

The Arvigo Institute, LLC
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Thank you for your registration for the **Arvigo Techniques of Maya Abdominal Therapy**® Professional Care Training to be held at Cahal Pech Village Resort in San Ignacio, Belize, Central America from January 20th to January 28th, 2019.

In **Professional Care Training** you will review the information learned in Self-Care Training and acquire the skills for applying the Arvigo® Techniques to your own clients in your professional practice. Completing Professional Care Training will prepare you to begin developing experience and documentation to qualify you to attend The Advanced Clinical Applications Training.

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: *Cahal Pech Village Resort* 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. (**Option:** Contact *Cahal Pech Village Resort* directly to arrange your own transportation at your cost.) You will need to be at *Cahal Pech Village Resort* by 8:30am on *January 21st, 2019* at the latest so you will have sufficient time to get to class by 9am.

Departure Date: The departure day is the last day of the class schedule, **January 28th, 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 *Cahal Pech Village Resort* 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:

Cahal Pech Village Resort is located in the heart of the Mayan world, San Ignacio, Cayo District. Rooms have air conditioning, hot/cold showers, cable television with over 100 channels and daily maid service. Enjoy the panoramic view from your room which is breathtaking and inspiring. Witness picturesque views of tropical country side from your veranda- relax under moon lit skies- enjoy the night lights of the vibrant town of San Ignacio nestled at the bottom of the hill- wake up in the morning to the singing of the different species of birds. There are three pools and Wi-Fi near the pools as well.

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. 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.

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 varies with eggs, fruit, beans, etc. Lunch and dinner are typically Belizean fare: chicken, fish, starches and vegetable. Meals begin with dinner on the arrival day, January 20th and conclude with breakfast on the departure day, January 28th.

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), sunscreen, wide brim hat, personal toiletries, flashlight, light jacket or sweater since nights may be cool and sturdy walking shoes should be considered a minimum. No nude swimming or sunbathing is allowed! There is lots of wildlife about so you may want a camera, binoculars, notebook, etc. ***For Professional Care and Certification Trainings please bring massage oil or lotion and a set of sheets for your use during bodywork sessions.***

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 Time to Explore: Opportunities to explore during the workshop week are limited by the workshop schedule. For this workshop we plan one half-day morning excursion to see Dr. Arvigo for a plant walk and visit. That same day the afternoon is free time with no class time scheduled.

Persons traveling with you (12 years or older) may accompany the group on the excursion morning for an additional fee of \$25 USD per person. Register them with the Institute at the time of your registration.

Payment/Fee Information

Total Fees: \$ 2,650 USD*

*This fee includes tuition, class materials, 8 nights double occupancy accommodations, meals and snacks, round trip shuttle to and from the Belize City airport at specified times and morning excursion plant walk with Dr. Arvigo. \$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



Melinda Adams, *Office Manager and Events Coordinator*

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