

# Discover a gentle way to care for yourself!

## Self-Care Training--Level 1: Arvigo Techniques of Maya Abdominal Therapy®



Join Eva Sengfelder for this workshop at Belize Pathways to Well Being in Belmopan.

### What is Maya Abdominal Therapy?

The Arvigo Techniques of Maya Abdominal Therapy® (ATMAT) is a traditional healing therapy which uses a non-invasive, external massage helping to improve the flow of blood & lymph, the stimulation of nerves and the movement of life force throughout the body. This technique guides internal abdominal and pelvic organs into proper position, relieving a variety of organ displacement symptoms. This therapy benefits and is open to all.

### What conditions can Maya Abdominal Therapy help?



The symptoms of a displaced uterus can be many such as fibroids, fertility challenges, low back pain, endometriosis, painful and irregular periods, incontinence or sexual difficulties. A swollen prostate can relate to difficulty in urination, impotence or low back pain. Digestive complaints can be IBS, indigestion or constipation; all these symptoms can

be relieved with this therapy. This approach to abdominal health is easy to learn and incorporate into your life.

### Why should I attend this workshop?

This weekend workshop is for those who are searching for a way to find physical, emotional and spiritual balance. We will cover anatomy and physiology of normal pelvic organs & structures and what happens when they become imbalanced with the resulting signs, symptoms and causes that these imbalances create. Learning the Self Care abdominal massage will be included in the course as well as a holistic approach to health and wellness. In addition, nutrition, meditation and herbal information will also be included.

**Self-Care Training – Level One** is open to all.

Completion of this workshop will qualify you to perform the abdominal massage **only on yourself**.

If you are interested in becoming a **Practitioner of The Arvigo Techniques of Maya Abdominal Therapy®**, this workshop is prerequisite for enrollment in the Professional Care Training- Level 2.

### Who is the instructor?



Eva Maria Sengfelder has been Dr. Rosita Arvigo's apprentice since 2006. She is a Certified Massage Therapist and Arvigo® Practitioner and teaches the Self Care of the Arvigo® Therapy and the Introduction to Spiritual Healing of the Maya. Her office is located in the Belize Pathways to Well Being Center in Belmopan. She has lived with her husband in Belize since 1995 on a permaculture farm in the Cayo District. Since 2015 they have also been the owners of the Rainforest Remedies Ltd.

#### Belize Pathways to Well Being

5018 Cadena Mountain Street, Belmopan

**When:** January 18 to 20, 2019

Friday: 1 pm - 5 and 6 - 9 pm

Saturday: 9 am - 6 pm

Sunday: 9 am -12 noon

**Cost:**

270\$ + 98\$ registration **fee by Dec15**

300\$ + 98\$ registration fee from Dec15

**Included:** All instructions, Self-Care Manual, snacks, lunch and a 30 minutes individual educational session.

**Sign up**

[https://www.arvigotherapy.com/course/all?tid\\_1\[\]=14](https://www.arvigotherapy.com/course/all?tid_1[]=14) or

Contact: Eva Sengfelder

[evabzpathways@gmail.com](mailto:evabzpathways@gmail.com)

Continuing Education/ CEU

Approved Provider: Acupuncture

(NCCAOM): 18 PDA; Massage

Therapy (NCBTMB): 17.5 CE Hours.