

Rebozo Self-Massage & Self-Wrapping Workshop

Date: Sunday 25 September 2022, 2-6pm

Location: Yoga House Leicester

Everyone welcome!



During this workshop, 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, as well as wrap yourself with rebozos.

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.

Price

Regular price: £65

Early bird: £60 (needs to be paid by 31 August)

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 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 .