



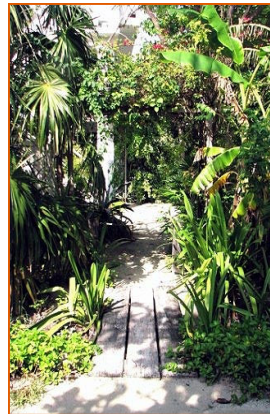
Instructor -
Kimberly Hart

MAYA ABDOMINAL THERAPY
BELIZE, CENTRAL AMERICA
SELF CARE RETREAT

February 5-7, 2012

(Class begins at 9:00 AM on February 5th and Class ends on February 7th at 5:00pm)

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.

In this course, you will learn the causes, symptoms and treatment for a whole list of issues using this simple Maya therapy; a self-care technique to enhance your own health in body, mind and spirit.

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!

COURSE FEE

\$420 USD if registered by December 15, 2011 after that date, \$510 USD. Airfare and accommodations are separate and not included in the retreat fee.

DEPOSIT

\$100 USD, Non-refundable

REGISTRATION

Complete the online Registration Form found at

www.arvigotherapy.com

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

SUGGESTED READING

Sastun, My Apprenticeship with a Maya Shaman
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.

QUESTIONS

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Minneapolis, MN 55405
612.288.0488

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 traditional Maya medicine techniques while enjoying the land and culture in which it originated.

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: fertility challenges, pelvic floor pain, digestive issues, poor circulation in legs, prostate enlargement or discomfort, low back pain, frequent urination and incontinence, bladder infections, painful periods, irregular periods, PMS, endometriosis, vaginal yeast conditions, painful intercourse, varicose veins, endocrine (hormonal) issues, and aching legs.



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

- Dr. Rosita Arvigo

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 to name a few.

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.