

***Rebozo* Massage - *Cerrada* (Closing Ceremony) Training in 4 x 4-hour modules (16 hours in total)**



ATTENDING ALL MODULES WILL LEAD TO CERTIFICATION

+ EACH MODULE CAN ALSO BE TAKEN SEPARATELY AS A STAND-ALONE WORKSHOP !!

OPEN TO ALL GENDERS -- DISCOUNTS FOR COUPLES

4 SUNDAYS in the Autumn of 2022, each session 2-6pm:

- **25 September**
- **16 October**
- **30 October**
- **6 November**

Location: Yoga House Leicester, The Stableyard, 15A Francis St, Leicester, LE2 2BE

This *Rebozo* Massage - *Cerrada* (Closing Ceremony) Training will entirely focus on teaching you many different *Rebozo* Massage techniques plus how to do full *Cerradas* or Closings / Closing Ceremonies.

It will run over 4 different Sunday afternoons of 4 hours each – we gather from 2 to 6pm on Sunday 25/9, 16/10, 30/10 and 6/11 2022.

Unlike my Closing the Bones trainings which also include hands-on massage work for the womb space, abdomen, upper body and arms and which are only open to women, these workshops / this training (depending on how you choose to take it) is **open to all genders**.

You can either take any of the 4 modules (which will each have a specific focus) **individually**, **you can take a selection of them** – and you can do so either alone *or* with e.g. your partner – **OR** **you can do all 4 modules to get fully certified (and be able to get insurance as a practitioner).**



For each session, the *Rebozo* (Mexican name) or *Manta* (Ecuadorian name) is the primary tool we use. These woven Latin American shawls (the work I'll be teaching you is done with cotton ones, but they can also come in wool, silk, polyester) are **regarded as deeply sacred**. They are referred to as an '**extension of loving hands**'. For me, the humble Rebozo or Manta symbolizes both the fabric and the tight **weave of Sister- or Brotherhood**: it provides support, comfort, the feeling of being held; it can put us back together or keep us together during times where we feel ourselves unravelling or need to physically feel the support of others around us, and it offers a chrysalis-like space for transformation. Being rocked and wrapped in a Rebozo helps a person to find their own self and center again, and seals up any energy leakages, just like being in a circle of kindred spirits can do. For women specifically, just **like a Red Tent** provides a protected space for menstruating women, a Rebozo holds you during your times of bleeding (menstruating, postpartum, miscarriage, ...).

A rebozo typically consist of two parts: the woven part that's made on the loom, and the fringe. The woven part is usually made by men, the fringe by women (although this can differ according to the area where they are made). The process to create a finished piece can take from a few days up to an entire month, depending on the intricacy of the pattern and tassels. It starts with the thread being dyed, then the cloth is woven and finally the fringe is knotted by hand. The fringe is often unique to the weavers' family or village and can act almost like a signature.

I also often describe a Rebozo as '**the fascia (connective tissue) outside of the body**', as in many ways it takes over the function of our fascia, allows a deep release of tension from the connective tissue when the Rebozo is used on us, and allows for a deep energetic feeling and connection to develop between the one offering the rocking and massaging with the rebozo, and the one receiving it, to the point that it almost becomes like a 'dance' between the two.

During the training I will also offer beautifully woven rebozos for purchasing that are 100% non-stretch cotton, hand-made on Mexican pedal looms, with gorgeous colours and different patterns. I stock and offer different sizes (both different lengths and different widths), as well as different types of woven structures (referred to as '**close weave**' or *tupido* and '**open weave**' or *deshilado*). They are sourced from different villages and weavers' communities from around Mexico – you can read about them in the descriptions on my website.

Traditionally, Rebozo massage & rocking is used a lot during pregnancy and childbirth, and Closing the Bones or *Cerrada*-ceremonies are then offered postpartum (or to heal a miscarriage, stillbirth, abortion, loss) and most of the techniques are transmitted by Latin American (Ecuadorian, Mexican, Colombian, ... midwives and shamans). Rebozos are also typically used for baby and toddler wearing (with sling rings or slipknots).

