

THE ARVIGO TECHNIQUES OF

MAYA ABDOMINAL THERAPY®

SELF CARE TRAINING LEVEL 1

Addresses common health conditions of
the abdomen for women and men

Taught by Li-Lan Hsiang Weiss L.Ac. (NC Lic #355)

May 25-27, 2018

Fri 3-7 pm, Sat 9-6 pm, Sun 9-5 pm

Location: Armonía Health LLC

1911 Hillandale Road Suite 1230
Durham, NC 27705

\$400 early bird, \$450 after April 25

Includes all materials, color manual, healthy snacks &
refreshments, 30 minute individual teaching session

Register online www.arvigotherapy.com

The Arvigo Institute LLC is a licensed provider for NCBTMB massage
therapists (17.5 CE Hours) and NCCAOM licensed acupuncturists (18
PDA Points)

Dr. Rosita Arvigo, a naprapathic physician, apprenticed with traditional shamans of Belize and Mexico and founded these external techniques that reposition abdominal organs that have shifted, thereby restricting the flow of blood, lymph, nerve & energy.

You will learn in this transformative hands-on class:

- ❑ A simple, non-invasive abdominal self-massage technique that provides relief for various **menstrual and hormonal symptoms in women, common digestive disorders, benign prostate enlargement in men, urinary complaints, and improves overall health**
- ❑ Reproductive and digestive anatomy and physiology of women and men
- ❑ Causes of various reproductive and digestive issues
- ❑ Rainforest herbs, nutrition, and self-care tools to support the abdominal massage
- ❑ Ancient Maya techniques for mind, body, and spiritual connection

This course is a prerequisite to enrollment in Level 2 Professional Training for licensed healthcare practitioners

Li-Lan Hsiang Weiss is a licensed acupuncturist in North Carolina, an herbalist, and energy practitioner. She has studied with Dr. Rosita Arvigo since 2008 and is a certified advanced practitioner and Arvigo Institute LLC instructor since 2013.

In her private practices she incorporates the Arvigo® techniques with acupuncture to address fertility, digestive challenges, and benign prostatic enlargement. She is also the founder of Armonía Health LLC, a community-style acupuncture and wellness practice with English-Spanish speaking practitioners.

www.armoniahealth.com 919-251-9698

 Armonía Health LLC

