

ARVIGO TECHNIQUES OF MAYA ABDOMINAL THERAPY®

Hands on Health the Maya Way

Workshop Location

Flourish

140 Main Street Suite 105

Biddeford, ME 04005

April 29, 2018 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 Massage® 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 Hands on Maya Health?

During this class, you will learn why working on the abdomen can have a profound impact on your digestive, urinary, reproductive and emotional health.

Who can attend this class?

This class is for anyone who is interested in self care to balance digestive, elimination, bladder, gynecological or prostate health.

Continuing Education / CEUS

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

Registration and Payment: Tuition includes tuition, handouts, healthy snacks and refreshment. Meals and lodging are arranged on your own. Register online through the website www.arvigotherapy.com or call 603-588-2571

Instructor: Christine Lee RNCS, LAc. 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