scar Tissue
- Arthritis
- Post Surgery Dysfunction
- Postural Problems and Scoliosis

For Appointments: 732-223-9335

Robbins Seaport - 1 Robbins Parkway, Suite 104 - Toms River, NJ 08753



Jersey Shore Myofascial Release Center

Menu of Services

Myofascial Release Therapy

Performed in the tradition of John Barnes, P.T., this technique utilizes gentle prolonged holding techniques to release the fascia, promoting increased flexibility and range of motion, increased postural functionality and stability, increased circulation and decreased toxicity within the tissue.

\$125
(60min)

Wellness Package

Pre purchase 4 one hour sessions of Myofascial Release Therapy to be used within one month.

\$400
(Save \$100)

\$175
(90min)

Initial Consultation and Treatment

Thirty minute postural and biomechanical assessment with individualized therapeutic plan development. Followed by a one hour Myofascial Release Therapy session.

\$175
(90 min)

MFR Intensive Retreat (16 hours)

- 12 Hours of Myofascial Release Therapy
- 3 Hours of Myofascial Release Co-treatments
- 1 Session of Somatic Emotional Coaching

\$2,050
(Save \$175)

Myofascial Release Co-treatment

Two therapists are performing Myofascial Release at the same time to enhance the therapeutic process.

\$200
(60 min)

MFR Mini-Intensive Retreat (10 hours)

- 5 Hours of Myofascial Release Therapy
- 4 Hours of Myofascial Release Co-treatments
- 1 Session of Somatic Emotional Coaching

\$1,425
(Save \$125)

\$300
(90min)

Somatic Emotional Coaching

Combining elements of personal coaching, the psychotherapeutic process and advance bodywork techniques. Somatic Emotional Coaching releases the unconscious physical and emotional holding patterns that prevent one from realizing one's full personal and professional potential.

\$125
(60 min)

MFR Daily Intensive Retreat (3 hours)

- 2 Hours of Myofascial Release Therapy
- 1 Hour of Myofascial Release

\$400
(Save \$50)

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