

Closing the Bones & Deeper into Closing the Bones Facilitating Workshop



Saturday 7 & Sunday 8 November 2020, 10am-6.30pm

The Space to Breathe, 23 Rawson Street, Leicester, LE1 6UP

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

This workshop is designed for doulas, birth workers, midwives, therapists, healers, or anybody who works with new mothers, but much wider than that, for anyone who wants to learn deeply nurturing techniques that can be used for the benefit of women, men and children in countless different settings, of which I'll list a few below.

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, as said before: 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/> 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 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 2-day workshop you will learn both the first AND second set of Closing the Bones techniques which will allow you to immediately start offering this ceremony to women (and men, and children) around you. In the first day, both the rebozo and the hands-on massage techniques will focus mainly on the hips, pelvis, abdomen and lower back. On the second day we explore an extensive further set of rebozo techniques, which work on moving and releasing tension and energy in the back, abdomen, breasts, hips, arms and legs. You'll also learn a further set of abdominal, hips, chest and arms massage techniques which complement the original techniques.

You will also be invited to join Japjeet (*for free – this is an extra to this course only!*) for one of her monthly online Rebozo Self-Massage & Self-Wrapping Women's Circles so you can learn how to massage & wrap yourself in a beautiful ceremony of self-nurturing.

After the 2 day training you will be certified so that you can get insurance.

Participant numbers are consciously kept small, both due to Covid-guidelines and so that there is plenty of time for individual attention -- the limit is 6-8 people. The workshop covers the background of the massage, the tutors' experience of giving the massage, practical demos, practice of the massage techniques, debriefs of the experience and on both days a group closing ceremony to finish the day.

Specific information around how we will work in the current Covid-climate will be communicated to all attendees.

Training fee & meals

The training fee is £240 for the 2 days. This includes 2 sets 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 500 members on which we as trainers are very active in answering questions - it's truly a fantastic space for sharing with and learning from each other.

Fee includes a £90 non-refundable deposit (you do need to pay the full registration fee upon registering – if that is a problem, contact me to see if we can work something out). Should the course need to be cancelled (with stricter lockdown enforced or in case your trainer falls ill), all fees will of course be refunded. In the event of your late (less than 2 weeks' notice) cancellation or non-attendance at the workshop without advance warning, all fees are non-refundable. In case that you contract Covid-19 and have to self-isolate, or you have to quarantine because of being contacted by Track & Trace, you will be able to join a training next year with me (so your payment will then be transferred to a next training).

To register, please email me at japjeetkaur@shuniya-yoga.org and make payment into the following bank account quoting your name and “CtB training Leicester”: **Name: N.K. Bemong / Account nr. 31285092 / Sort code: 40-18-43 / HSBC.**

Lunch is not included. You can bring your own lunch with you, or go out during the lunch break – we are right in the city centre of Leicester, walking distance from many different shops and eating places.

Purchasing your CtB tools



You'll also have the opportunity to purchase:

- * Rebozo shawls (different types and prices) to use for the massage and ceremonies. (which you can also already find and pre-order on my webshop: <https://www.shuniya-yoga.org/shop/> - click further on Rebozos/Mantas).
- * tightening sticks
- * 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 Leicester is not an option, you can always contact me to be kept informed about new dates (you can also see the trainings page here: <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

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 .