



The Arvigo Techniques of Maya Abdominal Therapy™

PROFESSIONAL CARE TRAINING TREATMENT GUIDELINES

Coordinate your treatment work with the client's breathing so that pressure movements are done with exhalation. Prepare for a session ensuring client is not wearing clothing with zippers, buttons, or snaps; assure appropriate draping.

ANTERIOR TREATMENT

Tune in by placing your hands gently over the abdomen (if it is appropriate for you, begin the tune in with a short prayer).

Determine if diastasis rectus is present.

If client is female, gently take uterine findings with both hands, medially and laterally.

Perform the lower abdominal massage (at least thirty strokes).

Palpate the lymph glands of pelvis to determine the amount of congestion, if any.

Gently perform lymphatic massage from knee up to groin and hip area.

Lymphatic vessel stretch across the pelvis; hold and perform Gentle Rocking for 30 seconds.

Massage lightly just below solar plexus, area of major lymph gland (cysterni chyli).

Gently massage the upper abdomen between the sternum and ribs.

Gradually increase massage pressure on this area.

Massage as deeply around the umbilicus (keyhole) as your client can tolerate.

Perform Don Elijo's Twist over the navel three times, gradually increasing pressure in a clockwise direction; hold pressure to the count of nine (a good time to pray).

Gentle Spiral outward around the navel, returning to navel with an inward spiral.

Gentle Leg Shake completes anterior treatment.