

Rebozo Massage Workshop – Rocking and Sifting Techniques (Ecuadorian Lineage)

Date: Sunday 16 October 2022, 2-6pm

Location: Yoga House Leicester

Everyone welcome!



This workshop 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.

Price

Regular price: £85pp or £160 for couples

Early bird: £75pp, £140 for couples (needs to be paid by 20 September)

Beware: places are limited.

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

Before and after the session **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 -- japjeetkaur1@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 (japjeetkaur@shuniya-yoga.org – this is a DIFFERENT address from the PayPal one) to register, so that I can send you the practical details.

Cancellation policy

Once paid, workshops can unfortunately not be refunded. You can however carry 50% of your payment over to one of the other workshops in this series and just pay the remainder of the registration price for that one, should you want to do so.

Venue

The workshop 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.

More Extensive 4-Module Rebozo & Closing Ceremony Training

This workshop is also part of a more extensive Rebozo Massage - *Cerrada* (Closing Ceremony) Training, which is entirely focused on teaching people many different Rebozo Massage techniques plus how to do full *Cerradas* or Closings / Closing Ceremonies.

The full training runs 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 are **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)**.

You can find all information on the full training – or the other individual workshops – on my Workshops webpage: <https://www.shuniya-yoga.org/workshops/>



For each of these 4 sessions, 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.

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.

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 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 .

