

The Arvigo Techniques of  
Maya Abdominal Therapy®

Level 1 : Self.Care Training

A Time of Empowerment:

This 3 day course is designed to empower you to take better care of your body & spirit. It is often easier to invest in caring for others. This is an opportunity to deeply incorporate an ancient Maya massage for the abdomen, bringing relief to many health concerns such as painful periods, infertility, painful intercourse, abdominal or pelvic scar tissue, low back ache, indigestion and anxiety. You will be able to leave the weekend with a time tested extremely effective self-care practice, and enjoy the spirit of community in doing so. This class is a pre-requisite for Professional Care Training. [www.ArvisoTherapy.com](http://www.ArvisoTherapy.com)

Course Description:

- Anatomy & Physiology of the Digestive and Reproductive Organs
- The Five Systems of Vital Fluids & Flow
- Signs and Symptoms of a Tilted Uterus
- Maya abdominal massage for self-care
- Other supportive therapies (hydrotherapy, botanical medicine, prayer/meditation)
- Basic concepts in Maya medicine



MARCH 9, 10 & 11th of 2017

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**ABOUT THE COURSE:**

5.00pm - 9.00pm      **Thurs. 9th March**  
10am - 6 pm            **Friday 10th March**  
10am - 6pm            **Sat. 11th March**

**Cost: EARLY BIRD RATE is \$400**

**The investment of \$450 USD** includes: tuition, educational materials, 30-minute educational session with an Arvigo® Practitioner.

**Location:**

**Rose Pavilion  
25 Mountain View St, suite E  
Bristol, Vermont 05443**

Anyone can participate as there is no prior training required. Pregnant women welcome.

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**FOR MORE INFORMATION**

contact Sarah at 802-349-6598  
or email

[seeds@redblossommedicine.com](mailto:seeds@redblossommedicine.com)

**TO REGISTER**

please go to [www.arvigotherapy.com](http://www.arvigotherapy.com)  
find the class and register!

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**ABOUT THE TEACHER**

Sarah is a naturopathic doctor and midwife in the Champlain Valley of Vermont. Sarah is passionate about empowering people to feel at home in their bodies. She has enjoyed apprenticeship to Rosita Arvigo since 1998, teaching for the Arvigo Institute since 2009.