

4-day Training (Long Weekend Retreat Format) in Closing the Bones & Deeper into Closing the Bones



NEW DATE!! Thursday 20 – Sunday 23 April 2023, 10am to 7pm each day.

Location: Hermitage Farm, Ipstones Bank, Froghall Road,
Staffordshire, ST10 2HQ, UK

Would you like to learn how to offer the beautiful Closing the Bones Ceremony (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 support an IVF journey
- 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.



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 700 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.



We are offering this training as an extended weekend-training with 30 hours of teaching, ceremony, and supervised practice time, all spent in deeply nurturing sisterhood – with the option of on-site self-catered cottage accommodation on Hermitage Farm.

Each day runs from 10am to 7pm with a 75mins lunch break.

Programme Breakdown:

We will start on the first morning with a beautiful Rebozo Self-Massage & Self-Wrapping workshop so that you can get introduced to the Rebozo and discover the gorgeous work you can do with it on yourself (or teach others) of nourishing yourself with Rebozo massage techniques for the entire body from head to feet, with a tender womb-space massage, and with Rebozo wrapping on ourselves, holding space for stagnated energy and stuck emotions to be released – gently but powerfully – in the magical sisterhood that we will weave during these 4 days. From there on, the rest of the training will unfold with a witnessing of an entire Closing the Bones ceremony, then the gradual picking-apart of the different parts so you can learn and practice them in isolation on day 2 and 3, and culminating in the swapping of 3-hour Closing ceremonies in pairs on the 4th day, so that you each get the chance to receive AND give a CtB ceremony and get confident in this work.

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 witnessing of a CtB ceremony – bearing witness is a powerful part of this work
- 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)
- a 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 & counterindications
- 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 140 people by now) and offering Closing the Bones (she has offered well over 750 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, 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. 10 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.

Training Fee & How to Register

The training fee is £525 for the 4 days. This includes tea and snacks, and the manual.

We offer an EARLY BIRD DISCOUNT until 15 February 2023 priced at just £485.

The manual contains 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, these 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 very responsive 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, i.e. 29 March 2023 – or pay the full amount if you register less than 3 weeks before the start (if you pay in a

different currency, we will calculate the conversion each time when you are making a payment).

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

(Alternative details for international payments can be provided)

Cancellation Policy

** Cancellations prior to 3 weeks before the start of the training* – If you need to cancel for whatever reason and you *can* find someone to take your place, I will refund you your teaching fee minus 10% booking fee. If you *cannot* find someone to take your place, the initial 50% payment (i.e. the deposit) of the teaching fee will not be refunded, but the second 50% will be returned to you if you already paid 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 can find someone to still take your place, then you can attend another Closing the Bones training later in the year (so the registration fee becomes *transferable* in that case, though not refundable). (And if that other training is more expensive, e.g. because you choose to do a 7-day training, you simply pay the surcharge.)

If you are travelling from abroad, I strongly recommend you purchase appropriate travel insurance so you are covered in the event you are unable to attend due to personal or global circumstances.

Should the course need to be cancelled, all fees will of course be refunded, or you can use them towards a course offered elsewhere if you would prefer that option.

Venue, Accommodation Options on Site, Info on Meals & Getting Here

We will be hosted for this training by Mandy at Hermitage Farms in Froghall, Staffordshire, right at the edge of the Peak District: www.hermitagefarm.uk .

We are running the course in one of the farm cottages.

Accommodation options:

Several other self-catering cottages are available for your accommodation for the duration of the course, either as single-person based or sharing with another trainee – this accommodation is NOT included in the training fee, and needs to be booked separately with our host Mandy (contact details below). The price per night for rooms with en-suites in the 2-bedroom cottages comes to £60 per night for single-occupancy of an en-suite double or twin room (which means you can also share with a friend, and pay £30 each) -- kitchen and living room would then be shared with the person in the other bedroom. For £100 per night you can also get a full 1-bedroom cottage to yourself.

Mandy is offering an EARLY BIRD DISCOUNT on the accommodation too, of £50 per night for single-occupancy of an en-suite double or twin room, or £90 for a full 1-bedroom cottage to yourself.

There is also a barn where we could have a fire pit in the evenings.

Meals:

I strongly suggest to bring your own packed lunch with you, as lunch breaks are limited to 75mins and the venue is in a remote location (we are 1 mile from a corner shop where you can buy many basics or a 10-minute drive to the nearest supermarket).

For dinners, there are 3 pubs nearby (2 just a mile away, 1 is 3 miles away) serving traditional pub food (with vegetarian and vegan options), and our host Mandy is happy to eat out and take those with her who might not have a car with them (come by train, e.g.). We are 12mins drive away from the nearest town Cheadle (with a few places to eat), 15mins drive from Leek with lots of eating places.

If you're staying in a cottage you can of course cook your own dinner if you would prefer so (we are 1 mile from a corner shop where you can buy many basics or a 10-minute drive to the nearest supermarket).

Getting here by train:

The closest train station is Blythe Bridge (a 20mins drive from the farm – our host Mandy is willing to arrange pick-ups from the station for a small fee to cover petrol and time), the next closest one is Stoke on Trent.

Getting here by car:

The postcode for the property is ST10 2HQ, it is located just off the A52, on Froghall Road (B5053). If you're coming up the hill, the venue is on the left-hand side. Satnavs tend to tell you, you will have arrived at a Hillcroft, on the right-hand side just before Hermitage Farm. If you go past this, you will see there is a sign at the end of Hermitage Farm drive.

Alternatively, if you pass through the village of Ipstones on the B5053, you will be on Froghall Road and the venue is located about one mile after the village. You will go past the Country Store on the left and then there are open fields on both sides of the road. You will see a wooded area on the right and the venue is located just past this on the right-hand side. If you follow the Satnav for the postcode it will take you past Hermitage Farm and to the house located on the left-hand side just down the hill (Hillcroft). If you start going down the hill you will have gone too far. The Hermitage Farm sign is visible from the roadside and is located at the end to a line of conifers.

Please do take extra care when turning right into the property as it is on a bit of a blind bend. There is a mirror on the side of the driveway to help view traffic coming up the hill.

Please come up the drive, there is a parking space for you.

Please contact Mandy directly via 07794 596360 or manda_v@hotmail.co.uk to enquire about and arrange cottage accommodation or train-station pick-ups.

Purchasing your CtB tools



You'll also have the opportunity (before, during or after the training) to purchase your Rebozos to use for the Rebozo massage work and Cerrada ceremonies. You can already find them 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.

These are not included in the training price.

Alternative training options

If you cannot make these dates or Staffordshire is not an option, you can always check out the trainings page here: <http://www.shuniya-yoga.org/trainings/> for other 2023 trainings, OR you can contact me to be kept directly informed about any upcoming new dates & locations, OR we can look at organising a training workshop near you. Email me in that case: japjeetkaur@shuniya-yoga.org

Training Facilitator

Dr. Japjeet Rajbir Kaur (° in Belgium, but based in Leicester since 2012) gained her 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 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 .