Weaving Indigenous Healing Systems into an Integrative Pelvic Health Program

Overview
The purpose of this article is to explore the Arvigo Techniques of Maya Abdominal Therapy, Maya Spiritual Healing as well as the commonalities between holistic nursing and indigenous practices.

Learning Objectives:
Following this education activity, the participant will be able to:

• Discuss the benefits of The Arvigo Technique of Maya Abdominal Therapy.
• Identify the commonalities between Holistic Nursing and Indigenous Practices.

Contact Hour(s) 1.5

Requirements for Successful Completion
Requirements for successful completion includes: read the entire article, score 70% or better on the posttest, complete the online evaluation form.

Conflict of Interest
The planners and faculty have declared no conflicts of interest related to this activity.

Commercial Support
There is no commercial support or sponsorship for this activity.

Expiration Date of Contact Hours
Posttest must be completed on or before July 31, 2020

Beginnings, AHNA Member Magazine, August 2018 Issue

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