



Foundations in Health and Wellness: **Supporting Digestive System Health**

This one-day community class is designed to teach pelvic and abdominal health and self-care, as developed by Rosita Arvigo and inspired by her teachers. Together, we will:

- Massage our bellies!
- Learn the anatomy and physiology of our bodies...in fun ways!
- Learn tools to relieve your symptoms, such as chronic bloating and constipation, acid reflux, hiatal hernia, ulcerative colitis, soreness and inflammation in your gut, and other difficulties with digestion.*
- Learn how to use this practice to improve your specific set of symptoms and improve your overall health.
- Talk about the applications, modifications and other supportive therapies to this practice.
- Learn about the roots of the lineage that this practice grew from.
- More fun stuff!! Light snacks provided.

Weaving traditional Mayan healing wisdom with modern knowledge and practice, Arvigo® therapy has been transforming people's lives for decades...and now it is here for you! Join us for a fun and informative day!

When: Sunday, January 12th, 9-12:30pm & Sunday, January 26th, 9-1pm

Where: Myo Massage, 4616 Triangle Ave #407, Austin, TX 78751. [map](#)

Register: The Arvigo Institute [registration link](#)

Teacher: Rachael Wilder, LMT, Educator; osunray@gmail.com. www.awakenednature.com

Cost: \$150**

**If you are in an acute flare-up of a condition on class day, please contact me before attending. Modifications can be made.*

***One full or partial scholarship / class given as ancestral reparation to either a Latina-o-x student, or donated as compensation to the Bush Medicine Camp (through the Ix Chel Tropical Research Center), bringing low-income indigenous kiddos in Belize City into the jungle yearly for a traditional plant/herb education and fun! Info here: <https://rositaarvigo.com/belize-ethnobotany/>*



Rachael Wilder, LMT, Educator
Awakened Nature Massage Therapy
www.awakenednature.com

