

**The Arvigo Institute, LLC**  
PO Box 189, Antrim, NH 03440  
603-588-2571 office@arvigotherapy.com

Thank you for your registration for the **Arvigo Techniques of Maya Abdominal Therapy™** Professional Care Training to be held in Modra Harmonia, Slovakia, April 22-28, 2013.

**Professional Care Training** In Professional Care Training you will review the information learned in Self-Care Training and acquire the skills for applying the Arvigo Techniques to your own clients in your professional practice setting. Completing Professional Training will prepare you to begin developing experience and documentation to qualify you to attend Certification Training where you can become a fully certified Arvigo practitioner.

### **General Information for Arvigo Workshops**

Please read all the information in this mailing before contacting the office with questions. It contains all you need to know about attending this workshop. The following policies apply to Arvigo Institute workshops:

- To contact us about the workshop, direct questions to the Arvigo Institute office either by email at [office@arvigotherapy.com](mailto:office@arvigotherapy.com) or by phone at +1 603.588.2571 in the US. While workshops are in session, response from the office is limited. Don't wait until a day or two before class starts to ask important questions!
- All balances must be paid on or before 30 days prior to the starting date of the workshop.
- A deposit of \$300 is required to secure your space in the workshop.
- Deposits are non-refundable and non-transferable.
- If a cancellation is made less than 30 days before the first day of class, no refund is available.
- If a cancellation is made prior to 30 days before the workshop begins, refunds are limited to funds paid on your account in excess of the deposit.
- For Professional, Certification, and Teacher Training, if you are informed that there is documentation you must submit prior to the workshop, you must meet the submission deadline so the documents can be reviewed before the workshop begins.

### Where is the class being held?

**The Harmony Guest House**, in the quiet suburban recreational area of Modra – Harmónia, only 25 km from Bratislava.

### Both the class and accommodations will be at **Harmonia**

Address: Harmonia no. 3173, Okružná ul., 900 01 Modra, Harmony no. 3173, Circular Street., 900 01 Modra

### Contact Information:

Local Maria Zelenakova Tel.: +421 907 773738 [zelenakovamajka\(at\)gmail.com](mailto:zelenakovamajka(at)gmail.com)

Accommodation information:

Krasimira Michalkova Tel.: +421 903 288381 [krasimira.michalkova\(at\)gmail.com](mailto:krasimira.michalkova(at)gmail.com)  
[krasimira\(at\)avv.sk](mailto:krasimira(at)avv.sk)

SEA Agentúra pre vzdelávanie a vedu  
FMFI UK, Mlynská dolina,  
842 48 Bratislava

web: <http://www.tik.sk/harmonia/> web: <http://www.tik.sk/harmonia/>

### How will I get to the class?

The Nearest Airport or Train station is in Vienna - Austria or Bratislava – Slovakia  
A Bus is available from the above locations to the Mlynske Nivy bus station in Bratislava. Bus Transfers are then available to Modra Harmonia.

### What is the workshop schedule?

#### Arrival Date: April 22, 2013

**Overnight Room:** CHECK-IN: 2:00pm (Noon)

Evening schedule will be from 6-8 pm (the first night only)

#### Departure Day: April 28, 2013

**Overnight Room:** Checkout: 12:00pm (Noon)

The Workshop ends on April 28th with lunch at noon.

**Commuters:** Plan to be at the Center on at 5:30 pm. please arrive each class day by 8:30 am.

**Telephone** – For emergencies please contact the organizers, Vivian Menjivar: +30-693-432-2501 or local contact Majka Zelenakova : + 421 907 773738

### **What Should I Bring?**

- For the class, loose fitting clothing (without zippers!) that doesn't restrict movement. Slippers or similar footwear for indoor use.
- Please note springtime has changeable weather so be prepared to dress in layers.
- Massage Tables will be provided, but each student should bring a set of linens for use during class time.
- Sarong for personal use.

### **What is Included?**

#### **Lodging:**

**All Lodging reservations will be made through**

Krasimira Michalkova Tel.:+421 903 288381 [krasimira.michalkova\(at\)gmail.com](mailto:krasimira.michalkova(at)gmail.com)  
[krasimira\(at\)avv.sk](mailto:krasimira(at)avv.sk)

SEA Agentúra pre vzdelávanie a vedu  
FMFI UK, Mlynská dolina,  
842 48 Bratislava

Account number :11473620/0900  
IBAN: SK77 0900 0000 0000 1147 3620  
BIC: GIBASKBX

A deposit of €100 euro must be received 2 months before the course.

