Thank you for registering for our upcoming workshop, **BEYOND THE BASICS POSTERIOR APPLICATIONS**. This 4-day workshop reviews material and bodywork from the Anterior Applications for Self and Clients. Anatomy and physiology for posterior applications is reviewed with ample bodywork application for hip and sacral alignment to further enhance the anterior protocol.

Open to licensed health care practitioners who have successfully completed Anterior Applications for Self and Clients. Examples of eligible practitioners include professionals such as massage therapists, acupuncturists, chiropractors, naprapaths, physicians, nurses, midwives, physical therapists etc. Contact the office for eligibility status prior to registration.

**Dates:** December 5-8, 2019  
**Location:** Niwot Healing Dome, Longmont, Colorado

**How will I get to the center?**

**By car:** 6374 Niwot Road, Longmont, Colorado 80501  
**By air:** Denver International Airport (DEN). Rental cars and shuttle service are available.  
Note: there is no public transportation to the Dome, but Lyft and Uber are available and students can coordinate ride shares.

**You are responsible for making travel arrangements to and from the venue center.** Feel free to connect with other students (when we send group emails) regarding the trip to/from the center.

**What is the Class Schedule?**

- **Arrival Date:** Thursday December 5, 2019 Arrive by 8:30am. Class begins promptly at 9am

- **Daily Class Schedule:** Class begins each morning at 9:00am, break for 90-minute lunch, class ends at 5:30pm *

- **Departure Date:** Sunday December 8, 2019 at 6:00pm*  

*Class times may be adjusted based on the needs of the group.*
Items to Bring to Class:

- Loose fitting clothing (without zippers that won’t restrict movement). In general, comfortable clothing to layer
- Slippers or similar footwear for indoor use
- Set of sheets and a face place cover for your use during bodywork sessions
- Massage oil or lotion for your use during body work sessions
- Pens and notepad for class
- Your massage table if you are driving. Please notify the office if you are able to bring a table.
- Seating options: there are folding chairs available, but please bring a back-jack or other support for sitting on the floor if that is you preference.
- Pillow or bolster, yoga mat and a blanket to cover yourself if possible. If you are flying in for the class, bring only what you can and those of us who live locally will supply the rest.

At the Center

Telephone: Should you be needed in an emergency: 303-530-3601. Cell phone service is good in the center/on the grounds.

Technology: WIFI is available.

Medical access: In the event of an illness or need for access to medical care, we will make every effort to work with you to secure the assistance you need.

The Center Provides:

Meals: All meals are on your own. Coffee, tea and mountain spring water will be available throughout the training. You are welcomed and encouraged to bring your own snacks for between meals. There are restaurants within 10 minutes’ drive, but we encourage students to bring food for the day and enjoy the retreat-style setting. There is a fridge for cold storage, and a stovetop and microwave for heating your meals.

Lodging: You are responsible for your own lodging during this training. There is hotel lodging nearby and there are many Air B&B options as well.

Payment/Fee Information

Total Fees: $1,035 USD (All fees are paid to The Arvigo Institute, LLC)
Fee Includes: Class fee, manual, facilities fee, and beverages.
Registration Fee: $400USD at time of registration to secure your space
Balance due by Tuesday November 5, 2019

Details regarding registration, refunds & cancellations can be found on our website www.arvigotherapy.com

We look forward to working with you. Please let us know if there is anything we can do to support you.

Melinda Adams, Office Manager and Events Coordinator