

ARVIGO TECHNIQUES OF MAYA ABDOMINAL THERAPY®

Self Care Training Level 1

Workshop Location

Cape Cod Massage 3821 Falmouth Rd Suite 7A Marston Mills, MA 02648

April 4-5, 2020 Saturday and Sunday

The Arvigo Technique of Maya Abdominal Therapy® incorporates massage, herbs, nutrition, meditation, and emotional/spiritual healing into a holistic approach for wellness and disease prevention. The Arvigo Technique of Maya Abdominal Therapy® is a non-invasive, external massage that guides internal abdominal and pelvic organs into proper position. This technique improves abdominal and reproductive health by restoring circulation and energy flow as well as reducing congestion and inflammation. It is effective for both women and men.

What is Self-Care Training?

This training teaches you how to perform this technique on yourself. Additionally, it addresses anatomy & physiology of the abdomen and pelvis, causes of a displaced uterus or swollen prostate, signs and symptoms, and contraindications. Our approach honors the body's innate wisdom to heal itself and, as such, empowers participants with knowledge and tools that they can integrate into their daily life. Self-Care Training is an introductory workshop of the Arvigo® Program; upon completion of this training, participants will be able to practice the Arvigo Maya Abdominal Techniques® on themselves only. This workshop is the prerequisite for the Arvigo® Professional Care Training Level 2, which educates licensed practitioners on how to perform this technique on clients. For those interested in the Professional Training, there are several scheduled this year.

Who can attend a Self-Care Workshop?

Anyone who experiences one or more symptoms of a displaced uterus such as painful periods, PMS, endometriosis, ovarian cysts, infertility, miscarriages, painful intercourse, incontinence, low back pain, difficult menopause, digestive problems, etc. Men who experience prostate pathologies or digestive problems benefit from this workshop as well. This course is also for those who are searching for a modality that heals the body both physically and emotionally. This work is also for those who desire to have a strengthened connection to intuition, inspiration and creativity. Additionally, licensed practitioners (massage therapist, acupuncture, midwife, nurses, doctor, chiropractor, etc.) who want to integrate these techniques into their practice must attend this workshop before enrolling into Professional Training.

Continuing Education / CEUS

The Arvigo Institute, LLC is a continuing education provider for massage and acupuncture. Check the website or call the Arvigo office for full details. Contact your State Board for eligibility.

Registration and Payment: Tuition includes all instruction, handouts, snacks, and a private 30 minute educational session with instructor or assistant. Meals and lodging are additional. Register online through the website www.arvigotherapy.com or call 603-588-2571

Instructor: Christine Lee RNCS, Lic Ac. is a Certified Practitioner and Self-Care Teacher of the Arvigo Techniques of Maya Abdominal Therapy®. She has traveled to Belize and Mexico to study with Dr. Rosita Arvigo and is committed to bringing this wisdom to her clients.

For more information, please call 508 596 4680 or email acuchrisrn@aol.com