

The Arvigo Techniques of Maya Abdominal Therapy™

Level 1 : Self.Care Training

A Time of Empowerment:

This 3 day course is designed to empower people to take better care of the body & spirit. It is often easier to invest in caring for others. This is an opportunity to deeply incorporate an ancient Maya massage for the abdomen, bringing relief to many health concerns such as painful periods, infertility, painful intercourse, abdominal or pelvic scar tissue, low back ache, indigestion and anxiety. You will be able to leave the weekend with a time tested extremely effective self-care practice, and enjoy the spirit of community in doing so.

Please view www.ArvisoTherapy.com to learn more.

Course Description:

- Anatomy & Physiology of the Digestive and Reproductive Organs
- The Five Systems of Flow
- Signs and Symptoms of a Tilted Uterus
- Maya abdominal massage

- Other supportive therapies (hydrotherapy, botanical medicine, prayer/meditation)
- Basic concepts in Maya medicine



February 27-March 1, 2014

ABOUT THE COURSE:

6.00pm - 9.00pm **Thursday 27th Feb**
9.00am - 6.00pm **Friday 28th Feb**
9.30am - 4.30pm **Saturday 1st March**

Cost:

investment of \$450 includes:

tuition + 1/2 hour personal treatment,
Rainforest Remedies book by Rosita,
course notes, morning & afternoon tea ...

Location:

52 Main Street
Middlebury, VT 05753
the South side of the Waterfall

Anyone can participate as there is no prior training required. Pregnant women welcome.

FOR MORE INFORMATION

contact Sarah at 802-349-6598
or email

seeds@redblossommedicine.com

TO REGISTER

please go to www.arviso.com
find the class and register!

ABOUT THE TEACHER

Sarah is a naturopathic doctor and midwife in the Champlain Valley of Vermont. Sarah is passionate about empowering people to feel at home in their bodies. She has enjoyed apprenticeship to Rosita Arvigo since 1997, teaching for the Arvigo Institute since 2008.

www.RedBlossomMedicine.com