



*Our Self Care Retreat in Belize runs for three consecutive days. At the end of each class day you are encouraged to take in the surroundings or simply relax and enjoy the beauty of Ambergris Caye. This is an incredible opportunity to do something great for your body, mind, spirit, and enjoy the sun, sea, and sand. Learn about this cornerstone of Maya Medicine in the land of the ancient culture of the Maya at the same time.*

*Consider extending your stay post-retreat, as you ease into a deeper and more awakened health. If*

*you choose, visit Maya ruins on the mainland of Belize or scuba and snorkel the second largest barrier reef in the world right outside your door.*



*See manatees in their natural habitat just a short boat ride away. Please arrive in Belize no later than February 4th and please schedule departure for no earlier than February 8th. This will give you time to acclimate to the area and to prepare to re-enter your daily life after this amazing retreat.*

**LODGING**—Class will be held in Belize on Ambergris Caye, a beautiful island, at Caribbean Villas. Accommodations are based on arriving the day of February 4th and departing February 8th and are *in addition* to the course fee. You will be staying with the group. Once everyone is registered we will contact you about the room. The suite for our group has a full kitchen and there are stores and fresh food vendors a short walk down the beach.

**INCLUDED IN COURSE FEE**—Lunch and snacks February 5-7th.

**AIRFARE**—is on your own and not included in the course fee. Please arrive on February 4th and depart on February 8th. You are welcome to extend your stay if you would like.

**COURSE FEE**—\$420 USD if registered by December 15, 2011; after that date \$510 USD.

Can't wait to see you in Belize!

**DEPOSIT**—\$100 USD, Non-refundable (can be transferred to a different class)

**REGISTRATION**—Complete the Registration Form found at: [www.arvigotherapy.com](http://www.arvigotherapy.com)

The Arvigo Institute, LLC, 77 West Street, Antrim, NH 03440. Tele 603.588.2571

**QUESTIONS**—

ADAGIO HOLISTIC THERAPIES, LLC  
info@adagioholistic.com. Tele 612.288.0488

**SUGGESTED READING**—

Sastun, My Apprenticeship with a Maya Shaman, by Rosita Arvigo, Harper Collins  
The Possibility of Everything, by Hope Edelman

**CEUs**—17.5 AHNA Nursing, 17.5 Category A NCBTMB, Acupuncture & Midwifery CEUs available. Please call the Arvigo Institute.

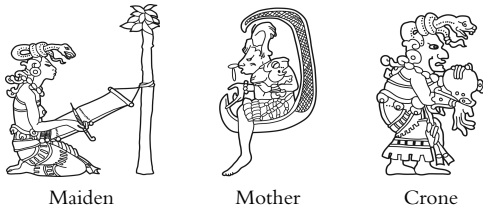


## BELIZE SELF CARE RETREAT CENTRAL AMERICA



*February 5-7, 2012*

## **Maya Goddess—IxChel**



*Adagio Holistic Therapies, LLC is pleased to announce a wonderful opportunity to learn Maya Abdominal Self Care in Belize, Central America. Bask in the sun and enjoy blue ocean waters while improving digestive and reproductive health for women and men. Experience a treatment that has been helping people for over 5,000 years. Learn about traditional Maya Medicine while enjoying the land and culture in which it originated.*



## **Your Self Care Retreat Instructor—Kimberly Hart, NCTMB**

Kimberly 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 1997, and became certified in the Arvigo Techniques of Maya Abdominal Therapy in 2000. She also worked directly with Rosita and other traditional healers while living at IxChel Farm in Belize for three consecutive winters.



## **What is Maya Abdominal Therapy?**

Maya Abdominal Therapy is an ancient treatment that has been known and practiced by healers for thousands of years. It represents an unbroken chain of knowledge handed down from generation to generation of midwives and traditional healers. The treatment assists in the vital flow of fluids and energy to nourish and repair the reproductive and digestive organs and systems. Maya Abdominal Therapy is an external, non-invasive, nurturing treatment of the abdominal area. Using only the hands, we assist in the return of internal organs to their appropriate anatomical position and aid in reduction of scar tissue, adhesions, and inflammation.

## **Why do it?**

The organs of the abdomen and pelvis, including the uterus, ovaries, bladder, prostate and intestines may have shifted or become inflamed thereby restricting the flow of blood, lymph, nerve and chi. Blockage of the flow of fluids and chi through the pelvis is a primary cause for a long list of symptoms. These may include but are not limited to: pelvic floor pain, digestive issues, poor circulation in legs, prostate enlargement or discomfort, low back pain, frequent urination and incontinence, bladder infections, fertility challenges, painful periods, irregular periods, PMS, endometriosis, vaginal yeast conditions, painful intercourse, varicose veins, endocrine (hormonal) issues, and aching legs.

## **What causes this to happen?**

Poor pelvic alignment, car accidents, chronic constipation and straining, and other stresses to the ligaments that support the abdominal and reproductive organs—falls to the sacrum, running on cement surfaces, repeated pregnancies close together and extended pushing during childbirth.

***“Give nature just half a chance and she has a miracle in store for everyone.”***

Dr. Rosita Arvigo