

**THE ARVIGO
TECHNIQUES OF
MAYA ABDOMINAL
THERAPY™**



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What is Arvigo Abdominal Therapy?

Arvigo Abdominal Therapy (ATMAT™) is a non-invasive, external massage technique for women and men that guides the internal abdominal organs to their proper position for optimum health and well-being.

Arvigo Abdominal Therapy (ATMAT™) helps to improve organ function by relieving both physical and emotional congestion from the abdomen, thereby helping to improve the function of the circulatory, lymphatic and nervous systems, to prevent the progression of chronic disease symptoms.

The techniques provide a holistic approach to health care, which includes anatomy, physiology, pathology, massage, herbalism, nutrition and emotional and spiritual healing, all of which must be addressed simultaneously to promote optimum health.

The Arvigo Techniques of Maya Abdominal Therapy™ were developed by Dr. Rosita Arvigo DN, who apprenticed for twelve years with Don Elijio Panti, the last great Maya Shaman of Belize in Central America. She promised to continue the Maya traditions after Don Elijio's death in 1996 at the age of 103.

Dr. Arvigo has practiced these techniques for over thirty years and also teaches them in Belize and at other locations in the United States.

Indications for Treatment in Women

- Displaced or prolapsed uterus &/or bladder
- Painful periods and ovulation
- Irregular menstrual cycles and ovulation
- Dark, thick fluids at the beginning and end of menses
- Hormonal imbalances
- Headaches and dizziness with menses
- PMS
- Peri-menopause and menopause
- Infertility
- Endometriosis
- Uterine fibroids
- Ovarian cysts
- Miscarriages and difficult pregnancies
- Recurrent or chronic cystitis
- Low backache at the beginning of and during menses
- Enhances pregnancy and aids in labour and delivery

Indications for Treatment in Men

- Benign Prostatic Hyperplasia (BPH)
- Mild Prostatitis
- Impotence and erectile dysfunction depending on the cause

General Indications for Treatment

- Lower back ache
- Varicose veins
- Tired legs and numbness
- Digestive problems including constipation

Contra-Indications

- Not recommended during menses
- Not recommended if an IUD is present
- Active infection or cancer in the pelvic region
- Immediately after abdominal surgery
- First trimester of pregnancy

Consultation and Treatment

The first session can last up to two hours, with subsequent sessions being shorter, and includes:

- Comprehensive review of personal history and healthcare needs
- Abdominal, lower back and sacral massage focussed on aligning the pelvic and abdominal organs
- Additional techniques (e.g., Structural Bodywork and Sports and Remedial Massage) will be used to complement the Arvigo techniques according to individual need
- Instruction in self-care techniques that individuals can apply at home to enhance the benefits of treatment
- Recommendations for herbal remedies, based on the consultation or referral to a qualified medical herbalist

About Ros Ivison



I initially trained and worked as a nurse within the NHS, specialising in renal nursing. I then trained in Craniosacral Therapy with the Upledger Institute, UK. I went on to gain a BSc in Therapeutic Bodywork from the University of Westminster in London and am a member of the Institute of Sport and Remedial Massage (MISRM). I completed my professional training in Arvigo Abdominal Therapy™ (ATMAT™) with Dr. Arvigo in Surrey, UK and am a member of the Arvigo Institute and the Maya Abdominal Massage Association (MAMA). I have full professional indemnity insurance with Balens.

My Practice

My practice is located in Down Ampney, six miles outside Cirencester.

Initial Consultation	£75
Follow-Up Consultations	£60

Further Information

For further information on anything contained in this leaflet and to download a Client Consultation Form, please visit www.cotswoldbodywork.co.uk. For further information about Arvigo Abdominal Therapy, please visit www.arvigotherapy.com.