

Closing the Bones Facilitating Workshop: Deeper Into Closing the Bones



Sunday 7 April 2019, 10am-5pm

Big You Little Me, 392 Aigburth Road, Liverpool (Aigburth), L19 3QD

Would you like to dive deeper into Closing the Bones and learn an advanced set of techniques?

This workshop is designed for doulas, birth workers, midwives, therapists, healers, or anybody who works with new mothers **AND who have already attended the first level closing the bones workshop run by Japjeet, Sophie or Maddie.**

In this one-day workshop you will learn the second set of Closing the Bones techniques (there is a first set of basic techniques which will be taught the preceding day, Saturday 6 April 2019). This new workshop includes an extensive set of rebozo techniques which work on moving and releasing tension and energy in the back, abdomen, breasts, hips, arms and legs. It also includes a new set of abdominal, hips, chest and arms massage which complement the original techniques.

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 training fee is £120. 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.

Fee includes a £45 non-refundable deposit (note that the full £120 is to be paid upon registration – if that is not feasible for you, do contact me to work out a payment plan). 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 or non-attendance at the workshop without advance warning, all fees are non-refundable. Please email me at japjeetkaur@shuniya-yoga.org to register your spot. You'll then receive payment details.

Lunch is not included. You can bring your lunch with you or go out during the lunch break.

You'll also have the opportunity to purchase:

- * Rebozo shawls (different types and prices) to use for the massage and ceremonies.
- * essential oils and specifically formulated essential oil blends to be used for the massage
- * wooden 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 this date, or Liverpool is too far from 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.