

# Maya Abdominal Massage

## *a three day self care retreat*

From fertility, PMS, and digestive issues to prostate and bladder conditions, Maya Abdominal Massage can help! In this course we will discuss and explore one of the cornerstones of

Maya Medicine:

*Maya Abdominal Massage.*

Used for over 5 thousand years by Traditional Maya Healers to treat a wide variety of ailments, this technique has been helping untold numbers of women and men with a variety of ailments. It represents an unbroken chain of knowledge handed down from generation to generation of midwives, healers and shamans.

Maya Abdominal Massage is an external, non-invasive and nurturing massage of the abdominal area. Using only the hands we assist in the return of reproductive and digestive organs to their appropriate anatomical position.

A partial list of symptoms most often alleviated by the Maya Abdominal Massage:

### *Women*

Digestive complaints  
Painful menstruation  
Menopausal symptoms  
Failure to ovulate regularly  
Varicose veins of the legs and hemorrhoids  
Fibroids  
Infertility  
Bladder issues

### *Men*

Digestive complaints  
Weak, tired legs  
Back Ache  
Difficult, painful or incomplete urination  
Poor circulation in legs  
Painful or difficult ejaculation  
Prostate enlargement discomfort  
Infertility

### ***About the course:***

You will learn the causes, symptoms and contraindications as well as an external, non-invasive self-care technique. Each student will receive an individual assessment and coaching on how to use the technique for themselves. You will find these techniques simple, straightforward, reliable, safe and dramatically effective.

Maya Abdominal Massage supports the body's natural healing capacity; The inherent ability to be self-regulating, self-healing and self-regenerative known as "homeostasis." In this course you will learn a very effective self-care technique. You will not be able to use this treatment for others, only yourself. For those who are licensed healthcare and/or bodywork practitioners, this course is required to take the Professional Care Training with Dr. Rosita Arvigo, which will then enable you to treat and assist others.

***Investment:***

**In the United States;** 363.00 if registered more than *15 days before* the first day of class // 450.00 if registered *Within 15 days of the class*—

**Outside the U.S.;** 450.00 if registered more than *30 days before* the first day of class // 540.00 if registering *Within 30 days* before the first day of class.

In honor of the lineage from which we have gained this knowledge, 10% of this fee goes to the Traditional Healers Foundation in Belize.

***Deposit:*** 100.00, 17.5 Contact Hours of AHNA Nursing CEU's and 17.5 hours of Category A training for NCTMB are available for this workshop, Midwifery CEU's and Acupuncture CEU's are pending

***Prerequisites:*** This course is open to anyone interested in improving their overall health and vitality or who may be experiencing any of the symptoms above. *It is a prerequisite for the Professional Training with Dr. Rosita Arvigo.*

***Suggested Reading:*** Sastun, My Apprenticeship with a Maya Shaman; Rosita Arvigo, Harper Collins

***About your Instructor:***

**Kimberly Hart, NCTMB,** received her National Certification in Therapeutic Massage and Bodywork in 1994. She has a private practice in Minneapolis and has been studying herbal and natural healing methods since 1993. Kimberly began her apprenticeship with Rosita Arvigo in 1998, and became certified in the Arvigo Techniques of MAM in 2000. She also worked directly with Rosita and other traditional healers while living at Ix Chel Farm in Belize during the winter months for 3 consecutive years.

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## Registration

***If you have questions*** , please contact Adagio Holistic Therapies, LLC at 612-288-0488.

***To register*** for a class please follow these directions:

1. Use the **on-line registration form** at [www.arvigomassage.com](http://www.arvigomassage.com)

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2. Make your deposit check payable to 'The Arvigo Institute, LLC' and mail to:

The Arvigo Institute, LLC

77 West Street

Antrim NH 03440

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3. Call the Arvigo Institute office to pay by credit card (VISA and MC accepted): **(603) 774-6983**