

Week-long Closing the Bones & Deeper into Closing the Bones Training in Retreat-Format



A full week (starting Monday afternoon around 3pm, goodbye on Sunday after lunch) on the beautiful Isle of Portland on Dorset's Jurassic Coast

Monday 27 June - Sunday 3 July 2022

*There is also a **SECOND** opportunity for this training, from 16 to 22 May 2022.*

Location: 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?

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 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 training space in Portland with sea views

For the very first time, this training is offered not as a weekend-training (14 training hours) but as a week-long training in retreat-format with 35 hours of teaching, ceremony, and supervised practice time! These hours will be spread out over 7 days (we start Monday afternoon, and finish Sunday after lunch), a mixture of full training days and half-days, so you also have time on the gorgeous island for yourself and your own processes, and/or to spend in relaxed sisterhood together.

We will start on Monday afternoon 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 (or teach others) of nourishing yourself 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. Through this opening Women's Circle you can embark on your own process of healing alongside training in this modality to work on others. After a joint dinner you will be offered a Gong Bath by our host Puran to further facilitate your 'landing' on the Isle of Portland and in the sisterhood that we weave during this week.

In the following days we will then gather for another 2 full days and 4 half-days (4-5 hours of teaching/practice/ceremony on the half days) of training and ceremony, saying our goodbyes on Sunday after lunch to allow time to travel back for those who want to be back home on Monday.

The week covers / includes:

- 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 witnessing of a Closing the Bones ceremony at the start of the week – bearing witness is a powerful part of this ceremony!
- 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
- teachings in Rebozo-massage & Rebozo-wrapping for the entire body, head to feet
- teachings in hands-on massage of abdomen, hips, pelvis, lower back, chest and upper body, arms.
- practicing of the massage techniques on other participants
- a full day to both practice *and* receive a *full* ceremony (ca. 3 hours each time)
- debriefs of your experiences and process
- support for your own process
- 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.
- lots of time in sisterhood, both at mealtimes, during walks, during the training days and options during free time
- a 1-hour Gong bath (given by our host Puran)
- a 1-hour yoga & meditation session (given by our host Puran)



There are also many options for the half days you will be free:

- swimming in the beautiful ocean that surrounds the entire island – our host can give lots of tips on the good spots depending on the weather, and the nearest (pebble) beach - Chesil Beach - is just a 10min walk from the house! (ideal also for early-morning or after-training dips & swims)
- relaxed beach time
- paddle boarding
- paddle board yoga
- windsurfing/kayaking/sailing
- endless beautiful walks and hikes – after our training in Portland last year I stayed behind for a few days and hiked the whole circumference of the island, which can be done in 1 day (or 2 half days).
- trips to Portland Bill, with option to go up the lighthouse (there is an entry fee for the latter)
- tour of Portland castle (entry fee)
- ‘earth therapy’ – working/weeding on Puran’s allotment or in her garden – a fabulous support for inner processing!
- gathering herbs on the island
- exploring Portland’s many coves
- trips to Weymouth on the mainland – there are some beautiful castle ruins and a big fort, a harbour, several gardens (including subtropical ones) not far-off, and of course the entire stretch of Dorset’s Jurassic Coast if you want to stay longer...
- optional private Gong baths (at a fee, given by Puran)
- optional private Sat Nam Rasayan healing (at a fee, given by Puran)
- optional counselling/consultations (at a fee, given by Japjeet)
- optional private CtB or Rebozo-massage (at a fee, given by Japjeet)
- optional Restorative Full-Body or Feet massages (at a fee, given by Japjeet)
- ...



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.

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

Participant numbers are consciously kept small – *we have space for max. 10 participants.*

I often get the question on whether babies or small children can come along for the training. As during this course we spend a lot of our time practising 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.

Venue

We will be hosted for this training by my dear friend Puran Arianna Moretti, who lives on Portland and will host us in her beautiful Victorian house, just a 10min. walk from the beach, and with easy access also from Weymouth on the main land.



The house is located 10mins walk from beautiful Chesil Cove:



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



Training fee, included meals & how to register

The (early bird) training fee (*which also includes a Gong Bath and a Yoga & Meditation session*) is £525 for the 7 days. Each day we will be offering you one homemade (vegan, gluten-free, extremely yummy and nourishing) meal, cooked with much love by our host Puran. This also makes for a lovely way to spend more time in sisterhood. This will be lunch on the 2 full-day training days or on the days we have a morning session only, dinner on the half days when we have an afternoon session only (and weather permitting there will be a vegan BBQ one evening). The extra fee for these meals is £15 per day (that also covers herbal tea, snacks and fruit during the breaks). In total this then comes to £105 extra for the 7 days – bringing the **full**

early bird retreat fee to £630. (see below under ‘Accommodation’ for a full-board option we offer at the location too.)

The early bird offer will finish on 31 March 2022. The price after the early bird will be £700 with the daily meal included.

Do let us know if you have any other dietary requirements (as mentioned, all meals will be vegan and gluten-free).

There are lots of places on the Isle of Portland for your other meals of the day. Breakfast could also be offered for those wanting to camp in a campsite and who don’t have breakfast options, for £5 per day).

You will receive 2 sets of handouts – included in the training fee – 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 600 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% 5 weeks before the start of the training (if you pay in a different currency, we will calculate the conversion each time when you are making a payment).

