The Arvigo Techniques of Maya Abdominal Therapy®

2½ days Training in Self Care

Jacqueline and Nicola would like to thank you for looking at doing this amazing class to study The Arvigo Techniques of Maya Abdominal Therapy® self care level 1 with us. On this course, you will learn about the history and lineage of the Arvigo techniques and stories from the traditional Maya elders and healers. We will cover the appropriate anatomy and physiology as it applies to the pelvic and abdominal organs and how this work supports your body to be healthy and happy. You will learn hands-on application of the techniques for one’s own self-care. This class is not for professional training but is the precursor class to learn about these ancient techniques before going on to practitioner training.

When 6th December 2019 to the 8th December 2019. Friday and Saturday are 09.00 to 17.30, Sunday is 10.00 to 14.00

Where Exhale Second Floor, The Storey Institute, LA1 1TH, Lancaster, Lancashire

Course fees

If you pay in full before 29th November 2019 tuition will cost £252.00 GBP + $98.00 USD
if you pay after 29th November 2019 tuition will cost £282.00GBP + $98.00 USD

How to register

Register on-line by paying $98.00 USD directly to the Arvigo Institute, a non refundable deposit via www.arvigotherapy.com using a credit card. This covers the class registration & a tithe to support the Ix Chel Tropical Research Foundation and the Traditional Healers of Belize. Jacqueline will contact you once you have paid your registration with payment details. Class fee includes your Self Care Massage training, written detailed work book for you to keep, a certificate of attendance and proof of CPD. Healthy snacks and drinks are provided throughout the day. Jacqueline will get in touch once you have registered with instruction and bank details for completing payment.

Jacqueline and Nicola would like to thank you for registering on this course with us, we are looking forward to joining you at the start and being part of your Arvigo journey. Jacqueline will be in contact with you with more information about how to pay, the venue, how to get there, parking and more.