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 congestion and tissue 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 symptomology disease 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	Please	check ALL	that a	pply	,
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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
,, ,
chronic miscarriages
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 selfcare 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

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 tisues) 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

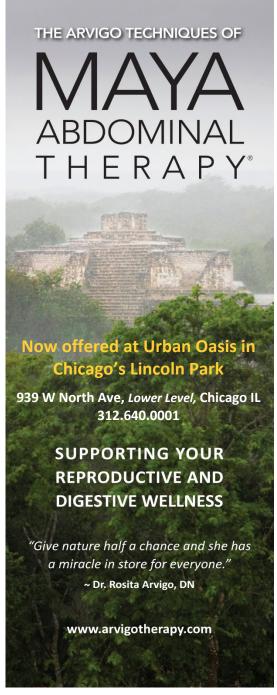
Kim has been a licensed Massage Therapist at Urban Oasis since 2009. She has been helping women with The Arvigo Techniques of Maya Abdominal Therapy since 2014. If you would like to reach Kim prior to booking your appointment you can contact her directly at: kim@urbanoasismassage.com

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.



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