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 the price for meals in full without deduction, and your teaching fee payment in full minus 10% booking fee. If neither you nor I can find someone to take your place, the initial 50% payment of the teaching fee will not be refunded, but the second 50% will be returned to you in full (and so will the prices for the daily meals).

In the event of any later cancellation (within 3 weeks before the start of the training), *all* training fees are non-refundable (the £105 for meals will be refunded up to 1 day before the start of the training). However, if you or I can find someone to still take your place, then you can attend another Closing the Bones training later in the year (which will most likely be elsewhere in the UK though, and might be the shorter and more intense weekend-long training instead of a full week).

If you are travelling from abroad, I strongly recommend you purchase appropriate travel insurance so you are covered in the event you are unable to attend due to personal or global circumstances.

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 Portland”: **Name: N.K. Bemong / Account nr. 31285092 / Sort code: 40-18-43 / HSBC.**

(Details for payments in euro’s can also be provided)

Accommodation – both at the venue & elsewhere on Portland or in Weymouth

We have 2 rooms (one single bed, one double bed) available in Puran’s home in Fortuneswell (same location as where the training will take place, 10mins walk from the beach) for people wanting to stay with us – you can only book for the entire week full-board (arriving Monday afternoon, leaving Sunday afternoon), and any meals that are not included in the registration price (see above) are included in this price.



Price for room + full board for 6 nights is £285 for the single bedroom, or £315 for the double bedroom (single occupancy – you won’t be sharing the room).

Do let us know asap if you’re booking for this option and then we can confirm the exact price with you.

There are also plenty of other options for all budgets, ranging from local campings over Airbnb’s and hotels. Here are some links:

- there is a B&B right next door to Puran’s house – you won’t have to walk far to come for sessions and meals!: <http://www.turnstones.net/>
- Portland campsite: <https://sweethillfarm.co.uk/>
- The Bunker – walking distance from the house: <https://www.thebunkerportland.com/>
- The Bunkhouse at Portland Bill (you’d need a car to get to the venue from this location): <http://www.portlandbunkhouse.com/>
- Weymouth campsite and B&B: <https://www.weymouthcampingandcaravanpark.co.uk/>
- Other campsites: <https://www.campsites.co.uk/search/campsites-in-dorset/weymouth>
- Portland AirBnB: <https://www.airbnb.co.uk/isle-of-portland-united-kingdom/stays>
- For Weymouth and Portland hotels, you can easily go on Booking.com or Trivago etc. There is also a Premier Inn and several caravan parks, the nearest is just the other side of the Causeway: <https://www.watersideholidaygroup.co.uk/our-holiday-parks/dorset/chesil-vista/>

Regardless of what you decide in terms of accommodation, we recommend to book as soon as possible and not leave it too long as Portland gets popular, especially in the Summer, and it would be a shame for anyone to miss out because they can't find somewhere to stay.

Getting here

The nearest train station is Weymouth station (on the main land). From Weymouth you can take a bus or taxi to Portland – the venue for the training is located in Fortuneswell, which is the first village on the island, so easily accessible.

Weymouth station is on a direct line from London Waterloo station (a 3h15min train ride).

For people travelling from Europe, the Brussels-London Eurostar takes 2 hours and arrives in London St Pancras. From London St Pancras you want to give yourself at least 1 hour to reach London Waterloo station (and you'll likely need some extra time for passport checks since Brexit). But that gives you an idea about travel times and options.

The nearest airport is Bournemouth (BOH) airport, which is 31.7 miles away. Other nearby airports include Southampton (SOU – 55.6 miles away), Bristol (BRS – 60.2 miles away), London Heathrow (LHR – 108.5 miles away) and London Gatwick (LGW – 109 miles away) – travelling on by train to Weymouth is easy from all those locations.

Purchasing your CtB tools



You'll also have the opportunity (before, during or after the training) to purchase:

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, a week is too long and you prefer a weekend option, or Portland is not an option (do note there are 2 training weeks offered in Portland), 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 have a Spring weekend training in Market Harborough in Leicestershire 1-4 April 2022, and are 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 .

Host



“My name is Puran Udini (you can also call me Arianna) and I met Japjeet a long time ago in London. Our friendship has deepened over the years and I’m grateful for our soul sister connection.

I moved out of London 6 years ago and now live on the beautiful South West coast in Dorset. I’m really blessed to live by the sea and look forward to welcoming you all, and showing you some of the delights of this little island.

I work for the NHS, managing the Cardiac Rehabilitation department at my local hospital.

I’m a Kundalini Yoga teacher, I also play the Gong and am trained in Sat Naam Rasayan healing. I taught in rehab for many years and am very interested in helping people to overcome their addictions, find ways to help themselves, and learn to inhabit their bodies with ease and grace.

I love the water and I’m a keen scuba diver and PADI Divemaster, and dive here all year round. I also love to cook, I grow food on my allotment and do enjoy my gardens even if they seem a bit wild and messy! When I have time, I like to read and I’m a very good knitter.

I’m delighted to host this workshop with Japjeet and really excited to see the one-week training format unfolding. Working with other women is such a privilege and I really hope I can help support you in this beautiful process.

Grateful for everything. Love Puran 🤍 🙏 🌈”

(NOTE from Japjeet: we will also be celebrating Puran’s birthday on the first day of this training!)