

*The Arvigo Techniques of Maya
Abdominal Therapy®
Self Care Training Level 1
Maya Abdominal Massage
Herbs - Nutrition - Meditation-
Mind / Body / Spirit Healing*

This 2.5 day workshop provides a review of anatomy & physiology along with holistic approaches for self care. Self Care Training prepares an individual to perform the techniques on oneself and is a prerequisite for attending Professional Care Training.

*October 19-21, 2018
Life Family Chiropractic Center
913 Post Rd #2B
Wells, ME 04090*

*For more information and to register:
www.arvigotherapy.com or call
The Arvigo Institute at 603 588-2571
CEUs massage therapy, acupuncturists*

*Additional information through Christine Lee, RNCS, LicAc
508 596 4680 or ACUCHRISRN@AOL.COM*