

ARVIGO TECHNIQUE OF MAYA ABDOMINAL THERAPY®

Level 1- Self Care Training

September 15-17, 2017

Friday - Sunday

Held at Ixchel Center 23 Wilson St. Hartsdale NY

Dr. Rosita Arvigo's' technique of Maya Abdominal Therapy ® is an ancient technique applying external manipulation to the abdomen to facilitate blood & lymph flow, nerve conduction & Qi movement throughout the body. It helps support pelvic organs thereby reducing symptoms of a displaced uterus or swollen prostate, which can manifest as fibroids, endometriosis, infertility, low back pain, painful periods, constipation, incontinence & many other symptoms.

This two and a half day workshop will teach the participant about the anatomy & physiology of normal pelvic organs & structures & what happens when they become unbalanced.

Signs, symptoms, causes & the self-care treatment will be included in this program as well as a holistic approach to health & wellness. Nutrition, meditation, & herbal information will be included.

Completion of this program will qualify the participant to perform the abdominal massage on **themselves only** & prepare the licensed practitioner to go on to level two of this program

Instructor: Cathy Lipsky RN, ANP #914-912-2351

Cost: \$525.00 if registered by September 1, 2017 \$475.00

To register log on to: www.Arvigotherapy.com

About the instructor: Cathy Lipsky is a nurse practitioner & certified Nurse AMMA ® Therapist who combines her knowledge of western medicine with her desire to help people become more involved in choosing & maintaining a healthful way of life.

Cathy is among some of the first certified health professionals to bring the Arvigo Techniques of Maya Abdominal Therapy® to the U.S. from Central America. For the past 17 years she has studied with & assisted Dr. Arvigo in restoring reproductive health to both men & women. Cathy is also a Certified Advanced Arvigo Teacher.

The Arvigo Institute, LLC is a licensed provider for NCBTMB for massage therapists (17.5 CE Hours), NCCAOM for licensed acupuncturists (18 PDA Points), and MEAC for Midwives (17 Contact Hours).