

# Rebozo Self-Massage and Self-Wrapping Women's Circle

Friday 10 February 2023, 19:30-22:30 GMT (UK time), via Zoom

Facilitated by Dr. Japjeet Rajbir Kaur



*Please note: This is a Zoom workshop for a limited number of participants - those who have registered through payment will get practical details & logins sent out via email beforehand (so make sure to provide me with your email address!)*

A Circle of Women. Woven together as a Rebozo, all of us exploring different stages of this journey from Maiden to Crone.

Holding space for one another as we massage, wrap and hold ourselves, unravelling what needs unravelling without becoming unravelled ourselves...

Creating the safe space of sisterhood so essential for our well-being, and for the exploration of what we are holding onto and what can be let go.

As you honour me with your trust I'll hold space for you to be vulnerable. I'll help hold you. From a distance, but oh so close. With cloth, with love, with presence, with awareness.

My heart is in this work, where women keep joining to take off layer after layer of their pain, their stories, their shame and guilt, their fears, their expectations about themselves and their loved ones.



In May 2020 I ran a first Rebozo Self-Massage & Self-Wrapping Red Tent session, and as it was such a beautiful, nurturing and emotional experience for all present, I started offering a further expanded version of this workshop in a monthly to twice a month recurring online Women's Circle format which for 18 editions continued to bring together women from all over the world (US, UK, Belgium, Germany, the Netherlands, Dubai, ...), from all walks of life and backgrounds, from many different cultures, and from all age groups ranging from teenagers and young adults to women in the perimenopause and those already having entered those special wisdom years of the crone.

After a year-long break from them during which I have focussed on running in-person Closing the Bones trainings again, as well as in-person Self-Massaging & Wrapping sessions, I am now offering 2 online ones once again! (see website for both dates)

Women trying to conceive.

Women having recently given birth to their baby and the mother inside them.

Women having recently miscarried.

Women who have had a hysterectomy and believe they have lost the essence of their womanhood, while in fact 80% of that womb space energy is still present in them.

Women who have experienced loss.

Women who have experienced abuse.

Women grieving.

Women finding their feet in a new family.

Women crossing the perimenopause and entering the stage of the Wise Crone that is so undervalued by our society, where women in this stage often feel themselves becoming invisible...

Women celebrating their shared womanhood.

Women learning how to wrap and massage themselves when they are menstruating to enjoy pain-free periods that can now become moments of gorgeous rest in the busy lives we lead.

Women learning tools to help with their IBS.

Women feeling alone and lost and in need of sisters.

Women finding themselves again. Women falling in love with themselves again. Women honoring themselves again.

Women rising up and holding the space for other women to rise up... Women diving deep into their pain, and coming back out on the other side, transformed, empowered, having realized their depth. Women being vulnerable and real among other women.

Videos can be on or off, so you will be sharing as much as you are comfortable with.

I will be introducing you to the Rebozo or Manta, a shawl traditionally used in Closing the Bones or Cerrada-ceremonies. Traditionally offered during the postpartum (or to heal a miscarriage, stillbirth, abortion, loss), Rebozo-work as offered in Closing the Bones is also used to support us when menstruating, to mark major transitions in a woman's life, such as the menarche, marriage, divorce, job or home changes, (peri)menopause, hysterectomy, ... , to help with fertility problems, as well as for treatment of anxiety, shock, trauma, PTSD, ADD, autism, or sensory over-stimulation. There is nearly no end to its applications.



For me, the humble Rebozo or Manta symbolizes both the fabric and the tight weave of Sisterhood: it provides support, comfort, softness, the feeling of being held, and a chrysalis-like space for the many transformations we as women go through. While being rocked and wrapped in a Rebozo helps a woman to find her own self and center again and seals up any energy leakages, being in a circle of women can do the same thing for us. Now imagine the strength of those 2 combined...

So we will gather online in a Women's Circle, and nourish ourselves with beautiful 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.

We will work on the fascia (connective tissue), massage targeted muscles, work on the lymph system (and shame and guilt trapped there), on the vagus nerve, on the entire meridian system, on the uterine and pelvic ligaments (to realign the uterus and learn to enjoy pain-free periods!), on adrenaline deposits on the hips, on the fluids in the body, we massage and wrap all body parts on ourselves, we feel, we release, we allow things to heal...