But Rebozo work and Cerradas are also used to support us when menstruating, to mark major transitions one's life such as marriage, divorce, job or home changes, when a child leaves the home, for ancestral healing, as well as for the treatment of anxiety, shock, trauma (of any kind, but quite often sexual), PTSD, ADD, autism, or sensory over-stimulation. And if we focus on women's lives it's specifically significant to honour the menarche or start of menstruation, the (peri)menopause, and to help with fertility journeys, with hysterectomies, etc. There is nearly no end to its applications.

Module 1 (Sunday 25 September 2-6pm): Self-Massage & Self-Wrapping



For this first module I will teach you how you can use Rebozos on yourself to massage yourself literally from the top of your head to the soles of your feet.

We will:

- work on the fascia (connective tissue) and help release the emotions held in fascia adhesions;
- warm and massage the muscles of neck, back and legs in particular and learn how to target so-called knotted-up muscles through rebozos to give deep relief;
- work deeply on the lymph system (and the shame and guilt that gets trapped there);
- teach you how to easily switch from sympathetic to parasympathetic nervous system and work on the vagus nerve;
- work on the entire meridian system (with specific attention being brought to the bladder, kidney, stomach, liver and gallbladder meridians);
- teach you how you can release adrenaline deposits on the hips;
- work on moving the fluids in the body;
- (for women) include work on the uterine and pelvic ligaments (to realign the uterus and help you enjoy pain-free periods).

After we have created deep movement inside with this self-massage and have gently but very powerfully released stagnated energy and stuck emotions, we will wrap ourselves body part by body part so that we can learn how to hold space for ourselves, how to feel deeply in a safe space, how to sit with ourselves and allow things to heal... I will teach you how to wrap your own head (and realign the skull bones), the shoulders and torso, the ribs, the abdomen and the hips.

We will pay special attention to the hips – that place where many ancestral and family patterns are held or have gotten stuck, and I will show you some hands-on massage techniques for the abdomen and hips, so that you can encourage a release of tension from the abdominal fascia as well as adrenaline deposits on the hip bones, and I'll teach women how they can release tightened uterine and pelvic ligaments so the uterus can be realigned (important for pain-free periods and for easier birthing) and how they can make sure these ligaments don't keep tightening up in future.

Lastly I will also teach you ways in which you can use Rebozos for stretches in your yoga practice or classes.

We will open and close with intention setting and some beautiful meditations.

During this work I will teach you about the course of the main meridians which we work on, about the emotions held in certain organs, and about the anatomy relevant to this work.

No prior knowledge or experience is required, anyone can join.

Module 2 (Sunday 16 October 2-6pm): Standing/Sitting + Lying Down Rebozo Massage Work, Done in Pairs (Ecuadorian Lineage)



This second session focusses almost fully on the muscles & fascia (connective tissue) along the entire back of the body and on the path of the Bladder Meridian. The majority of this work is done with both the giver and the receiver standing, although it can all be adapted to the receiver sitting or even lying down) with some work done while the receiver lies on the floor.

The techniques you will learn can be used on anyone regardless of gender and age. If they are not comfortable standing up, they can be seated on a chair or even invited to lying down on the floor. For some techniques, being able to lie down on the floor – with the help of bolsters where required – is needed. The techniques are beneficial for anyone, as they help move energy around, stimulate lymph and blood flow, relax and warm the muscles, release tension in and hydrate and lengthen the fascia, and stimulate the release of feel-good hormones such as endorphins and oxytocin. The movements are also particularly beneficial to anybody experiencing depression or anxiety issues.

