



## Arvigo Techniques of Maya Abdominal Therapy

### Who is Rosita Arvigo?

- Naprapath from the USA
- Studied herbology in Mexico
- Studied with Don Elijo Pantl, renowned Maya Shaman from Belize, as his apprentice for 10 years
- Developed this technique to present it to the world with Don Elijo's blessing



Rosita also  
learned from  
traditional  
Belizean  
midwives.



## Symptoms of displaced uterus

- Painful menstruation
- Irregular menstrual cycles
- Abnormal uterine bleeding
- Painful intercourse
- Recurring vaginal infections
- Bladder infections
- Urinary Issues
- PMS
- Ovarian Cysts
- Fertility challenges
- Miscarriages
- Difficult pregnancy
- Discomfort during pregnancy
- Endometriosis
- Uterine fibroids/polyps
- Pelvic pain
- Constipation

## Modern Medicine treats these symptoms with:

- birth control pill or other medication
- muscle relaxants
- surgery

## Arvigo Techniques of Maya Abdominal Therapy

- Get to the source of the symptoms
- Correct the problem



## Why this works

- Uterus is suspended in the body by ligaments
- Ligaments allow the uterus to move - (grow larger in pregnancy)
- Massage corrects the uterine position, decongests the abdomen and opens up the "Five Flows"

## Given half a chance, the body will heal itself!

- We do the massage which repositions the uterus and opens up the flows.
- The body heals itself.

## Holistic Approach

- Maya treat all aspects at once
- Anatomy/physiology - massage
- Nutrition
- Herbs - Rainforest Remedies
- Emotional components
- Spiritual components



## Some case studies

- Painful menstruation
- Painful intercourse
- Fertility challenges - pregnancy
- Painful uterine ligaments at 28 wga
- Prolapse after childbirth
- Preterm labor - Malaysia
- Pregnancy discomforts resolved
- Urinary urgency greatly improved



## Training

- Level 1, Self Care (prerequisite to professional)  
17 CEUs from MEAC
- Level 2 - Professional Training
- Level 3 - Certification
- Pregnancy - Specialty training
- Spiritual Healing

## Contact information

- [www.arvigotherapy.com](http://www.arvigotherapy.com)  
course schedule
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- For a practitioner near you see  
[www.arvigotherapy.com](http://www.arvigotherapy.com)  
practitioners

## Further Reading

- Two books by Rosita Arvigo  
*Sastun, My Apprenticeship with a Maya Shaman*  
*Rainforest Remedies*
- *Midwifery Today*, Issue 84, Winter 2008,  
*A Modern Midwife's Experience with Ancient Maya*  
*Abdominal/Uterine Massage*, Anne L. Hirsch
- *Mothering*, March-April 2010, *Mayan Womb*  
*Massage, How an ancient massage technique can*  
*prepare your body for conception and ease menstrual*  
*cramps*, Catherine S. Gregory