

Closing the Bones & Deeper into Closing the Bones Facilitating Workshop



Friday 1 April – Monday 4 April 2022

Timing break-downs: Friday 7.30-9.45pm (Rebozo Self-Massage & Self-Wrapping Women's Circle - optional), Saturday 10am-7pm, Sunday 10.30am-7pm, Monday 10am-5.30pm (practice-day, also optional)

Location: Optimum You Yoga & Wellness, 76a St Mary's Road, MARKET HARBOROUGH, Leicestershire, LE16 7DU, UK

(It IS possible to attend this training if you cannot attend the Friday evening workshop or Monday practice-day – do contact me before registering so we can discuss this, and the difference in price).

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

Let's start with the question: When can Closing the Bones work be offered?

- during the postpartum (and the closing work can be done years or decades later still too with the intent of closing after a birthing experience)
- after baby loss, miscarriage, stillbirth, abortion
- in cases where a hysterectomy is suggested (it can often prevent the need for one) or after a hysterectomy
- with fertility problems

- to help with breastfeeding challenges
- to mark the end of a breastfeeding journey
- to honour milestones e.g. 1 year post-birth
- to honour the menarche (a girl's first period) (rite of passage to Maiden)
- around the time of marriage (rite of passage)
- to assist in the perimenopause or mark a women's menopause (rite of passage into the beautiful state of Crone or Wise Woman)
- to help with loss such as experienced in a divorce, loss of a job, loss of a loved one, ...
- to mark important changes or events (marriage, a new job, a house move, ...)
- for anxiety, shock, PTSD
- for ADD, autism, or to help people with overwhelm or sensory overstimulation (also for men & children)
- to help with endometriosis, PCOS, painful periods, prolapse
- for healing (physical, sexual, emotional, domestic) abuse and trauma
- for ancestral trauma or trans-generational wounding
- for women who have suffered female genital mutilation
- for women who have been trafficked
- for terminally ill people, so they can create a goodbye ceremony with loved ones as rite of passage
- ...

And thus, 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, for anyone who wants to learn deeply nurturing techniques that can be used for the benefit of women, men and children in these countless different settings.

The Closing the Bones Ceremony (CtB), sometimes also known as Rebozo* massage, Cerrada, or simply Closing Ceremony, 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.*

When we focus on its postnatal application, 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, the directory of which you'll be invited to become a part of: 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.



We will start on Friday evening (7.30-9.45pm) 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' in yourself and in the sisterhood that we weave during the weekend. I have ran almost 20 of these workshops online since the lockdowns 2020 and they have been the greatest gift in these last 2 years – I have started integrating that work in my trainings 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.

This evening is optional, however, and if you cannot make it, you can still attend the rest of the training – I can provide options to do this workshop via an online women's circle, but ideally you can attend in-person as we set the space for the training this way.



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.

On Monday, you will get the chance to practice the entire Closing the Bones ceremony on a practice partner, *and* to receive the entire practice from your practice partner – so it's a very practical day of ceremony 'swaps' with me present so you can ask any questions and get support and help in your first full practice, to allow you to leave the training feeling confident about how to take this sacred ceremonial work forward.

(It IS possible to attend the training if you cannot attend the Monday practice-day – do contact me before registering so we can discuss this).

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

Participant numbers are consciously kept small – we have space for about 12 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
- anatomical insights into all that Closing the Bones does, based on both Western anatomy as well as the Chinese meridian system
- practical demos
- practicing of the massage techniques on other participants

- a full day to practice *and* receive a *full* ceremony (ca. 2 ½ hours)
- 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 and everything involved
- a group closing ceremony, insights into ways of creating your own group ceremony as well as individual (1-2-1) ceremonies for your clients.

