

WHAT IS IT?

The Arvigo Techniques of Maya Abdominal Therapy® are founded on an ancient Maya technique of **ABDOMINAL MASSAGE**. This technique is performed externally by gently guiding and supporting organs back into their optimal position, allowing for improved functioning for optimal health and wellness.

Arvigo® Therapy is best known for addressing misalignment or congestion in the reproductive organs as well as many common digestive disorders. The techniques effectively alleviate tissue congestion and organ constriction to improve the vital flows of energy, blood, lymph and nerves in the abdomen. It addresses and can release emotional and energetic tension from the abdomen. This assists to prevent the progression of chronic disease symptomology while improving the body's ability to **SELF REPAIR AND BALANCE**.



IxChel, Maya Goddess of Healing

COMMON SYMPTOMS & CONDITIONS ARVIGO THERAPY MAY HELP WITH

- Digestive disorders (Crohn's, Irritable Bowel Syndrome, Gastro Esophageal Reflux Disease, Gastritis, Constipation, Indigestion, etc.)
- Urinary System (incontinence, frequent urinary infections, etc.)
- Fertility Enhancement
- Menstrual Disorders (painful/irregular periods)
- PMS/Depression
- Pre-Conception through Postpartum
- Discomforts of Pregnancy; Birth Preparation
- C-section/hysterectomy surgery recovery
- Menopause
- Post-Surgical (scar tissue, recovery, etc.)
- Pelvic Organ Congestion (endometriosis, cysts, fibroids)
- Polycystic ovarian syndrome
- Chronic bladder/yeast infections
- Varicose Veins
- Pelvic Organ Prolapse
- Displaced Uterus (*see next page for symptoms of a displaced uterus*)

WHAT ARE SYMPTOMS OF A DISPLACED UTERUS?

Please check ALL that apply

- Painful periods, PMS/Depression
- Late, early, or irregular periods
- Dark, thick blood at onset and at end of menstruation
- Blood clots or excessive bleeding during menstruation
- Headache, migraine, or dizziness with period
- Failure to ovulate regularly
- Painful ovulation
- LEGS: varicose veins, tired/weak legs, numb legs/feet, sore heels when walking
- Low back ache
- Endometriosis or endometritis
- Uterine infections, polyps or fibroids
- Frequent urination or bladder infections
- Vaginal yeast conditions/vaginitis
- Infertility, false pregnancies, or chronic miscarriages
- Premature deliveries or weak newborn/infant
- Painful intercourse
- Constipation
- Difficult Menopause
- Cancer of the cervix, uterus, or colon



WHAT TO EXPECT DURING A SESSION

Initial Session* - ninety minutes

\$250 includes:

- Comprehensive review of your past and present healthcare needs focusing on reproductive and digestive health
- Upper and lower abdominal massage to help:
 - Guide reproductive and abdominal organs to optimal position
 - Improve circulation to organs
 - Promote vital energy flow to support the body's inherent healing capacity
- Back Massage with primary focus on low back and sacrum
- Instruction in self-care massage to enhance your professional session.

Kimberly will work with you to address your specific needs. Typically, 2-3 professional sessions (at a minimum) are required to address most conditions. Clients who perform their self-care massage on a routine basis report an improvement in their symptoms.

Follow-Up Sessions - one hour

\$140 includes:

- Review any changes in symptoms
- Upper & lower abdominal massage
- Back Massage with primary focus on low back and sacrum

Introductory 3 Pack Special for \$465

\$530 value, saves \$65

- Initial Session
- Two Follow-up Appointments

**If applicable, please schedule your Initial Session avoiding 5 days prior to, and during your menses.*

ORIGINS OF ARVIGO® THERAPY

Dr. Rosita Arvigo, DN, is a naprapathic physician and master herbalist who has lived and studied with traditional healers in Central America for more than 30 years. She apprenticed with the renowned Maya Shaman Don Eljio Panti for 10 years until his passing in 1996 at the age of 103. Dr. Arvigo learned traditional pregnancy care from Miss Hortence Robinson, a well-known herbal midwife in Belize.

She combined her knowledge of anatomy, physiology and naprapathy (study of muscles, ligaments, connective tissues) with her extensive acquired background in traditional healing methods, and formulated the Arvigo Techniques of Maya Abdominal Therapy®. Dr. Arvigo established the Arvigo Institute in 2000 and trains healthcare professionals worldwide.

YOUR PROFESSIONAL ARVIGO® MAYA ABDOMINAL THERAPIST



Kim Bachmann

IL Licensed Massage Therapist

(Lic #227.011115), AMTA Member

Kim has been a licensed Massage Therapist at Urban Oasis since 2009. She has been helping women with The Arvigo Techniques of Maya Abdominal Therapy since 2014. If you would like to reach Kim prior to booking your appointment you can contact her directly at: kim@urbanoasismassage.com

TO SCHEDULE YOUR INITIAL SESSION*

Contact **Urban Oasis** at

(312)640-0001 to book your Arvigo®

Session, then download and complete the Arvigo Form from our website at

www.urbanoasismassage.com/arvigo

**If applicable, please schedule your session avoiding 5 days prior to, and during your menses.*

THE ARVIGO TECHNIQUES OF

MAYA ABDOMINAL THERAPY®

Now offered at Urban Oasis in Chicago's Lincoln Park

939 W North Ave, Lower Level, Chicago IL
312.640.0001

SUPPORTING YOUR
REPRODUCTIVE AND
DIGESTIVE WELLNESS

"Give nature half a chance and she has a miracle in store for everyone."

~ Dr. Rosita Arvigo, DN

www.arvigotherapy.com

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