We exist in two primal states: the Rest and Relaxation state, and the Fight, Flight, Freeze or Hide state. In the R&R state, we can heal and grow, whereas in the F,F,F,H we are in a high-alert, survival state, during which all resources are redirected to survival. In this state no repair, healing or growth can take place. The profound, deep relaxation that manta/rebozo rocking provides, promotes the R&R state and can quickly bring one in a near trance-like state.

You'll learn to use the manta or rebozo to rock or 'sift' several different parts of the body (shoulders, upper back, chest & breast area, hips, armpits, arms, elbows, wrists, hands, groin, legs, knees, ankles & feet), amounting to a full-body massage. All of these techniques come from the lineage of Ecuadorian traditional midwife, shaman and ethnobotanist Rocío Alarcón.

The rocking and massaging serves to

- release tension and stagnant energy
- relax and hydrate the fascia (in similar ways like the currently popular foam rollers do)
- deeply stimulate the parasympathetic nervous system, which brings a deep calm and peacefulness to the person receiving
- stretch the lungs and membranes around them (the pleura) and open up the breath, making it deeper and more free again.
- mobilise and articulate the various parts of the spine, the sacroiliac joints and sacrum, and the ribs
- drain the lymphatic and cerebrospinal fluids
- help with the shifting of waste products
- move fluids and hormones around in the body
- open up the sacrum
- help with lumbar lordosis
- bring gentle movement to the viscera (organs)
- release and relax the joints and muscles
- deeply stimulate the Bladder meridian.

For a *postpartum* woman, this work also

- stops the leaking of energy in all energy channels that run through the back and

through which birth energy has come down, closing them so the energy comes back to the woman

- helps to bring warmth and heat back into a woman's body
- helps with swelling, increases blood circulation and helps to avoid oedema
- produces a big hormonal movement, releasing endorphins & oxytocin, inducing good feelings & good milk production
- relieves discomfort in the breasts and helps with breast engorgement, cleansing the glands and helping to avoid inflammation
- brings the pubic bone back into position.

The effect that this particular massage & rocking work has on the Bladder meridian – which runs all across the back of the body – deserves some extra attention here. The bladder meridian is intimately related to the autonomous nervous system: the meridian branches directly influence the sympathetic & parasympathetic trunks of the autonomous nervous system, which regulates our fight-flight(-freeze-hide) response, and, in turn, all the body's basic vital functions. In the pressures of modern life many people suffer from an overly-activated sympathetic nervous system, causing a constant state of apprehension, fear, or worse. This can be accompanied by tension and pain along the spine and its periphery. Over time, it crystallizes into a fixed pattern of fear which can inhibit the decision-making capability and manifest as chronic high blood pressure, ADHD, bi-polar disorder, heart disease, panic attacks, and low libido. Back tension and pain can be relieved by stimulating the energy flow along the spinal branches of the bladder meridian. Such stimulation induces total relaxation by switching the autonomous nervous system over to the restful, restorative, parasympathetic mode – which is exactly what happens during this work. The Bladder meridian really 'rules the back of the body': with some 80 meridian points in 4 lines running down the back, the back is a fertile field for the storage of old wounds that have the potential to become organ imbalances (e.g. in the kidneys), almost literally making us bear the burden of the past. Emotions held here can include guilt, feelings of duty, but also feelings about sexuality, self-control, self-support and stability. Releasing the tension in the back and stimulating the bladder meridian will automatically release the stored psychic tension, thus resolving many physical and psychological problems.

The actual movements you'll learn and receive are difficult to describe to someone who hasn't experienced them. Imagine being enveloped with a cloth and rocked with a jostling movement. The rhythm is lulling, relaxing and liberating, and the movements will leave you feeling warm, loose and mellow, almost hypnotised into a deep relaxation.

During this work I will teach you about the course of the main meridians which we work on and about the anatomy relevant to this work.

No prior knowledge or experience is required, anyone can join.

