

Arvigo Techniques of Maya Abdominal Therapy™ Self Care Training Level 1 :



Location:

Utopia Health Care, 1/387 Malvern Rd, South Yarra,
Melbourne, VIC 3141

~ 2.5 day workshop ~

Dates: May 12th -14th Times: 6pm-9pm Fri., 9:30am-6pm Sat., &
9:30am-5:30pm Sun.

CEUs for Massage, acupuncture, and midwifery

This 2.5 day intensive provides a review of anatomy and physiology of the digestive and reproductive systems of women and men. Holistic approaches for self care are covered such as castor packs, hip swaddling and use of perineal steaming. Also covered are the basic history of Maya Abdominal massage as taught by Dr. Rosita Arvigo and how to safely do the self care massage for yourself only. Self Care training is open to anyone that wants to have a deeper understanding of self and how to keep the belly region healthy.

This is the prerequisite course for attending Professional Care Training in Arvigo Therapy™.

Tuition includes self care massage instruction, class manual, supplemental handouts, a 30-minute one-on-one educational session with a certified Arvigo® practitioner, plus healthy snacks and teas.

Limited spaces. Open to ages 14 and up (or by negotiation).

Cost: \$450 AUD + \$98 USD admin/tithe fee. To find out more or to register go to <http://www.BodyCarePlace.com/class-schedule>

For more questions email: info.BellyCare@gmail.com