



## Self Care Training - Level 1 The Arvigo Techniques of Maya Abdominal Therapy®

This is a class for anyone that enjoys exploring new ways of caring for themselves or just simply exploring alternative ways of healing. People with fertility issues, endometriosis, digestion issues, prolapses, PMS, menopause, miscarriages, painful intercourse, incontinence, low back pain, IBS, swollen prostate and ovarian cyst may find this class full of helpful ways to bring their body back into a more healthful balance. Health care providers will get the prerequisite introduction to learning about the Arvigo Techniques of Abdominal Therapy®. This is also a great way to gather with others, possibly making new friends.

This 2 and 1/2 day class prepares the student to perform The Arvigo Techniques of Maya Abdominal Therapy® on him/herself only. It is the first of 3 levels of training in Arvigo® Therapy. No specific qualifications are required to attend Self Care - Level one. Professional Training Levels 2 and 3 qualify health care providers to practice on clients. Professional classes require a credential to perform bodywork.

Self-Care Training covers anatomy and physiology of the abdominal and reproductive organs, addresses causes and symptoms of malpositioned organs and demonstrates self-care techniques. Self-Care also addresses herbal, nutritional, spiritual and emotional support for the massage techniques to ensure comprehensive understanding of the modality and how it contributes to wellness.

The Arvigo Institute, LLC is a CE provider for national professional organizations. NCBTMB awards LMT's 17.5 CEUs for Self Care Training and NCCAOM awards Acupuncturists 18 PDA points. Please contact the institute for more detailed information at [www.arvigotherapy.com](http://www.arvigotherapy.com)

### **Instructor**

Molly Deutschbein is a certified Arvigo® practitioner and instructor with advanced pregnancy training. She has a private practice in Rochester with a client base of all

genders, ages and stages, specializing in the childbearing year and newborn feeding challenges. Her primary modalities are craniosacral therapy and Arvigo® Therapy. Molly has been running health workshops for adults for more than 25 years.

**When**

Friday to Sunday, March 2-4, 2018

Check in: 9:00am Friday

Ending time: 1:00 pm Sunday

**Where**

99 Cathaway Park, Rochester, NY 14610

(This is a private home where two cats and a non-shedding dog also live.)

**Lunches**

There are many good places to get lunch within walking distance or a quick drive. Healthy snacks, teas and coffee will be available

**What to bring:**

A manual is supplied for the course content, but you may want to bring a notebook and pen too. The weekend is run as an informal way so bring only your comfortable clothes, slippers, and socks. It is best not to bring tight fitting clothes with zippers. You may also like to bring a yoga mat and blanket if convenient to do so.

**Tuition Price:**

\$450.00 (early bird \$400.00 before February 2, 2018)

Class fee includes Self Care Manual and a private 30 minute educational session with your teacher or assistant (Arvigo® Practitioners).

\$40 of your tuition fee goes towards charity projects in Belize which support and maintain the rainforest and teach young children their ancestral history and herbal knowledge.

Dr. Rosita Arvigo, founder of The Arvigo Techniques of Maya Abdominal Therapy ® is a doctor of naprapathy, herbology and spiritual healing. She compiled all of the knowledge that she received over her years of studying with various traditional healers of Belize. The most notable of these was her mentor Don Elijo Panti, the renowned Maya Shaman of Belize. She developed these techniques and used them to create a holistic approach to healthcare.

To reserve a seat in class go to

<https://www.arvigotherapy.com/content/self-care-training-march-2018-deutschbein>

If you have questions, call Molly at (585)746-4682 or email her at [molly@spiritorganic.net](mailto:molly@spiritorganic.net)