



## **Anterior Applications for Self and Clients**

This four day continuing education class is designed to teach pelvic and abdominal health and self and client care, as developed by Rosita Arvigo and inspired by her teachers. Together, we will:

- Learn a gentle, external manipulation of organs to optimize flow and function for ourselves and our clients. Increase blood, lymphatic, nerve and energy movement by decreasing tension patterns.
- Learn the anatomy and physiology of our bodies...in fun ways!
- Learn what might be causing common symptoms, such as urinary issues, fertility challenges, reproductive system\* pathologies, hormonal imbalances, digestive woes and much more.
- Learn how to use this practice to improve a specific set of symptoms and improve overall health, and explore the root causes of dysfunction.
- Talk about the applications, modifications and other supportive therapies to this practice.
- Learn about the roots of the lineage that this practice grew from.
- Prepare you to begin client-based work, and a prerequisite for Posterior Applications class, as well as other advanced courses.

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 class!

**When:** Thursday, April 23rd - Sunday, April 26th, 2020. 9am-6pm (1.5 hour lunch break)

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

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

**Teacher:** Jennifer O'Hagan, RH (AHG), LMT. <http://woodlandnaturals.com>.

**Cost:** \$1085.00

*\*Reproductive anatomy will be taught as biological sex, not gender. Inclusivity will be practiced.*

*\*\*A portion of each tuition will be donated as compensation to Bush Medicine Camp through the Ix Chel Tropical Rainforest Center. Info here: <https://rositaarvigo.com/belize-ethnobotany/>*

*\*\*\*CONTINUING EDUCATION CREDITS: Acupuncturists NCCAOM 28 PDA; Massage Therapy NCBTMB 25 CE hours.*

