

Closing the Bones & Deeper into Closing the Bones Facilitating Workshop



Saturday 21 & Sunday 22 March 2020

9.30-18.00 each day

@ Universana, André Dumontlaan 20, 3665 As, BELGIUM

*** NOTE: if we have only Dutch-speaking trainees, Japjeet will teach in Dutch – otherwise the course will be in English, with translations in Dutch where needed.**

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, hips, and upper body – massaged with an oil, but also rocked and wrapped with Rebozos – and also includes Rebozo massage techniques for the entire body (shoulders, torso, back, hips, full arms and legs). A Rebozo is a type of shawl from Mexico and Ecuador that we use to sift, massage and wrap the body, as pictured throughout this folder.



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 centre 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, marking 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/> and on our international website of which you'll be invited to become a part: www.closingthebonesmassage.com

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 close to 600 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 (generally referred to as Closing the Bones & Deeper Into Closing the Bones), 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 – we try to limit the group to 14 people. The workshop covers the background and history 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.

Location & host



Annelies Tavernier (Jotdev Kaur) will be hosting us in her Yurt at Universana in As (Limburg, Belgium). The address is André Dumontlaan 20, 3665 As.

Facilitator



Dr. Japjeet Rajbir Kaur (previously known as dr. Nele Bemong, before she became a Sikh) gained her PhD in 19th-century literary studies and worked in academia (at K.U.Leuven in Belgium & Penn University in Philadelphia, USA) for over a decade before she left her academic career in 2011, to embark on a life focused on serving others in their journey towards consciousness, awareness and healing. Since 2012 she has been working full-time as a yoga teacher and holistic therapist. She is based in Leicester, UK. She combines her teaching of Kundalini Yoga (which she has been teaching since 2008) with serving new yoga teachers in KY teacher training programs; teaching pregnancy, postnatal & baby yoga; and postnatal doulaing. She will also be training to become a postnatal doula trainer. She combines all this with offering Closing the Bones ceremonies and yogic massages, as well as training others in both these massage disciplines, and with working as a health & nutrition coach, life & yoga coach, and her work as an aromatherapist (which includes her making her own line of organic skincare and natural cleaning products). Find out more about Japjeet on her website: www.shuniya-yoga.org .

Training fee & meals

The training fee for the weekend (Saturday & Sunday) is €295. If you previously already did the Closing the Bones training with us (the first day) and want to come for Deeper Into Closing the Bones only, on Sunday, you'll pay €147.50.

The training fee 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 close to 600 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.

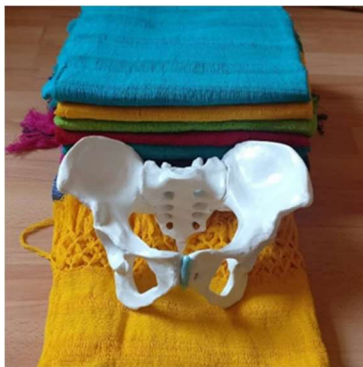
The fee includes a €150 *non-refundable deposit* (**you do need to pay the full registration fee upon registering, not just the deposit** – if that is a problem, contact me to see if we can work something out). In the event of late (less than 21 days notice) cancellation by yourself or of non-attendance at the workshop, *all* fees are non-refundable. In the unlikely event that the course needs to be cancelled by myself (such as sickness), all fees will of course be refunded.

To register, please email me at japjeetkaur@shuniya-yoga.org and make payment into the following bank account quoting your name and “CtB training As”: (BNP Paribas Fortis) **Name: Nele Bemong. IBAN BE26 0012 5724 9029. BIC-code GEBABEBB.**

Lunch is not included, you'll need to bring your own lunch. Herbal teas, water and snacks will be provided.

There could be a possibility for a few people to stay the night – please email me if you need accommodation and I'll get you in touch with Annelies to help you find something.

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 can already reserve certain rebozos beforehand, as I can only bring a limited amount from the UK. You can also always find all of them here on my webshop: <https://www.shuniya-yoga.org/shop/>
- * essential oils and specifically formulated essential oil blends to be used for the massage
- * energy-cleansing palo santo sprays or wood.

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 As is not an option for you, you can always check out the trainings page on my website for other dates and locations: <http://www.shuniya-yoga.org/trainings/> for trainings in the UK and Europe, OR we can look at organising a training workshop near you. Email me in that case: japjeetkaur@shuniya-yoga.org