

Closing the Bones Facilitating Workshop: Basic & Advanced Techniques



Offered by dr. Japjeet Rajbir Kaur Khalsa (Leicester, UK)

Friday 1 & Saturday 2 March 2019, 9.30am-5pm

Villa Varia, Weligerveld 2, 3212 Pellenberg, Belgium

Would you like to learn how to offer the beautiful Closing the Bones ceremony to other women?

The Closing the Bones ceremony (CtB), sometimes also known as Rebozo massage, is a deeply nurturing treatment that focuses on the abdomen and hips (with also upper body work possible), and that can include Rebozo massage techniques for the entire body (shoulders, torso, back, hips, full arms and legs).

Although it's not only a postnatal practice (keep reading!), CtB is traditionally done during the postpartum period (the 40-day "4th trimester" of pregnancy) to support women who have recently gone through the extremely opening experience of pregnancy, labour and childbirth (during which a woman allows another soul to take birth through her). It helps a woman to find her own self and center again and allows her to be sealed back into herself. Yet, the sealing or closing can still be done decades after a woman has given birth with the same extraordinarily transformational effects.

Moreover, CtB is also incredibly healing after the loss of a baby, a miscarriage, stillbirth or abortion.

Yet, it is not an exclusive postpartum treatment... The massage can be used to mark major times of transition in a woman's life (irrespective of whether she has given birth or not), such as young girls starting their period – most women indicate to feel tremendous relief from period

pains when receiving the massage on the first few days of their menstruation – , marriage, divorce or the end of a relationship, moving home, transitioning between jobs, to mark the menopause, ... And its magic doesn't end there: it can also be used to support men, women and children who suffer from anxiety, shock, trauma, PTSD, ADD, autism, or who feel overwhelmed or over-stimulated. Anyone with a pelvis will benefit from CtB!

You can read a lot more about what Closing the Bones entails, and what treatments look like, on my webpage <http://www.shuniya-yoga.org/closing-bones-ceremony/> .

Do you feel called to use and integrate this very sacred and devotional work professionally (you might e.g. already be a birth worker, doula, midwife, massage therapist, pregnancy or postnatal yoga teacher, ...)? Or do you maybe just want to be able to offer your near and dear ones (family, friends, people in your community, ...) one of the most nourishing and soulful gifts you could gift them? You would be joining a tribe of nearly 400 women (and a few men) who are passionate about nurturing (mainly) women in this way - and we make sure to give you all the possible tools to really help you connect with that tribe and feel supported by them on your own journey as bone closer.

In this two-day workshop you will learn both the basic AND the advanced techniques of the Closing the Bones ceremony, which will allow you to start offering this ceremony to women (and men, and children) around you. You will be certified so that you can get insurance. Participant numbers are consciously kept small so that there is plenty of time for individual attention -- the limit is 14 people. The workshop covers the background of the massage, the tutors' experience of giving the massage, a practical demo, practice of the massage, debrief of the experience and a group closing ceremony to finish each day.

(NOTE: if we have only Dutch-speaking trainees, Japjeet will teach in Dutch - otherwise English with translations in Dutch where needed.)

Training fee & meals:

The training fee for the weekend (Friday & Saturday) is €285. This includes a set of handouts with very detailed instructions of the techniques (which have been explained and validated by an osteopath) and theory learnt, as well as video instructions of each part of the massage (to help you even better as you start practicing at home). Moreover, it also draws on the unique mix of traditional and scientific knowledge that is collected between us in the CtB training team. You will also get access to a very active and responsive FB-group with over 400 members on which all 3 of us trainers are very active in answering questions - it's truly a fantastic space for sharing with and learning from each other.

The fee includes a €100 non-refundable deposit (you do need to pay the full registration fee upon registering). In the unlikely event that the course needs to be cancelled (such as sickness), all fees will be refunded. In the event of late (less than 2 weeks notice) cancellation by yourself or of non-attendance at the workshop, all fees are non-refundable. Please email me at japjeetkaur@shuniya-yoga.org to register your spot, and make payment into the following bank account quoting your name and Closing the Bones training: (BNP Paribas Fortis) **Naam: Nele Bemong. IBAN BE26 0012 5724 9029. BIC-code GEBABEBB.** Places are expected to go fast...

Our host Ingrid Klabbers (Prabhu Anand Kaur) will be providing lunch, tea and snacks -- please budget in an extra €20 per day per person, to be paid during the workshop. (It's not allowed to bring your own food.) Meals are vegetarian with vegan options and the possibility to ask for gluten-free options (although gluten are present in the kitchen, so we cannot guarantee a full gluten-free kitchen).

There is also the option to have breakfast and dinner with us and/or to stay residential - please contact Ingrid Klabbers directly on ingridklabbers57@hotmail.com to arrange. (Japjeet will be teaching a Kundalini Yoga full-day workshop on Sunday 3 March for which you might want to stick around!)

Purchasing your CtB tools:

At the training, you'll also have the opportunity to purchase:

- * Rebozo shawls (different types and prices) to use for the massage and ceremonies. You will be sent pictures beforehand already so you can already reserve certain rebozos.
- * essential oils and specifically formulated essential oil blends to be used for the massage
- * wooden tightening sticks to use
- * energy-cleansing palo santo sprays.

This way you can easily get your 'starter kit' ready straightaway. None of these items are included in the price.

If you cannot make these dates or Pellenberg is not an option for you, you can always contact me to be kept informed about further dates, OR we can look at organising a training workshop near you. Email me in that case: japjeetkaur@shuniya-yoga.org

www.shuniya-yoga.org