



Ancient Maya Healing - Self Care Workshop

*What People Are Saying
About this Workshop:*

- Incredible experience - I am so thankful for this safe outlet, so needed for years.
My life will never be the same.
- What a wealth of knowledge-irreplaceable!!
Incorporating the emotional and spiritual pieces with the physical was so meaningful and powerful!
Thank you, I feel blessed!

*Continuing Education Credits for
Nurses, Midwives, Massage
Therapists, and Acupuncturists*

Workshop Dates & Times

Fri, Nov. 6, 5:30 - 9 PM
Sat, Nov. 7, 9 AM - 6 PM
Sun, Nov. 8, 9 AM - 6 PM
Course Fee \$350US

The Centre for Health & Well Being
2927 Dundas St. W.

This course is designed for:

Anyone who is looking for relief from common female and male issues, digestion, and urinary complaints.

Benefits from this Workshop:

- You will learn simple effective techniques to relieve common female and male issues, digestion, and urinary complaints (see list on reverse side)
- Gain an understanding of the abdominal and pelvic anatomy
- You will learn about the ancient Maya techniques for mind/body/spirit connection
- Feeling Better!

Day One

- Ancient Mayan spiritual beliefs and traditions
- Award winning video 'Sastun' of Maya shaman
- History of the Maya people
- $\frac{1}{2}$ individual treatment

Day Two

- Anatomy of the female and male pelvis
- Reproductive cycles
- Ancient Mayan herbal remedies
- Learn Mind/Body/Spirit self care techniques
- Meditation
- Chi and Reichian Armor Blocks

Day Three

- Ways to improve your digestion
- The root cause of many common ailments
- Additional Maya healing techniques
- Practicing self care techniques



Pat Berger is a certified Maya Abdominal Therapist, a Self Care Instructor, a Licensed Massage Therapist, and teaches both Yoga and Breath Work. She owns and operates her own Wellness Center in Sidney, Maine. Call for info. 207-465-9288

Give Nature Half a Chance...and she has a miracle in store for everyone.

Dr. Rosita Arvigo

For relief of the following common health issues:

Female Issues

Menstrual Issues

Painful periods; Late, early or irregular periods; Dark or thick blood during menstruation; Headache or migraine with period; Dizziness with period; PMS/Depression; Blood clots; Excessive bleeding, Endometriosis; Endometritis; Uterine Polyps and Uterine Fibroids; Uterine Infections; Vaginal yeast conditions/vaginitis; Painful intercourse; Undiagnosed pelvic pain, Failure to ovulate regularly; Painful ovulation; Difficult menopause; Cancer of the cervix or uterus

Pregnancy Issues

Chronic miscarriages; Premature deliveries; Weak newborn, infants; False pregnancies; Difficult pregnancy; 'Incompetent' uterus; Spotting during pregnancy; Fertility Issues

Digestion Issues

Indigestion; Gas; Constipation; Diarrhea; Irritable Bowel Syndrome; Colitis; etc.

Urinary Symptoms

Frequent Urination; Bladder Infections; Incontinence

Male Issues

Benign Prostatic Hyperplasia; Weak urine stream; Painful urination and ejaculation; Pelvic Pain or Pressure; Dribbling or incomplete evacuation of urine; Incontinence; Impotence

All

Low back ache; Varicose veins of the legs and hemorrhoids; Tired, weak legs; Improvement of overall health issues; Numb legs and feet especially when standing still for awhile