



## The Arvigo Techniques of Maya Abdominal Therapy®

### Self-Care Training Level One

Flanders House

2926 NE Flanders St., Portland, OR 97232

March 30th-April 1st, 2018

**The Arvigo Techniques of Maya Abdominal Therapy®** incorporates massage, herbs, nutrition, meditation and emotional/spiritual healing into a holistic approach for wellness and disease prevention. Maya abdominal massage is a non-invasive, external massage for reproductive and digestive health. It is our experience that this technique improves digestive and reproductive health by restoring circulation and energy flow as well as reducing congestion and inflammation of the abdomen.

#### What is Self-Care Training?

This training teaches you how to perform Arvigo® treatment on yourself. Additionally, we will discuss anatomy and physiology of the abdomen and pelvis, causes of a displaced uterus or swollen prostate, signs/symptoms, contraindications, emotional armoring and supportive healing modalities. Our approach honors the body's innate wisdom to heal itself and, as such, empowers participants with knowledge and tools that they can integrate into their daily life. Self-Care Training is an introductory workshop of the Arvigo® Program; upon completion of this training, participants will be able to practice the self-care massage on themselves. This workshop is the prerequisite for the Arvigo Institute's Professional Training, which educates licensed practitioners on how to perform this technique on others.

#### Who can attend a Self-Care Workshop?

Anyone who experiences one or more symptoms of a displaced uterus such as painful periods, PMS, endometriosis, ovarian cysts, infertility, miscarriages, painful intercourse, incontinence, low back pain, difficult menopause, digestive problems, etc. This course is also for those who are searching for a modality that heals the body holistically – physically, emotionally and spiritually. This healing modality is for all who desire to have a strengthened connection to intuition, inspiration and creativity.

#### Continuing Education / CEUS - Approved Provider for:

- National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) – 17.5 CE hours
- National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) – 18 PDA points

**Cost: \$495.00** – includes all instruction, notebooks/handouts, one-on-one 30 minute treatment by an Arvigo® Practitioner. Gluten-free snacks provided. The **hours** are Friday from 4PM-7PM, Saturday 9AM-6 PM, Sunday from 9AM-6PM

**\*Early Bird Discount:** \$445 If registered before February 28th, 2018

**Instructor:** Barbara Loomis holds dual certifications in abdominal massage (Chinese and Arvigo®). She has studied with Dr Rosita Arvigo in Belize and is educated in Maya Spiritual Healing, Arvigo® Techniques of Advanced Pregnancy Care, and is an Educator for the Arvigo Institute.

**Register** by going to the Arvigo® website or by calling The Arvigo Institute at 603-588-2571.

**For more information contact:**

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