A Time of Empowerment...Self Care Training is a nurturing time to focus on your own digestive and reproductive health concerns such as painful or irregular periods, PMS, fibroids, fertility, difficult menopause, post-cesarean or hysterectomy scarring, constipation, irritable bowel syndrome, indigestion, bladder infections or incontinence. This course is designed to educate and empower you to use your own two hands to help yourself! You will learn techniques that are founded in the ancient Maya method of abdominal massage. This massage is an external, non-invasive manipulation that repositions internal organs that have shifted (such as a ‘tilted’ uterus), and releases adhesions, scar tissue and fascial restrictions, thereby restoring the flows of blood, lymph, nerve and chi for optimal health.

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. It 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. In addition, students receive a private 30 minute educational session in Self Care Massage. This two and a half day class prepares the student to perform The Arvigo Techniques of Maya Abdominal Therapy® on herself only. This class is a prerequisite to enrollment in the Arvigo® Level 2 – Professional Care Training for licensed healthcare practitioners. Anyone may register for this class, no prior training required. CEUs available for acupuncturists and massage therapists.

For more info, or to register: www.arvigotherapy.com

Early bird class fee is $420 before 11/16; after that $450. Tuition includes class, workbook, private 30 minute educational session with Arvigo® practitioner, applicable CEU transcript, and organic and gluten-free snacks/tea. A portion of tuition is tithed to the Ixchel Tropical Research Foundation in Belize.

This class is taught by Abigail Reagan LM, CAP, Licensed Midwife, Certified Arvigo Practitioner; and Certified Arvigo® Self Care Teacher who was trained by Dr. Rosita Arvigo, and is passionate about this work to support the health of women of all ages. For questions, contact Abigail at abigail@rebirthwomenswellness.com or 415.716.3500. For more about Abigail and her practice visit www.rebirthwomenswellness.com.