

Closing the Bones & Deeper into Closing the Bones Facilitating Workshop



Saturday 26 & Sunday 27 June 2021, 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 (aka ‘cerrada’, or just ‘closing’) ceremony to other women?

This workshop is not only designed for doulas, birth workers, midwives, therapists, healers, or anybody who works with new mothers, but much wider than that, also 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 – all massaged with oil but also rocked and wrapped with Rebozos – and moreover includes Rebozo massage techniques for the entire body (shoulders, torso, back, hips, full arms and legs).

**A Rebozo or Manta 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 the menarche (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 does not end there: it can also be used to support men, women & children who suffer from anxiety, shock, trauma, PTSD, ADD, autism, or who feel overwhelmed or over-stimulated.

Basically, anyone with a pelvis will benefit from Closing the Bones!

You can read a lot more about what Closing the Bones entails, and what ceremonies or 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 over 500 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 of what we call the first AND second set of Closing the Bones techniques which will allow you to immediately start offering this gorgeous ceremony to women (and men, and children) around you. In the first day, both the rebozo techniques 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 all work on moving and releasing tension and energy in the back, abdomen, breasts, hips, arms and legs) and you'll also learn a further set of hands-on massage techniques for the abdomen, hips, chest and arms, which complement the techniques learnt on day 1, and together offer techniques to do 2-3 hour closing ceremonies with.

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 to ensure that there is plenty of time for individual attention -- the limit will be around 6-8 people (if all Covid restrictions are indeed lifted on 21 June, then we might have 2-3 more spaces available, so if needed I can work with a waiting list for that).

The workshop covers

- the (Ecuadorian shamanic) background and origins of the massage
- insights into how *cerradas* like this were common throughout the entire world and in many parts still are
- the tutors' experience of giving the massage
- practical demos
- you practicing the massage techniques on other participants
- debriefs of the experience
- insights into different ways of how to create ceremonial space

- a discussion of how to energetically protect yourself (and your clients) during the practice and how to cleanse space
- a discussion of do's and don'ts, of counterindications
- a discussion of how to practically go about setting up as a practitioner
- on both days a group closing ceremony to finish the day, and insights into ways of creating your own group ceremony as well as individual (1-2-1) ceremonies for your clients.

In her teaching of this course, Japjeet draws on extensive experience in running these trainings and offering Closing the Bones plus brings in a lot of knowledge & experience gathered during over a dozen years of teaching Kundalini Yoga (& more recently also Yin Yoga), running massage trainings in other disciplines as well as yoga trainings, working as a nutrition & health coach, massage therapist & aromatherapist (all areas in which she is certified) – she will bring in insights from Ayurveda, Chinese Traditional Medicine, Yoga, Western & Eastern anatomy, her study of fascia (connective tissue) and the meridian system, and of aromatherapy.

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

I often get the question on whether babies or small children can come along for the training. As during this course we spend most of our time practising a massage in pairs, babies would need to be put down and would get fed up and upset, and this would impair the learning for both the mother and the rest of the group. You are welcome to bring a breastfed baby *if* you can bring another adult with you who can stay nearby with your until s/he needs a feed.

Training fee & meals

The training fee is £240 for the 2 days.

You will receive 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 links to video instructions of each part of the massage (to help you even better as you start practicing at home). Moreover, the handouts also draw 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.

The 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 guidelines enforced again 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.

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 (also available on the webshop already)
- * some specifically formulated essential oil blends to be used for the massage (mostly via pre-order)
- * 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 (° in Belgium, but based in Leicester since 2012) 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 fully focused on serving others in their journey towards consciousness, awareness and healing. She started teaching yoga and working as a holistic therapist in 2008 already, but since 2012 this has become her full-time employment. She is a Kundalini Yoga & Yin Yoga teacher, she's been running women's circles & women's retreats for over a decade, and her passion for working with women guided her 5 years ago to becoming a Closing the Bones practitioner, and later Closing the Bones trainer for the UK and Europe. It also directed her focus in yoga, nutrition, aromatherapy and herbal medicine to different areas of women's lives and womb work. A lot of what she offers is centred around fertility problems, PCOS, endometriosis, painful periods, as well as sexual and/or birth trauma. Japjeet also teaches pregnancy, postnatal & baby yoga and is a postnatal doula. Alongside offering Closing the Bones ceremonies & Rebozo massages, Japjeet also offers Restorative massages (and trains others in this discipline), and works as a health & nutrition coach, life & yoga coach, and aromatherapist (with her own line of organic skincare and natural cleaning products). For 5 years in a row now (2017-2021), ThreeBestRated awarded her with their 'Badge of Excellence' as 'Best Business of the Year' for the category Yoga Classes in Leicester, testifying to the consistent quality of classes and services offered. GHP also awarded her 'Yoga School of the Year 2020 – Leicestershire'. Find out more about Japjeet on her website: www.shuniya-yoga.org .