

The Arvigo Institute, LLC
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Thank you for your registration for the **Arvigo Techniques of Maya Abdominal Therapy**® Integrative Spiritual Healing Seminar (Wisdom Circle) to be held in San Ignacio, Belize, Central America from January 20-27, 2019.

Traditional Maya Healing Approaches for Body, Mind and Spirit- Integrative Wisdom Circle: This integrative seminar builds on participant's experiences with the previous workshops delving deeper into these concepts for themselves and/or clients. Daily healing rituals, small group discussions, journaling, meditation, and client applications will be an instrumental focus of this workshop. Participants must have completed the Introductory and Advanced workshops. Currently only Dr. Arvigo facilitates this seminar.

- All faiths and denominations are welcome at this class.
- Attendance in the class is contraindicated for children and pregnant women.

Belize is a tropical, developing country in Central America. Although Belize has many modern conveniences, some things are quite different from developed countries. Prepare for a slower pace, and be mindful of not making assumptions particularly with regard to getting around and communicating. With a sense of humor and patience, your Belize trip should go without a hitch.

Identification for entry: All Americans **MUST** have a US Passport to leave or enter the US by air or sea; you will not be able to board your carrier without one. It usually takes six weeks or more to obtain a passport. You can apply at most Post Offices if you are a US citizen; non-citizens consult with your consulate or other agency.

Immunizations: Consult your local traveler's clinics or health care provider. We recommend that your tetanus be up to date. Since Belize is a low risk for malaria, prophylaxis medication for this is at your discretion. We only use bottled water and food sources are reliable.

Airport Destination: Your flight destination is the Philip Goldson International Airport in Belize City; airport code BZE.

Arrival Date: The arrival day is the first day of the class schedule, **January 20th, 2019**. You must **arrive by 3pm at the Belize City airport** as the shuttle leaves promptly at 4pm for the 2 hour drive to the *Chaa Creek River Camp* where you can settle in and relax before dinner at 7pm.

Should you plan your flight to arrive late or miss the shuttle at 4pm on the arrival date, you will be responsible for making your own travel plans to the class. You will need to be at *Chaa Creek River Camp* by 8:30am on *January 21st, 2019* at the latest so you will have sufficient time to get to class by 9am.

Recommended Transportation Options (if miss group shuttle): 1.) Contact *Chaa Creek* directly to arrange your own transportation at your cost. 2.) Contact Angel Tours; Angel Velasquez directly at (cell) 501-622-8472 in Belize who can advise you on options for travel if needed.

Departure Day: The departure day is the last day of the class schedule, **January 27th, 2019**. Plan a flight that leaves Belize after noon on that day. If you extend your stay, you can still take the shuttle with the group to the Belize City airport and pursue your own plans from there. On the departure day, the shuttle leaves the *Chaa Creek River Camp* promptly at 8:00am.

Departure Tax: Belize charges a departure tax at the airport when you leave. Some airlines include this in the ticket price. If not, you must pay when you depart. They accept cash or major credit cards.

Extending your stay in Belize: We encourage you to extend your stay in Belize either before or after the class. Past students have ventured to one of the Cayes or down to Placencia to enjoy the ocean. The internet has numerous web sites that will be able to guide you in this.

Currency: American currency is widely accepted. The official exchange rate is 2 Belize dollars to 1 USD. San Ignacio has a bank, access to an ATM is limited and they are not always online. We suggest you carry about \$200 USD in cash for personal spending. Many hotels and some businesses accept major credit cards (VISA and MC).

Lodging: Accommodations are at the casitas at Chaa Creek's Macal River Camp. The Casitas are screened cabins in the rainforest overlooking the Macal River a short walk from the Chaa Creek Lodge. Casitas are either 2 people or 4 people. There is a central bath facility which has hot showers and sinks. Toilets are next to the bath facility and are typical of campgrounds. Linens and towels are provided. For pictures go to www.Chaacreek.com and go to the "Accommodations" drop down menu and select "Camp Casitas."

If you require single accommodations, you will need to contact Chaa Creek directly to arrange housing at their lodge.

Commuters: The Arvigo Institute is committed to high quality education and training for participants. In order to facilitate a learning environment conducive to our participants we request that students lodge on site at the Camp or make their own reservations at Chaa Creek Lodge. Please contact the office if you have questions.

