



The Arvigo Techniques of Maya Abdominal Therapy™

Level 1 : SELF CARE TRAINING
March 23 - 25, 2012

A Time of Empowerment . . .

Self Care training is a time to focus on your own digestive and reproductive health concerns such as painful periods, bladder incontinence, PMS, fibroids, infertility, painful intercourse, difficult menopause, post-hysterectomy scarring, low back ache, constipation, irritable bowel syndrome, indigestion, swollen prostate, and depression (to name a few).

This course is designed to educate and empower you to use your own two hands to help yourself! You will learn techniques that are founded on the ancient Maya method of abdominal massage. This massage is an external, non-invasive manipulation that repositions internal organs that have shifted (such as a 'tilted' uterus), thereby restoring the flows of blood, lymph, nerve and energy in the body.



Self Care Training covers . . .

anatomy and physiology of the abdominal and reproductive organs, addresses causes and symptoms of malpositioned organs and demonstrates self care techniques. It also addresses nutritional, spiritual and emotional support for the massage techniques to ensure comprehensive understanding of the modality and how it contributes to wellness.

In addition, students receive a private 30 minute session for evaluation and guidance in the Self Care Techniques.

This two and a half day class prepares the student to perform The Arvigo Techniques of Maya Abdominal Therapy™ on him/herself only. This class is a prerequisite to enrolment in the Arvigo Institute's Level Two - Professional Care Training.

Anyone may register for this class, no prior training required.

About the Course :

Commences : Friday 23rd March
Finishes : Sunday 25th March

Cost:
total investment of \$450 includes:
tuition + 1/2 hour personal treatment

Location:
Ceres Community Environment Park
Brunswick, MELBOURNE

Important:
Anyone can participate as there is no prior training required. However, women with internal contraceptive devices cannot receive treatment, yet are still welcome to join for tuition.

Find out more :

For more information :
contact Andrea on 0422 410 227 or email
andrea@mayanhealing.com.au

To register:
Please go to www.arvigotherapy.com
- a deposit of US \$65 will be requested to secure your place
- the remaining balance to be paid directly to Andrea one month prior to course

About the teacher :

Andrea is passionate about this work, and sharing the wisdom of The Maya. It's power lies in understanding how to look after our own health, learning the importance of the uterus and investing in a healthier future.

Andrea Lopez



Andrea Lopez has been a body worker for over 13 years, and a Certified ATMAT practitioner since 2007.

For more details see the website

www.mayanhealing.com.au