

WHAT IS IT?

Maya Abdominal Therapy, as taught by Dr. Rosita Arvigo, DN, are the legacy of an unbroken chain of knowledge handed down from generation to generation of midwives and traditional healers in Central America. This therapy is founded on an ancient Maya technique of **ABDOMINAL MASSAGE** that helps guide internal abdominal organs into their proper position so that organ functions are supported and enhanced. It is an external, gentle and non-invasive massage to the abdomen and lower back.

Abdominal Therapy benefits women throughout the child-bearing years by enhancing fertility and conception, supporting structural changes and alleviating discomfort, providing optimal birth position for a baby, thereby easing labor, birth and post-partum recovery.

At your initial session, you will be taught **YOUR ABDOMINAL MASSAGE (YAM)** which adds to the therapeutic benefits of your session when you perform it at home. Pregnant moms report enhanced wellness benefits when they do their self-care massage regularly.



A MORE COMFORTABLE AND BALANCED PREGNANCY

Abdominal Therapy supports the physical changes experienced by women during pregnancy. As the baby and uterus grow, additional strain is put on the uterine and pelvic ligaments and pelvic floor muscles. With regular massage, the uterus stays well-positioned, receives good blood supply, and grows strong and resilient.

Abdominal Therapy normalizes pelvic alignment allowing the uterus to guide itself to optimal positioning in the pelvis.

Digestion and respiration during pregnancy are also improved.

Abdominal Therapy practitioners around the world have repeatedly found that their clients experience significantly shorter and easier labors. Midwifery-based practices that have integrated Abdominal Therapy into their care have reported positive differences in birth outcomes as evidenced by more efficient contractions and shorter labors.

It is advisable to begin working with your Practitioner as soon as possible to provide you and your baby with the maximum benefits these sessions can offer you. Ideally you would schedule six to nine pre-natal sessions and a six-week post-partum session as well.

***Note:** additional supportive modalities may be recommended by practitioners based on his/her professional license, scope of practice, as well as client needs.*

WELLNESS BENEFITS AT-A-GLANCE BY BODY SYSTEM

REPRODUCTIVE

- Strengthens uterine ligaments
- Decreases ligament discomfort
- Enhances optimal function and alignment of all reproductive organs
- Supports optimal fetal alignment

MUSCULOSKELETAL

- Decreases chronic muscle tension, restores balance to overstretch muscles and ligaments.
- Improves pelvic alignment, addressing sciatic and hip pain.
- Improves sacrum mobility and alignment to facilitate an efficient birth.

CIRCULATORY

- Improves blood flow to mother and baby
- Improves blood flow to pelvic floor muscles
- Improves lymphatic circulation and decreases incidence of edema (swelling)

RESPIRATORY

- Releases tension in ribcage and diaphragm, making it easier to breathe more deeply
- Reduces rib pain

NERVOUS

- Increases oxytocin, suppressing tension and anxiety and cultivating confidence for mother and her love for her baby
- Supports emotional healing of past traumas

DIGESTIVE

- Helps with digestion, reducing nausea and heartburn
- Improves absorption of nutrients
- Improves elimination



POSTPARTUM RECOVERY & HEALING

Postpartum is a time of physical and emotional adjustments. A new mother's body undergoes physiological and structural changes as part of healing from labor and birth and to return to her pre-pregnant state.

Abdominal Therapy during postpartum facilitates recovery. It encourages involution to occur more quickly and efficiently. It supports the uterus and ligaments to return to an optimal position and helps bring the pelvis into balance.

Abdominal Therapy and self-care massage may be resumed at 6 weeks postpartum to address the following:

- Helps heal Diastasis Recti
- Addresses pain from low back/sacral/coccyx injuries that can occur during birth
- Facilitates emotional healing from surgical birth and birth trauma
- Improves the potential for a successful VBAC
- Aids to reducing and resolving scar tissue that may have resulted from a caesarean birth
- Fosters healing from the inside out



ABOUT YOUR THERAPIST

Eva Maria Sengfelder

CMT, CATP, ATC-Educator



Eva Maria Sengfelder & Dr. Rosita Arvigo

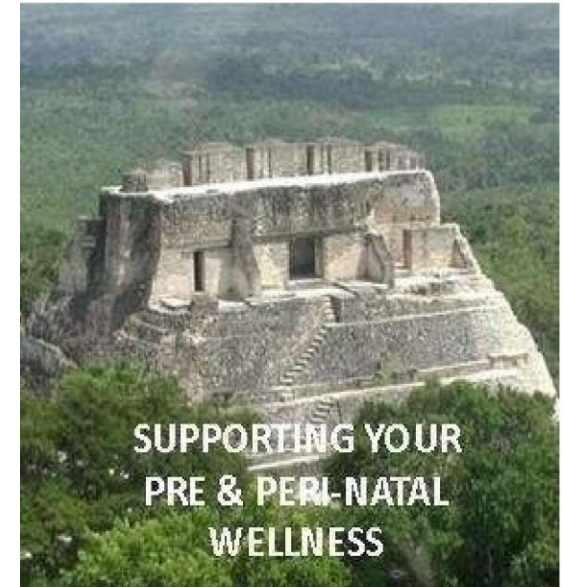
I am a certified ATC-Practitioner and Educator of the Abdominal Therapy, as well of the Wisdom classes, as taught by Dr. Rosita Arvigo; with advanced training in women's wellness applications. I have helped couples with fertility challenges to successfully conceive, nurtured expectant mothers throughout their pregnancy, labor and postpartum, and have offered clients relief from discomforts caused by stressful or active lifestyles, traumatic accidents and surgeries. I am passionate about educating my clients wherever they happen to be on their life journey so they are more informed about their wellness and feel more empowered to make better choices for themselves – to benefit their personal wellness today and the wellness of their generations that follow. I look forward to working with you.



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ABDOMINAL THERAPY COLLECTIVE



The female pelvis is a powerhouse of energy transformation; the very throne of creation through which universal creative energy patterns course and flow.
(Rosita Arvigo)