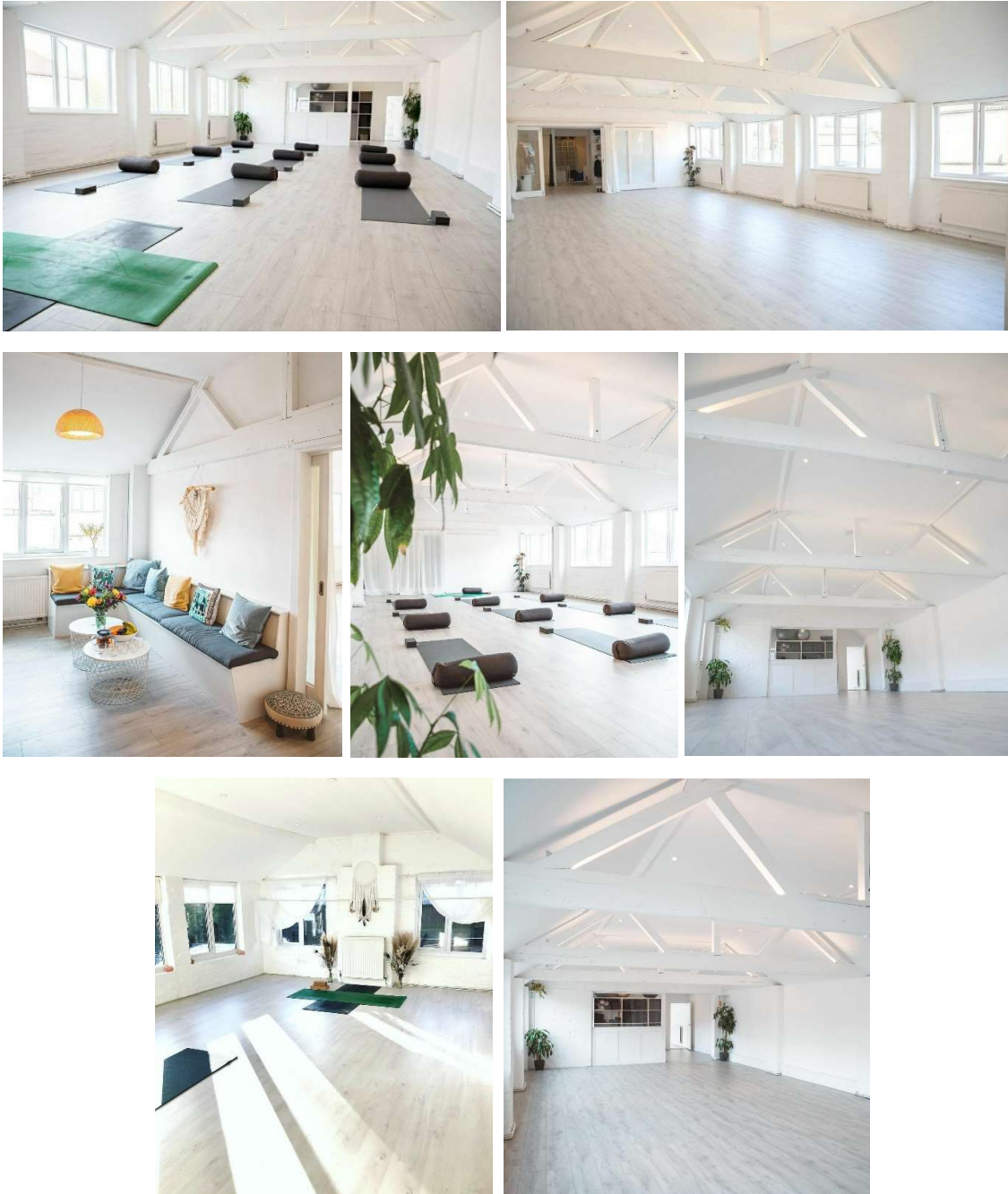
In her teaching of this course, Japjeet draws on extensive experience in running these trainings and offering Closing the Bones (she has offered well over 600 Closing the Bones ceremonies) plus brings in a lot of knowledge & experience gathered during nearly 15 years of teaching Kundalini Yoga (& more recently also Yin Yoga), running massage trainings in other disciplines as well as yoga teacher 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 5 Elements & the Meridian System, Yoga, Western & Eastern anatomy, postpartum care, her study of fascia (connective tissue), and of aromatherapy.

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 take your baby out between feeding sessions (we are located right near the town centre – a 2min walk – and with a park right opposite the venue).

Venue

We will be hosted for this training by Jenny Jenkins (who will also be joining us on the training) @ Optimum You Yoga & Wellness in Market Harborough. It's a beautiful, light and spacious studio (see pictures below) a mere 8min walk from Market Harborough train station and 2min walk from the town centre. Anything we could possibly need is right nearby: parking spaces right outside the venue, on the road and on 2 nearby car parks (free on Sunday – the parking spaces right outside the venue are free always); plenty of places for take-away lunches in town, including a nice one at the Eco Village right opposite the venue; a Sainsbury's and Waitrose just behind the venue, a little park opposite the venue to get some fresh air during (lunch) breaks, etc. We can provide a microwave for people wanting to warm up any lunches, but please note there is no fridge on the premises. But if it doesn't need to go in the fridge, you can bring your homemade lunch too. (lunch breaks will be limited to about 50mins each day).

Overnight staying options: There is Travel Lodge in Market Harborough – again a mere 5min walk from the venue – for anyone wanting to stay local as well as plenty of AirBnb's, and Leicester is close by (14mins by train) so there are plenty of overnight options there too.



Training fee & registrations

The training fee is **£385** for the full training. If you cannot make the Monday practice day, the fee can be adapted – get in touch with me for that.

We offer an **early bird discount** with training price at **£360 if you register before 28 February 2022**.

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.

You can register for the training and secure your spot by paying a deposit of 50% upon booking, and pay the remaining 50% 3 weeks before the start of the training.

Cancellations prior to 3 weeks before the start of the training – If you need to cancel for whatever reason and either you or I can find someone to take your place, I will refund you your payment in full minus 10% booking fee (i.e. £38.50). If neither you nor I can find someone to take your place, the initial 50% payment will not be refunded.

In the event of any later cancellation (within 3 weeks before the start of the training), *all* training fees are non-refundable. However, if you or I can find someone to still take your place, then you can attend another Closing the Bones training with me later in the year (you might have to travel further though).

Should the course need to be cancelled, 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 Market-Harborough”: **Name: N.K. Bemong / Account nr. 31285092 / Sort code: 40-18-43 / HSBC.**

Lunch is not included – see info above underneath the heading ‘Venue’. We will provide herbal teas and some snacks.

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). When you register, I'll send out more information on what exactly you would be needing, and we talk about this during the training too.

* Rebozo 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 as will the info given during the training)

* my own homemade energy-cleansing palo santo or Sacred Space sprays should you want any.

This way you can easily get your 'starter kit' ready straightaway. None of these items are included in the price.

Alternative training options

If you cannot make these dates or Market Harborough 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 will also be running some week-long Closing the Bones trainings in Portland, Dorset this year and are tentatively looking at options for trainings on the Wirral, in North Yorkshire and in the West Midlands too), OR we can look at organising a training workshop near you. Email me in that case: japjeetkaur@shuniya-yoga.org

Training 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 7 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.