Traveling with Family or Friends: Since your trip is primarily to attend the workshop, we recommend against having family or friends along as this can create a distraction for you as you participate in the class. However if you would like to include vacation time with your trip, plan this either before or after the workshop. Children under the age of 18 must have an adult to supervise them while you are in class. We cannot accommodate children in the workshop and cannot provide childcare. If you are accompanied by a child and a problem develops, you will have to leave the workshop to address it, which may result in missing much and possibly not completing the workshop

Where your circumstances require that you have a traveling companion(s) be aware that casitas/rooms are reserved for workshop participants first. There are occasionally cases where we can accommodate travel companions, call the office for details.

Alternatively, you may choose to arrange accommodations for you and your traveling companions at the Chaa Creek Lodge. Consult www.chaachreek.com to communicate with Chaa Creek directly to reserve and pay for your lodging. If you choose to stay at the lodge, you pay the Arvigo Institute for the workshop and additional fees which apply to persons not staying at the river camp.

Meals: Meals and minimal snacks are provided. Food is mostly vegetarian, with some chicken and fish. Fruits are abundant, lots of mangos, papayas, etc. Drinking water is plentiful and safe. Breakfast and dinner are served at the Macal River Camp. Breakfast varies with eggs, fruit, beans, etc. Dinner is typically Belizean fare: chicken, fish, starches and vegetable. Lunch, usually vegetarian salads and fruits, is served at Rosita's home. Meals begin with dinner on the arrival day, January 20th and conclude with breakfast on the departure day, January 27th.

Dietary Requests: You must inform us in advance regarding diet restrictions to ensure dietary needs can be met at least 30 days in advance of the start of the workshop. The infrastructure in Belize simply cannot provide special needs diets. For the most part, vegetarian selections and some gluten free options will be available. Last minute requests will not be accommodated. If you have any dietary concerns call the office (603-588-2571).

Note: The cost of meals is not discounted if you choose to bring your own food.

Snack Donations/Contributions: To supplement snacks during the workshops we request participants contribute an item or two. Over the years we have found many snack items our participants are accustomed to are not available in Belize. Prior to the workshop we will send a request out to the group for donations.

Personal Items: Loose comfortable clothing, bathing suit (required for Spiritual Healing workshops), suntan lotion, wide brim hat, personal toiletries, flashlight, light jacket or sweater since nights may be cool and sturdy walking shoes should be considered a minimum. There is lots of wildlife about so you may want a camera, binoculars, notebook, etc. For swimming in the river, bring river shoes and a beach towel. Since the river is frequently traveled by locals, no nude swimming or sunbathing is allowed! ***For Professional Care and Certification Trainings please bring massage oil or lotion and a set of sheets for your use during bodywork sessions.***

* Inform us if you have any physical limitations since the trail from the casitas to Rosita's house is about a 20 minute walk and has some uphill sections.

Medical access: In the event of an illness or need for access to medical care, we will make every effort to work with you to secure the assistance you need

Free Day/Time to Explore: There will be one day in the middle of each class designated as a "Free Day" where participants can opt to rest mid-week at Chaa Creek, or plan a journey to some local attractions. Rosita and the Teaching Team will offer suggestions early in the class to guide you to the best places around. Plan on bringing an additional \$100 - \$200 USD should you want to plan an excursion.

Primicia: The week concludes with a Primicia Ceremony and Celebration. The Primicia is an ancient ceremony celebrating the nine Maya Spirits! Wearing white is traditional with more formal clothes preferred such as skirt and blouse, dress, shirt and pants, etc. Bring a personal item that you wish to have blessed at the altar. This can be pictures of loved ones, amulets, etc. Any persons traveling with you are welcome at the ceremony.

Payment/Fee Information

Total Fees: \$2,440 USD*

*This fee includes tuition, class materials, 7 night's accommodation, meals and snacks, and round trip shuttle to and from the Belize City airport at specified times. \$450 USD deposit due at time of registration and balance due 45 days prior to the training start date.

Details regarding our registration process, refunds and cancellations are found in the Terms, Conditions and Public Disclosure document on the website (www.arvigotherapy.com) under the "About" drop down menu.

We look forward to working with you. Please let us know if there is anything we can do to support you.



Melinda Adams, *Office Manager and Events Coordinator*

***** Please complete the Training Checklist by 30 days prior to the class start date*****