

Arvigo® Techniques of Maya Abdominal Therapy

A weekend of Self Care and Nurturing

This weekend course is designed to empower you to use your own two hands to help yourself.

You will learn wonderful techniques that are founded on the ancient Maya method of abdominal massage.

This self-care training is an opportunity to connect with the wisdom of your body, and a time to focus on undoing all the blockages to flow on all levels that may have led you to seek professional help in the past.

You learn an external, non-invasive process that restores your normal flows of blood, lymph, nerve and energy.

It also repositions internal organs that may have shifted through your life leading to potentially unusual and medically hard to shift circulatory/aching/structural/ fertility/digestive complaints and aches and pains, anywhere in everyone, all gyne/pelvic pain/dysfunctions in women, and prostate/ urinary/ED problems for men.

What you will receive

Deep understanding on how to heal all aspects of your energy and physical bodies through exploring the interaction of your anatomy and physiology, and your past and present emotional responses. Realigning your abdominal and reproductive organs will allow the previously upset parts of you to return to their easy functioning blueprint.

We cover the causes and symptoms of your previously ignored malnourished inner tissues and malpositioned organs: how these may disturb easy living in your body, and then how to correct these with gentle self-care. Nutritional, spiritual and emotional support with the subtle yet profound massage techniques ensures your own healing. You also learn how to use some of the common herbs found in most gardens to support your digestive and reproductive health.

This two and a half day class prepares the student to perform the Arvigo® Therapy on themselves only. Credit points may be awarded for Australian massage associations.



To find out more about the Arvigo® Techniques of Mayan Abdominal Massage:

www.arvigotherapy.com

Registration:

Please follow the links there.

Non refundable deposit \$US 98 to be paid online (office admin and Ix Chel foundation tithes). The remainder directly to Heather.

Period, Fertility and pregnancy Apps with remarkably useful self care information from www.heathersays.com

About the Course:

Dates

Friday 20th November 6 - 9pm
Saturday 21st Nov 9.30 - 5pm
Sunday 22nd Nov 9.30 - 4pm

Cost:

Early bird \$US400 till 13th Nov. Investment of **\$US480** includes a fee for US admin costs, plus a 30 minute private personal treatment by a qualified ATMAT practitioner.

An extensive colour manual, a copy of 'Journeys to Healing' and nutritious snacks, morning, & afternoon tea included in the fee.

Location:

46 Hecklemann St, Carina Heights, Brisbane. Easy on street parking.

Self Care 1 is the prerequisite to your becoming a professional ATMAT.

**Phone Heather on
(07) 3899 2274 or
0452 343 773**

www.mayahealing.com.au

Passionate about people transforming through making changes in their own lives, Heather, upon finding this work, has been sharing her knowledge and wisdom of the Maya ways to all as these form the missing link to almost all health care issues. She has been tirelessly working as catalyst for change in people's lives for over 35 years, Now as a certified ATMAT self care teacher and practitioner she can hold the space for personal healing in workshops allowing the opportunity for all to gain deep sharing and insights. Maximum number in this venue :8 - please book early to gain a discount and a place.

This weekend offers you space to dive into yourself - away from the busyness of your life: to nourish your body, womb & soul: in the company of like minded people - to explore the wonder of all you can be.

Warning - you may find yourself profoundly moved, probably shedding both tears sadness and of joy in reconnecting with the beauty, strength and creativity of the divine spark you are within.



Heather Bruce

**Certified Arvigo® Self Care
1 teacher,
fertility/pregnancy
practitioner/wise woman**