

# Hands on health the *Maya* way.

## *When*

9:45am - 5:00pm  
Saturday 20 June 2015

## *Where*

Plan-it Earth  
Eco Project Chyena,  
Sancreed  
Penzance  
TR20 8QS

## *Cost*

£70 before 1 April.  
£80 there after

## *To Book*

Mandy Adams  
mandy@mandyadams.co.uk  
T 07952 836190

## “A workshop I think *every* woman should do”

*Kathy, workshop participant*



- 🌸 Would you like to improve your menstrual cycle, digestion or fertility?
- 🌸 Do you suffer from menstrual problems, fibroids, constipation, IBS?
- 🌸 Needing some space to reconnect with your body?

This one day workshop with Louise Crockart gives you the knowledge and environment to reconnect with your abdomen, an often neglected area of the body, offering insight into personal conditions and how to support them. Expect an engaging, interactive and fun class, covering anatomy and physiology of your pelvic organs and structures, what happens when they become imbalanced, the resulting signs, symptoms and causes that these create.

### *The workshop will include.*

- 🌸 How misplacement of the uterus can effect the body
- 🌸 Insights into the emotional connection between head, heart & uterus
- 🌸 How to do a self care abdominal massage
- 🌸 A guided meditation
- 🌸 Practical lifestyle information which can easily be incorporated into daily life
- 🌸 Hands on Health manual

### *A bit of background.*

Dr. Rosita Arvigo's Techniques of Maya Abdominal Therapy (Arvigo therapy®) is an ancient healing therapy using a non-invasive, external massage helping to improve the flow of blood and lymph, the conduction of nerves and the movement of life force throughout the body. This technique stimulates circulation in the abdomen, helping to support optimal function of your body's organs.

### *Louise Crockart.*

Louise has been treating her clients with Arvigo Therapy®, Aromatherapy, Reflexology and healing to support and maintain their optimal abdominal health for the past 16 years. She teaches women practical ways how to reconnect with and heal their creative centre. Louise runs Self Care workshops across the UK and Europe.

To contact or learn more about Louise please go to her website.

[www.louisecrockart.com](http://www.louisecrockart.com)



*“Highly valuable information that every women should know”*

*“Amazing workshop, eye opener, possibly life changing for women with gynae conditions”*

*“Why isn't this stuff taught in schools!”*