

The Arvigo Techniques of Maya Abdominal Therapy®

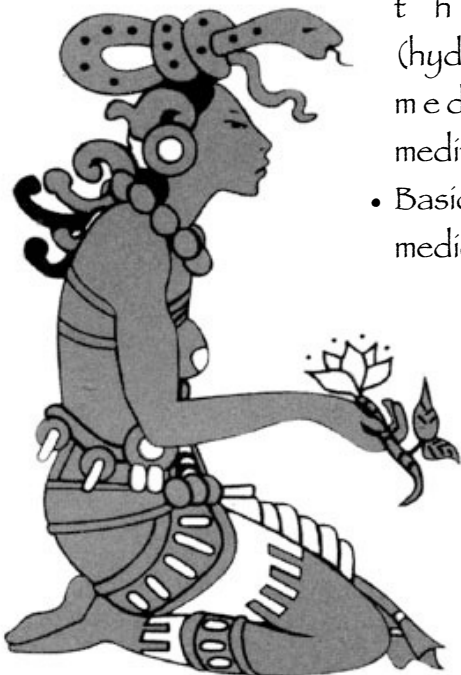
Level 1 : Self.Care Training

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

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



MAY 18, 19 & 20th 2017

ABOUT THE COURSE:

5.00pm - 9.00pm **Thursday 18th May**
10am - 6 pm **Friday 19th May**
10am - 6pm **Saturday 20th May**

Cost: EARLY BIRD RATE is \$375USD

The investment of \$400 USD includes: tuition, educational materials, 30-minute educational session with an Arvigo® Practitioner.

Location:

MotherWit Doula Care
5726 Sherbrooke West
Montreal, QC

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

FOR MORE INFORMATION

contact Sarah at 802-349-6598
or email

seeds@redblossommedicine.com

TO REGISTER

please go to www.arvigotherapy.com
find the class and register!

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.