

# 2-day (with option of 3 days) Training in Closing the Bones & Deeper into Closing the Bones



**Tuesday 29/11 & Tuesday 6/12 2022 both 9.30-6.30pm + OPTIONAL  
SUPERVISED PRACTICE DAY Tuesday 13/12 2022 10-6pm**

**Location:** 118 Bosworth Street, Leicester, LE3 5RD, 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, children moving out of the house, ...)
- 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](http://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 650 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.



**I am now offering this training again at my home in Leicester as a 2-day training of teaching, ceremony, and supervised practice time with an optional 3<sup>rd</sup> day for supervised practice during which you'd get to practice the entire Closing the Bones ceremony on a practice partner, and then swap in the second half of the day so you both get to receive AND give a ceremony.**

The training 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 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, upper body, and arms
- practicing of the massage techniques on other participants (and being practiced on)
- an optional full day to both practice *and* receive a *full* ceremony (ca. 3 hours each time)
- debriefs of your experiences and 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 & contraindications
- 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.



In her teaching of this course, Japjeet draws on extensive experience in running these trainings (she has trained over 130 people by now) and offering Closing the Bones (she has offered well over 650 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, and her work as a doula, a nutrition & health coach, a 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. 6 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***

I am running this training in my home in Leicester on 118 Bosworth Street, LE3 5RD. This is a terraced house, parking is on the road. This is walking distance from the city centre, and there are several shops around to get lunch (or you can bring your own).

### ***Training fee & how to register***

The teaching fee is £435 for the 3 days or £340 if you don't attend the optional practice day on 13 December. We work with just 6 people, so you will have a fabulous opportunity of lots of personal supervision.

Herbal tea & some small snacks are included.

**I offer an EARLY BIRD DISCOUNT until 31 October 2022, priced at just £390 for the 3 days or £295 if you don't attend the optional practice day on 13 December.**

You will receive a set 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 FB-group with over 650 members in which we as trainers are very active in answering questions – it's a great 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% 3 weeks before the start of the training – or pay the full amount if you register less than 3 weeks before the start.

*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 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.

*In the event of any later cancellation* (within 3 weeks before the start of the training), *all* training fees are non-refundable. 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 or the next year (so the registration fee becomes transferable in that case, though not refundable).

Should the course need to be cancelled, all fees will of course be refunded.

To register, please email me at [japjeetkaur@shuniya-yoga.org](mailto:japjeetkaur@shuniya-yoga.org) and make payment into the following bank account quoting your name and “CtB training Leicester”: **Name: N.K. Bemong / Account nr. 31285092 / Sort code: 40-18-43 / HSBC.**

**(Alternative details for payments can be provided)**

### ***Alternative training options***

If you cannot make these dates or Leicester is not an option, you can always contact me to be kept informed about new dates & locations (you can also see all the currently scheduled trainings on my trainings page: <http://www.shuniya-yoga.org/trainings/>), OR we can look at organising a training workshop near you. Email me in that case: [japjeetkaur@shuniya-yoga.org](mailto:japjeetkaur@shuniya-yoga.org)

### ***Purchasing your CtB tools***

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)

- \* 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.

None of these items are included in the price.

### ***Training Facilitator***



Dr. Japjeet Rajbir Kaur (° in Belgium, but based in Leicester since 2012) gained her PhD in 19<sup>th</sup>-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 almost 8 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 pregnancy & 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 6 years in a row (2017-2022), 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', and she received the Central England's Prestige Awards for 'Yoga Studio of the Year' 2021-2022. Find out more about Japjeet on her website: [www.shuniya-yoga.org](http://www.shuniya-yoga.org) .