

Abdominal Therapy for Professionals - Part 1

Nov 13 – 19, 2025

Join Eva Sengfelder in in this five-day class.



Class fee \$1,950 USD



Farmhouse



Canvas House

The class focuses on the anterior portion of Abdominal Therapy, based on the work of Dr Rosita Arvigo. Initially, you'll be given your own self-care tools. As you experience this work in your own body, you'll gain a unique perspective of these effective Abdominal Therapy techniques. You'll then learn to apply these techniques in a professional capacity for your clients.

You'll need to be a professional therapist who holds a qualification in anatomy and physiology, and able to perform massage on clients within the legal requirements of your state and country.

ATC offers a uniquely integrative approach to abdominal and pelvic health with focused anatomy and physiology. It supports its practitioner members with extensive educational resources, mentorship, website listing and community.

You'll learn:

- The history and lineage of Abdominal Therapy.
- How to perform Your Abdominal Massage (YAM) on yourself and your clients.
- Abdominal and Pelvic Anatomy and Physiology.
- Common signs and symptoms for pelvic and abdominal conditions.
- How to perform Abdominal Therapy on your client's anterior body.
- How to complete our ATC's unique Health Story consultation form.
- Supportive techniques for pelvic and abdominal conditions.
- How the ATC supports you to grow your business.



Class room at Arco Iris Farm



Rainforest Remedies



Pool area

On completion, you'll receive:

- Certificate Of Attendance.
- Access to attend Abdominal Therapy for Professionals: Part Two.
- Access to attend Abdominal Therapy for Professionals: Pregnancy through Postpartum
- Your first year's membership with the ATC.
- 1 year access to the Visible Body Anatomy App
- Massage therapists in the United States may receive up to 28 CE's through the NCBTMB.

All this is included...

The class is held at Eva Sengfelder's beautiful tropical home Arco Iris Permaculture Farm in Cayo District, Belize. This is home to Rainforest Remedies where you'll see how these herbal remedies are grown and produced.

- The week culminates with a sacred Maya Primicia.
- All vegetarian meals (vegan or meat on request).
- Accommodation.
- Airport transfers.
- Class materials.
- Excursion to visit a Maya temple and Dr. Rosita.
- Want to [explore more of Belize](#)

Book your place - Class is limited to 10 participants.
Email Eva: belizeclasses@gmail.com

Belizean Discount: You may be eligible for a discount on the course fee if you're living in Belize. Contact Eva who'll be happy to discuss this possibility.

Deposit: Your deposit of \$250 US Dollars or in Europe 250 Eur is required upon registration.

Your outstanding balance can be paid in instalments. The final balance is required no less than 6 weeks prior to start date of class.

Refund: All but \$250 USD will be refunded if you have to cancel for any reasons. The administration fee of 250 \$ is not refundable.

Balance due: 30 days before class starts, 15th October 2025

To register please use [these links:](#)