I'll show you several ways in which you can massage your entire body with a Rebozo (and even use it for stretches in your yoga practice), teach you to wrap your own head, torso, abdomen and hips, and show you some hands-on massage techniques for the abdomen and hips, helping to release tension from the abdominal fascia as well as adrenaline deposits on the hip bones.

We will open and close with some beautiful meditations.

### **Practicalities:**

Registration is required!! Places have filled up nearly each time (they are very limited) so make sure you register through payment to secure your spot!

Bring some Rebozos (or, if you don't have any, you can try a roughly woven scarf (make sure it's not slippery, it should have a good amount of grip, which is what cotton Rebozos are woven to have, and it shouldn't be of any stretchy-type material)) to the session, and some massage oil and a small towel. The cloth you work with should be around 2-3m long, and 50-60cm wide.

If you wanted to make the most out of this workshop, I'd suggest to work with actual rebozos – it does make a big difference, but you don't have to in order to enjoy the work we'll do.

If you would like to work with a Mexican Rebozo but you don't have one, you can purchase them from my webshop and I can parcel them out in time for the workshop. <https://www.shuniya-yoga.org/shop/> - click further to Rebozos/Mantas. Ideally you'd use a 2m open weave for massaging and a 2m-2.8m close weave for wrapping. If you are ordering from abroad, you need to contact me via email.



Having worked with Rebozos on others (as a bone closer and Closing the Bones trainer) and on myself for over 7 years now, I find that no other type of cloth does this work as well and as subtly... It is capable of SO much: wrapping, holding, rocking. It is what holds a pregnant belly, what gives support in birth, what wraps the mother afterwards, what helps her wear her baby, ... What holds the womb space after a hysterectomy. What gives counter pressure during menstrual cramping and allows those cramps to just melt away. What can take away IBS cramping instantly. What centers someone during an episode of sensory overwhelm. What gives safety and security during anxiety, panic. What calms and centers in ADD. What creates a holding space during loss and grief for us to be with those emotions, but not be totally overtaken by them. What creates a space for us to (learn to) love ourselves in.

The chrysalis that allows rebirth - whatever form that rebirth is meant to take.

If you ask me to name what has changed my life most profoundly in the last 7 years, it's these Rebozos and what they allow me to do for myself and others. The work they allow me to do. The feedback this cloth can give me as soon as I wrap it around myself or someone else...

We will start at 19:30 and finish around 22:30. (These are UK – GMT times – check your time zone!) Since it's a Zoom session, it does give you the freedom to leave a bit earlier if you need to. (Note any difference in time zone applicable to you!!)

Energy exchange is set at £35 (concession price £30). After registration you'll receive a £5 e-voucher for my Rebozo webshop in your mailbox, together with logins and practical details.

You can make your payment in several ways:

\* Bank details: Name: N. K. Bemong / Account nr 31285092 / Sort code 40-18-43

\* PayPal: japjeetkaur1@gmail.com (this is NOT the email address to email me on – see just below for that. 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](mailto:japjeetkaur@shuniya-yoga.org)) to register, so that I can send you the practical details and login details.

If you can't make this date/time, we have another workshop on Saturday 28 January 2023, 10:00-13:00 GMT, or feel free to get in touch to be kept up to date about any future workshops of this kind.

May this journey take you far, may the Rebozo magic accompany you in your life, and may you always have sisters to hold space for you...


### **Testimonials from previous attendees**

“Thank you for a magical morning. I enjoyed every minute.”

“Thank you for such a brilliant session. Wonderful way to start the day!”

“Thank you everyone, I felt really connected. hope to do this again! Sign me up for the next one!”

“I feel whole and I feel complete, thank you for this :) goodnight everyone it was really nice seeing everyone, this is so beautiful!”

“Thank You for this, feeling really gooodd... Just want to get myself ready for bed now and feel how I feel when I wake up... ”

“I loved how you have developed the whole sequence into a self-rebozo-massage. And when you teach it's very obvious to me that your teaching is grounded in a lot of experience (experience not just in rebozo work).”

“Thank you Japjeet, again it was so lovely this second time round. I had a lot of emotional and physical release. Grounding. I realise how much I should wrap myself regularly, bringing me back to myself, my center, in a safe space, containing and closing. With work and family and friends as a woman I give a lot, being open. This wrapping and selfcare just gives such an important counterbalance.”