**210,00 euro per person for the whole week, or 6 nights** Includes Lodging and 3 meals a day, Breakfast, lunch and dinner.

**Note: Prices in Slovakia are quoted in Euros identified by the following sign: €.**

For your reservation to be confirmed a deposit will need to be made by bank transfer with the balance paid upon arrival.

#### **Check In:**

2:00 pm at the reception of the Penzion Harmonia

#### **Meals:**

Buffet breakfast including meat, vegetarian lunch and dinner

#### **Free time Activities:**

The forest is all around us with many possibilities to walking and hiking.

## **Things You Must Send Us before the Workshop**

Documentation requirements to verify your eligibility for this workshop are specified in the accompanying document Admissions Policy for Arvigo Institute Workshops. Please gather those and mail with your Workshop Checklist.

**Please assemble and send this documentation as a complete packet to the following address:**

**The Arvigo Institute, LLC  
PO Box 189  
Antrim, NH 03440**

**\*\* Documentation may also be emailed as attachments to:  
office@arvigotherapy.com.**

### **Payment/Fee Information**

**Tuition:** \$1750.00 USD (Paid to the Arvigo Institute, LLC)  
**Lodging & Meals:** €210 include breakfast and lunch, reservations and payment made to Penzion Harmonia, see previous page for details

For tuition, make checks payable to “**The Arvigo Institute, LLC.**”

**OR.**

To use VISA or MC, call the Institute office with the following information:

- Card type
- Card number
- Expiration date
- Security code (The last three digits in the signature area on the back of the card)

If you need to send a Bank transfer please let us know so we can send the bank information.

We look forward to working with you. Please let us know if there is anything else we can do to support you in attending our workshop.

Warm regards,

The Arvigo Institute Staff  
Diane MacDonald, Steve MacDonald and Melinda Houle  
77 West Street, Antrim, NH  
603.588.2571 or email at: [atmam@tds.net](mailto:atmam@tds.net)

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**Check list for workshops:**

Name: \_\_\_\_\_

- Register for class with deposit
- Secure flight /travel information – **inform Institute 4 weeks prior to the workshop date:**

**My flight, bus or train arrives at:**

Date: \_\_\_\_\_ (airport) \_\_\_\_\_

Carrier \_\_\_\_\_ Flight Number \_\_\_\_\_ Time of Arrival: \_\_\_\_\_

**My Flight, bus or train departs**

Date: \_\_\_\_\_ (airport) \_\_\_\_\_

Carrier \_\_\_\_\_ Flight Number \_\_\_\_\_ Time of Departure: \_\_\_\_\_

I am Driving: expected time of arrival: \_\_\_\_\_

**Accommodations:**

I will be lodging at Penzion Harmonia: \_\_\_\_\_ yes \_\_\_\_\_ no

We will assign you a roommate unless you have one: \_\_\_\_\_

Our workshops are not appropriate for young children, infants to attend. If you are in need of childcare during the workshop, you are required to bring a responsible adult to provide childcare at your expense. Know that our venue sites may/may not be able to accommodate these situations.

- Commuter:** A commuter fee is applied to each workshop which includes: facility fee, snacks.

**Meals:**

Our venues sites are make every attempt to meet our group's dietary preferences as best they can. If you adhere to certain restrictions, be aware we may not be able to accommodate them, especially if you require **food supplements you will need to provide these for yourself.**

**Your dietary requests must be received by the office 4 weeks prior to the date of your workshop.**

**We are unable to accommodate last minute requests. Complete the following:**

Allergies: \_\_\_\_\_ results in: \_\_\_\_\_

**Diet: (circle)**

Regular (consumes meat, fish, etc)

Fish and Chicken only (no red meat)

Fish only (no chicken or red meat)

Vegetarian (no flesh products) eats eggs, dairy

Vegetarian (no flesh products, no eggs, no dairy)

Vegan

Gluten Free

Other:

- For Professional Training:** (30 days prior to date of class)

You will not be admitted to the workshop without having these documents reviewed and verified 30 days prior to the class date.

Copy of License

Resume/Curriculum Vitae

- For Certification Training:** (30 days prior to date of class)

You will not be admitted to the workshop without having these documents reviewed and verified 4 weeks prior to the class date.

Completion of 20 case studies

- Final Payment completed**