Module 3 (Sunday 30 October 2-6pm): Further Lying Down Rebozo Massage Work, Done in Pairs (Mexican Lineage)



The techniques you will learn in the third module are all done with the massage-receiving person lying down on the floor, and the focus this time is largely on the limbs and the neck, supporting the joints and ligaments as well as learning how to release the sacrum. At the centre of attention in this third module are the arm and legs, shoulder sockets, hips, sacrum and neck. We are enabling very deep relaxation and total release of tension in the limbs, we are again activating the parasympathetic nervous system (see under Module 2) as well as hydrating the fascia. The Gallbladder meridian will be worked on quite strongly too, helping with detoxification and releasing stored feelings of frustration.

The movements learned in the 3rd module come from the lineage of Mexican-born midwife and worldwide reference of Rebozo techniques Naolí Vinaver, who currently resides in Brazil and has been teaching Rebozo and Cerrada work since 1992. These specific techniques are less of a rocking, and more of a cradling and swinging kind, and you will also learn how powerfully relaxing just working with the rebozo tassels can be!

The techniques you will learn can again be used on anyone regardless of gender and age, as long as they are comfortable lying on the floor.

During this work I will teach you about the course of the main meridians which we work on, about the emotions held in certain organs, and about the anatomy relevant to this work.

No prior knowledge or experience is required, anyone can join.

Module 4 (Sunday 6 November 2-6pm): Hip-Wrapping, Full-Body Wrapping in 8 Rebozos & Closing Ceremony / Cerrada



In the last module you will be taught how to do a wrapping of the hips on someone, how to do a full-body wrapping in 8 rebozos (head, shoulders, abdomen, hips, thighs, knees, shins, feet) as a 1-2-1 closing ceremony ('Cerrada') and how to do a closing ceremony as a group ceremony with multiple people participating in the wrapping.

We swaddle babies – and even that isn't done all that much anymore in our society – but it's just as important to sometimes swaddle or wrap older children and adults. Think of how so many people like to tuck themselves tightly in the duvet at night – to possible great frustration of their partner – or how weighted blankets have become so popular.

When someone is wrapped in rebozos, their fascia (connective tissue) – which normally is responsible for keeping the body in its position (whether that's upright, sitting, lying down, ...) rather than becoming just a bag of bones, organs and fluids on the floor – can fully relax and release tension.

In a Cerrada, the rebozos take over the role of the fascia, as it were – they become the fascia on the outside of the body. The relaxation that this creates for the person who is wrapped, is of a kind that they have usually never experience before.

The wrapping takes pressure off of all the ligaments, joints and muscles, and relaxes the entire system. And when one continues to relax and rest in that chrysalis or cocoon, that womb-like space, a liminal space is entered where space and time seem to stop to exist, and where incredible transformation take place. As such, this work serves marvellously as Rite of

Passage, something we lack so profoundly in our Western society. It creates a unique space that allows for deep processing and incredibly profound healing, by creating a chrysalis, a cocoon in which a caterpillar goes through the transformation process of turning into a butterfly.

We will discuss how you can hold space for any emotional release that might take place and create a beautiful ceremony for the person who is wrapped and who is drawn deep within themselves by that firm hold of the rebozos around them. And I will teach you how to unwrap your client again, with tenderness and ceremony, helping them transition back to this world with the wings they have grown in that chrysalis.

A Cerrada – and even more so if it has been preceded by the rebozo rocking and swinging work from modules 2 and 3 – leaves you feeling put back together, ‘sealed’, safe, nurtured and tenderly, deeply, truly cared for.

During this work I will teach you about the anatomy relevant to this work.

No prior knowledge or experience is required, anyone can join.

PRICING AND PAYMENTS

Price:

- **Module 1:** £65pp
- **Modules 2, 3 and 4:** £85pp per module or £160 for couples per module.
- **For full training in all 4 modules** – *paid in full before the start of the training* (this includes detailed handouts for all the techniques plus certification): £315pp

Early bird (*paid min. 25 days before the start of the specific module you are signing up for, or before module 1 if you’re doing the entire training*):

- **Module 1:** £60pp
- **Modules 2, 3 and 4:** £75pp (and £140 for couples)
- **Full training:** £280pp

Beware: places are limited for these modules!! Alternatively you can join us on one of the upcoming 4-day trainings in Dorset: <https://www.shuniya-yoga.org/trainings/>

I will provide Rebozos for everyone to work with during the modules.

