Hands on Health the Maya Way

Experience a deeper connection to your core

Join us for a day of self-care and discovery as we bridge ancient therapies for the body, mind, and spirit with our present day understanding of physiology.

Participants will also learn the “how” and “why” of the effectiveness of these techniques as we discuss the anatomy and physiology of this ancient work. This course is based on Dr. Rosita Arvigo’s 40 year practice as a naprapathic physician and her collective studies and apprenticeships with traditional healers across Central America and Mexico.

Tracy Hilliard is a licensed massage therapist of over 19 years and an RN. She began her study of the ATMAT with Rosita Arvigo in Belize in 2004.

www.bellybodywholeness.com Call 423.401.0816 with additional questions.

December 8th, 2019, 9am-5pm
Sound Body Somatics, Knoxville, TN

Early Bird Discount $95, $115 after December 1st, 2019
This includes an informative booklet, healthy snacks & teas, and additional therapies one can indulge in their home self-care practice.

For more information about this work or to Register online www.arvigotherapy.com

This self care is helpful for:
- Menstrual irregularities
- Hormonal imbalances in women
- Common digestive disorders
- Benign prostate enlargement
- Urinary complaints
- Fertility concerns

The Arvigo Institute LLC is a licensed provider of this class for NCBTMB massage therapists (7 CE Hours), NCCAOM licensed acupuncturists (8 PDA Points). This class is open to health practitioners as well as to the community.

All Bellies Welcome!