

The ARVIGO TECHNIQUES of



MAYA ABDOMINAL THERAPY®

3 day Self-Care Training Class
September 16,17,18 2016
Franciscan Spirituality Center
La Crosse, Wisconsin

*Personal and/or professional transformations
Open to Everyone*

Instructor: Heidi M. Jost RN,NKH,LP,CH
Certified Arvigo Practitioner, ACSCT
(815)218-9007

Massage Therapy-17.5 CEUS
Midwives-16 CEUS
Acupuncturists-16 PDA points

Workshop information: www.arvigotherapy.com