

The Arvigo Institute, LLC

PO Box 189, Antrim, NH 03440 603-588-2571 office@arvigotherapy.com

Thank you for registering for the **Arvigo Techniques of Maya Abdominal Therapy**® Professional Care Training to be held at Neve Shalom, Israel from January 20-25, 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.

Where is the class being held?

A country hotel in the Tuscan-like heart of the Judean Hills in the Jewish-Arab community of Neve Shalom – Wahat al-Salam offers lodgings in the spirit of peace and coexistence. The guest house is just off the main road between Tel Aviv and Jerusalem, next to the Monastery of Latrun.

The 41 garden units spaced over 4 rows afford every room a spectacular view of the Ayalon Valley. The grounds are surrounded by welcoming lawns on pleasant corners of the hillside full of trees and greenery, including local culinary and medicinal herbs (barbecue-friendly). The rooms are family-style, each with its own terrace, and every room has individual air conditioning, refrigerator, coffee corner, satellite television, personal safe and telephone.

How will I get to the Center?

Driving: Neve Shalom is known by all GPS programs, just follow the instructions

By bus: You can take any bus to Nachshon junction or Latrun Junction. Its 5 minutes drive from there. If you plan to arrive by bus make sure you notify Shira Lipkin at least 2 weeks prior to the workshop so we can arrange to pick you up from the junction.

By air: Fly to Ben Gurion Airport (Airport code: TLV). The center is about 30 minutes from the airport and a taxi can be taken from the airport to the center.

Travel Plans- Please notify Shira Lipkin, Local Organizer, of your travel plans 30 days prior to the course start date.

What is the class schedule?

Arrival Date: Sunday, January 20th, 2019

Class begins at 9:30am.

Overnight Room: Check-in: 3:00pm

Class begins each day at 9:00 am with a 90 minute mid-day break for lunch.
Class ends each day at 5:30 pm. Times may be adjusted depending on the group.

Departure Day: Friday, January 25th, 2019

The class ends on January 25th by 1pm.

Please check out of your room by 12pm; you can leave luggage in the classroom

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.

Children: Due to the nature of this workshop, children and infants are not allowed during class sessions. Childcare arrangements must be made in advance.

Electronics of any kind are not allowed when the class is in session. This includes audio, video recording, cell phones, texting devices; in general anything with an “on and off” button stays off while the class is in session. There is cell phone reception

What Should I Bring?

- ❖ For the workshop, loose fitting clothing (without zippers!) that doesn’t restrict movement. Slippers or similar footwear for indoor use.
- ❖ Comfortable clothes that you can layer i.e. warm socks, a sweater/light jacket, rain gear, etc.
- ❖ Set of sheets (fitted and flat) and a face place cover for your use during bodywork sessions.
- ❖ Massage Bed if you are driving. Please notify the office if you are able to bring one.
- ❖ **SNORERS:** earplugs for roommates or obtain a single room if available.
- ❖ Flash light and clock
- ❖ Personal toiletries and any medications/supplements.
- ❖ Massage oil or lotion for your use during body work sessions.
- ❖ Anatomical reference book if you are able to fit it in your luggage.
- ❖ Hot water bottle.

What is Included at the Center?

Overnight Guests: Overnight guests are provided lodging and meals beginning with lunch on the arrival day. Our meal service with the center concludes with lunch on the departure day.

Meals: Meals are varied prepared by the Center’s chef and served buffet style in the dining hall. The center addresses dietary needs within their capacity including vegetarian, dairy free, wheat free and gluten free. All ingredients are Kosher but there is no kosher certification. The center will supply food from outside kosher catering by demand. The Center accommodates dietary requests on a best effort basis. Be sure to fill out the training checklist and return to the Institute office 30 days before the class. Coffee, hot water and tea will be available throughout the training. **Snack**

Contribution: The local organizing team (Ifat and Shira) will be collecting 50 NIS per student to cover snacks for the entire week. You will be receiving a payment request through one of the local payment apps. If you have any technical issues with this payment process, please contact Ifat by email at ifatboro@gmail.com.

Payment/Fee Information

Tuition, Double Occupancy Lodge Room and Meals: \$2,360 USD

****Single/Private rooms may be available two weeks prior to the start of class, contact the Arvigo Institute to request a single room. Single rooms will be charged an additional fee.***

To register online go to the training listing at www.arvigotherapy.com. A \$400 USD registration fee due at the time of registration and balance due December 18th, 2018. The Institute will send out information on how to pay the balance.

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*