

Closing the Bones & Deeper into Closing the Bones Facilitating Workshop



Friday 13 August, 7-9pm (Rebozo Self-Massage & Self-Wrapping
Women's Circle) + Saturday 14 & Sunday 15 August 2021, 10am-
6.30pm

5 Ventnor Road, Fortuneswell, Isle of Portland, Dorset, DT5 1JE, UK

Would you like to learn how to offer the beautiful Closing the Bones (aka 'cerrada', or just 'closing') ceremony to other women?

This training 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 several times 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, or any life transition,... 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, sensory processing, autism, or who feel overwhelmed or over-stimulated; it can be used with endometriosis, fertility problems, painful periods, ... and it's wonderful to use around ancestral trauma or trans-generational wounding.

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, osteopath, psychologist, ...)? 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 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.



The workshop space in Portland

We will start on Friday evening (7-9pm) with a beautiful Rebozo Self-Massage & Self-Wrapping workshop so that you can get introduced to the Rebozo and discover the gorgeous work you can do with it on yourself – something that we don't have time for in the next days – and engage in your own process of healing 'outside' of the busier training setting of Saturday & Sunday where your focus will be more on practicing and giving, and where when receiving the techniques during the practice the mind is always somehow engaged with 'so how does this work, how do I do this next?' .

This is also a beautiful way to 'land' on the Isle of Portland and in the sisterhood that we weave during the weekend. I have ran 16 of these workshops online during the lockdowns of March 2020 to April 2021 and they have been the greatest gift in that time – now we will integrate it in our training too. So we will gather in a Women's Circle and nourish ourselves with beautiful Rebozo massage techniques for the entire body from head to feet, with a tender womb-space massage and with Rebozo wrapping on ourselves, holding space for stagnated energy and stuck emotions to be released gently but powerfully.

A light dinner will be available at 6pm for just £8 extra if you want to join us for that first.

If you cannot make Friday evening but did want to do the Saturday & Sunday training, get in touch and we will look at options.



On Saturday & Sunday you will then 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 – although of course you will be encouraged to practice a lot first and to make sure you too know what it feels like to receive a full Closing the Bones ceremony through experiencing the gift of one by a bone closer near 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 – we have space for just 8 participants.

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 you until s/he needs a feed.

Training fee & meals

The training fee is £265 for the 3 days (Friday evening + full days on Saturday & Sunday)

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 and we will work out how you pay a deposit upon registration and by what date you will pay the full training fee). 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; there is also a Coop at the end of the road, and cafes and takeaway places nearby.

Overnight stays & dinner options: Our host Puran has 2 extra bedrooms for 2 trainees who would like to stay overnight for the training. The price per night is £25 for bed & breakfast (porridge/fruit). Do let us know if you're booking for this option. Trainees (regardless of whether you're staying over at our venue) can also stay for dinner on Friday, Saturday and/or Sunday: Puran will prepare a light yogic dinner for us at £8 p.p. (do please let us know well in advance if you want to take this option!). All meals will be gluten-free and vegan; do let us know if you have any other dietary requirements.



Important: Allergies! Our host Puran has a cat. So if you are allergic to cats, this might not be the right place for you to train.

Purchasing your CtB tools



You'll also have the opportunity (before, during or after the training) 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)
- * some specifically formulated essential oil blends to be used for the massage (mostly via pre-order – your “practical details” email will tell you more about this)
- * 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 Portland is not an option, you can always contact me to be kept informed about new dates & locations (you can also see the trainings page here: <http://www.shuniya-yoga.org/trainings/> for trainings – we have a September one coming up in Leeds as well), 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.