



## Arvigo Techniques of Maya Abdominal Therapy®

### Details

Heather's Healing Retreat is quaint, self-contained, and very peaceful. A tranquil garden setting in the midst of the wild West Coast.

**16th - 18th February 2018**

Friday 6:30 pm – 9:30 pm  
Saturday 9:30 am – 6 pm  
Sunday 10:00 am – 5 pm

### Cost

**\$495** (\$440 before 3rd Feb)

Includes self-care manual and all meals/nutritious snacks, perineal steam - as well as your private educational session from an Arvigo practitioner.

A portion of the tuition is tithed to the Traditional Healers of Belize.

*Limited to eight participants.*

### Accommodation:

plus two daily meals \$200 extra.

Delicious lunch and plentiful nutritious snacks are provided as part of the class fee.

Transport from Christchurch International airport, plus the spirit quest adventure over the Alps, stopping at various wonderlands - included in accommodation cost.

### Register

<https://www.arvigotherapy.com/content/self-care-training-january-bruce>

## Self-Care Training Level 1

### Discover a special way to care for yourself.

Learn gentle abdominal massage for:

- Taking charge of your own digestive and reproductive health
- Soothing digestive/urogenital and all menstrual troubles
- Supporting and optimizing fertility and pelvic health everyone in all phases of life.

### The Arvigo Techniques of Maya Abdominal Therapy®

incorporate massage, herbal remedies, nutrition, meditation and emotional/spiritual healing in a holistic approach to health and disease prevention.

This 2 1/2 day workshop is open to everyone. It will be a nurturing time to focus on your needs and discover how to care for yourself with your own two hands. You will get to know your body in a new way as you learn about the anatomy, physiology and energy of your abdominal and reproductive organs.

Every student receives a private, 30-minute educational session for evaluation and guidance in the self-care massage. By the end of the weekend you will have information, awareness and new skills that will enable you to adopt these time-honored techniques for yourself.



*This class is a prerequisite for Arvigo® Techniques Professional Training Level Two.*

### Your gift to yourself

Heartful.  
Deeply respectful.  
Gentle, profound and deeply healing.

### Instructor

**Heather Bruce** - [www.heatherbruce.com.au](http://www.heatherbruce.com.au)

Heather is a Certified Arvigo® Therapist and Teacher, a multi modality holistic transformative energy body worker, acupuncture consultant and **Gentling Way** practitioner.

Through this work, she is changing the world, one belly at a time!