



## The Arvigo Techniques of Maya Abdominal Therapy® (ATMAT)

### Self-Care Training – Level 1

17<sup>th</sup> to 18<sup>th</sup> Jan 2019 – Ayr

#### What are “The Arvigo Techniques of Maya Abdominal Therapy®”?

It is a non-invasive abdominal massage, the foundations of which were initially taught to Dr Rosita Arvigo when she was an apprentice to the late, great Don Elijio Panti, a Maya Shaman.

Dr Rosita Arvigo came up with the idea of “Self Care”, a massage routine her patients could do at home to reinforce the treatment they had received. This quite literally put their health into their own hands & also meant less visits to Rosita for treatments.

These techniques stimulate the systems of flow in the body (blood, lymph, nerves & energy/Qi) improving circulation & supporting the function of the organs.

#### Why should I attend this course?

This course provides space for you to connect with your abdomen, get to know your body, to understand how & why things go wrong & how this modality & others can support your health & wellbeing to restore balance.

It takes place in a relaxed, informal environment & over the weekend we will go over the history of this modality, anatomy & physiology of the abdominal & reproductive organs along with causes, signs & symptoms of congested, imbalanced organs.

There will be practical lifestyle information & an overview of herbal, nutritional, spiritual & emotional support, other traditional modalities as well as a guided meditation.

#### What is included?

All instruction, course manual, refreshments & a private 30 min Arvigo® Therapy educational session.

#### Who can attend?

Anyone may register for this class. No prior training or qualification is required.

Completion of this Self Care course will qualify you to perform the Self Care techniques on yourself only.

If you are interested in becoming a practitioner

of The Arvigo Techniques of Maya Abdominal Therapy® this Self Care Course is the first of 3 levels of training.

#### Where is the course?

Ayr Chiropractic Centre, 26 Miller Road, Ayr, KA7 2AY, Scotland.

#### Dates the course is running:

Thu 17<sup>th</sup> Jan 9:30pm to 6:30pm  
Fri 18<sup>th</sup> Jan 09:30am to 6:30pm

#### What does it cost?

GBP£282.00 Plus USD\$98 registration fee.

USD\$98 is payable directly to the Arvigo Institute & is non-refundable. This covers course registration & a tithe to Ix Chel Tropical Research Foundation.

GBP£282 is paid directly to the Tutor.

#### Early Bird Special Deal: Save £30



Pay GBP£252.00 + USD\$98 registration fee if you register & pay the balance in full by: 29<sup>th</sup> Dec 2018.

#### How do I book?

To register for this course please visit: [www.arvigotherapy.com](http://www.arvigotherapy.com)  
Click on the course offerings tab, search for Edinburgh Courses. Complete the on-line form. You will need to pay the \$98 US Dollars registration fee at this point.

Once you have registered, I will contact you to arrange the final payment & provide any additional information.

As class numbers are limited you are advised to reserve your space early.

#### For more information please contact:



#### Karen Harris.

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