“Thank you - I loved it just as much this second time - great using my new manta. Thank you all lovely ladie, have a nice day. Xx”

“Thank you so much, it was brilliant and very helpful! Thank you Japjeet, you are fab and thank you everyone! Have a great day”

“Thanks a lot! It was really interesting to do these techniques on myself. Definitely want to do this more often ... Was lovely connecting xx”

“Thank you Japjeet - it was lovely - hope to join your future sessions.”

“Thank you Japjeet! You're perfect holding the space.”

“I really enjoyed the beautiful workshop this morning. At first I felt a-bit out of place because I thought it would be focused towards people who had experienced more than a period but I felt very very connected by the end of it. It's so beautiful and amazing to be in touch with what our ancestors have to offer and I'm so grateful to be able to learn more.”

“Really enjoyed the workshop again today & was amazed with what came up for me this time. Felt a deeper connection, thank you xx”

“I was really surprised that it feels so relaxing to massage myself with a rebozo. Definitely to be repeated, thank you!”

“The workshop today was inspirational and if you were to repeat it again in July/August on a Sunday morning I would love to join. Meanwhile I hope to be able to purchase a Rebozo from you! I am post-menopausal and feel really connected to share this information with other older women who may feel they have lost their youth and have not yet come to terms with their wisdom as older women. I don't always feel society nourishes these women and they become invisible. Their wealth of experience and their depth of wisdom is so important and it feels as if the skills you taught us this morning could be the nourishment that is so needed. I am a KY teacher and work also with those affected with Dementia, a seva project supported By GRDP. I wonder if there is a way that these skills can be adapted for this group? I feel very inspired and want to thank you so much.”

“Japjeet! What a fabulous Red Tent. You wouldn't believe how much of a release I had afterwards, I cried so intensely...”

"This really resonates with me as someone who gave birth in February as well. It's the first time my womb has felt secure and centred since the birth! Thank you x"

"This is my new favourite self-care technology."

"I loved the way it made my body feel, and was feeling irritated at the start, that's gone. thank you never thought to use cloth in this way, though have had a massage like this but I never knew much about it, but it felt so good."

"This makes me feel like I've been reborn. I've been trying to come to my true self through Kundalini Yoga too and I finally do feel with this work like I have found myself as a young woman."

"Again, that really resonates with me [the wrapping] in terms of pregnancy and labour - I felt like I absorbed so much societal rubbish about my body and that it hasn't had anywhere to go - I think what we call postnatal depression might just be that there's so much [good and bad]

that's been absorbed by the pregnant and labouring body but very little space to release it, culturally, in the fourth trimester..."

"All very healing and soothing. thank you 🙏 "

"Thank You Japjeet, again, for all this! Also to all of you for being here and sharing, straight from your heart! Lots of love to all of ya, beautiful Women."

"Thank you Japjeet for this, it was so wonderful! It was great being in community with all of you ladies."

"Thank you for such an informative and nurturing evening x"

"Grateful for this evening, this sharing and connecting ! enjoyed it very much ! Thank you Japjeet, again for sharing your wisdom, Always great listening to you ! Thank you all for meeting together ! Bless you all, take care !"

"For me, beforehand I felt unloved & yearning for the love of something/ someone. It was wonderful to love myself for a short time. Feeling held & accepted."

"We loved it, thanks so much - really learnt a lot, thank you Japjeet it was gorgeous."

"Indeed the feeling of being held was also for me very strong and nurturing ! Loved the connection to my heart while being wrapped!"

"Thank you Japjeet and everyone, what a beautiful practice to share, goodnight."

"I'm still processing. Thank you so much for this. I'll write to you once I know what to say. Really looking forward to the training and to my own bone closing."

"I've so enjoyed this - it's been so provocative and fulfilling. Off to bed now - thank you, Japjeet and everyone for a truly beautiful evening xxx"

"This is powerful, beautiful and enlightening... I feel empowered, thank you Japjeet ji always."

"Thank you so much it has been very helpful."

"Wonderfully nurturing evening, thank you Japjeet xx"

### **About Dr. Japjeet Rajbir Kaur**

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 dozen years, 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) .