

Rebozo-Wrapping & Closing Ceremony / Cerrada Workshop

Date: Sunday 6 November 2022, 2-6pm

Location: Yoga House Leicester

Everyone welcome!



In this workshop 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 that I'm teaching in 2 preceding workshops – 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.

Price

Regular price: £85pp or £160 for couples

Early bird: £75pp, £140 for couples (needs to be paid by 11 October)

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.