Before and after each module **you’ll also be able to purchase ethically sourced fairtrade authentic Mexican Rebozos** that we normally use for this work. These are all sourced from different weavers and cooperatives in Mexico – you can read about each family I source from

on my webshop www.shuniya-yoga.org/product-category/rebozos . If you purchase any Rebozos at the workshops, you'll get 5% off on any rebozo as well.

You can make your **registration payment** in several ways:

* Bank transfer -- Name: Nele K. Bemong / Account nr 31285092 / Sort code 40-18-43

* PayPal -- japieetkaur1@gmail.com (please make any PayPal payments as "Family & Friends" category, or the PayPal fee needs to be added).

DO also message me or email me (japieetkaur@shuniya-yoga.org – this is a DIFFERENT address from the PayPal one) to register, so that I can send you the practical details.

If the need arises, module 1 could potentially be rerun at a later date for people only finding the training AFTER 25 September and still wanting to do the entire training. Contact me if this is the case you find yourself in.

Cancellation Policy

If you need to cancel your attendance for any modules, you can do so up to 21 days before the date of that particular module and be refunded 85% of that module.

For any *later* cancellations or missed modules, no refund is possible. You can in that case schedule a private session with me so you can still finish your certification training. There will however be a charge of £150 for an individual or £200 per couple for that for my extra time. Or you can choose to wait for any further workshops next year to catch up on any missed modules.

Venue

All modules will take place at the Yoga House Leicester, The Stableyard, 15A Francis Street, Leicester, LE2 2BE (<https://www.yoga-house.co.uk/>)

There are changing rooms available if required. Parking is on the street.

Training Facilitator



I'm dr. Japjeet Rajbir Kaur, I live in Leicester but I am originally from Belgium (I moved to the UK 11 years ago), and I am, amongst various other roles, a Closing the Bones practitioner and trainer.

Closing the Bones and Rebozo work is without a doubt my greatest passion, and it takes up most of my heart and my time.

My original professional background is actually very different: I hold a 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 I left my academic career in 2011 to embark on a life focused on serving others in their journey towards consciousness, awareness and healing.

I started teaching yoga and working as a holistic therapist in 2008 already, but since 2012 this has become my full-time employment.

I am also a Kundalini Yoga & Yin Yoga teacher, and I have been running women's circles & women's retreats for over a decade. My passion for working with women guided me almost 8 years ago to becoming a Closing the Bones practitioner, and later a Closing the Bones trainer for the UK and Europe. (It also directed my focus in yoga, nutrition, aromatherapy and herbal medicine to different areas of women's lives and womb work - a lot of what I offer is centred around fertility problems, PCOS, endometriosis, painful periods, as well as sexual and/or birth trauma.) I also teach pregnancy, postnatal & baby yoga and work around empowered birthing as a pregnancy doula, as well as as a postnatal doula.

But Closing the Bones & Rebozo work truly is my love language, as I call it -- it's where all of me comes home, and doing this work, as well as spreading it via my trainings, has become one of my main forms of worshipping the Divine.

Alongside offering Closing the Bones ceremonies & Rebozo massages, I also offer Restorative massages (and train others in this discipline), and work as a health & nutrition coach, life & yoga coach, and aromatherapist (with my own line of organic skincare and natural cleaning products). For 6 years in a row (2017-2022), ThreeBestRated awarded me 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 me 'Yoga School of the Year 2020 – Leicestershire', and I received the Central England's Prestige Awards for 'Yoga Studio of the Year' 2021-2022. Find out more on my website: www.shuniya-yoga.org.

