

3-day Training in Closing the Bones & Deeper into Closing the Bones



IN-PERSON: Friday 10 to Sunday 12 November 2023

**(Friday times: 1.30-5.30pm & again 7.30-9.30pm
Saturday & Sunday each time 9.45am-7.30pm)**

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**Self-Massage Module ON ZOOM: Saturday 21 October 2023,
10am-1.15pm**

LONDON (Hackney area), UK

Location Friday afternoon: Eagle Mansions Salcombe Road, LONDON, N16 8AU

Location Friday evening – Sunday evening: Lekdanling Tibetan Cultural Centre, Unit B, 14 Collent Street, LONDON (Hackney / Homerton), E9 6SG

Would you like to learn how to offer the beautiful Closing the Bones Ceremony (aka ‘Cerrada’, or just ‘Closing Ceremony’) to other women, while at the same time embarking on (or going into much deeper layers of) your own healing journey, and do very powerful inner work in what previous trainees of this course have time and again called a life-changing training?

The first important question I usually address, is: 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
- to help with postpartum depression
- 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 woman'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/> .



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 a 3-day weekend-training, preceded by a Zoom session a few weeks earlier, with 25 hours in total of teaching, ceremony, and supervised practice time, all spent in deeply nurturing sisterhood. This is a slightly reduced format from my normal 30-hour, 4-day trainings, which contain a full ceremony-practice day on the last day.

Please note that this will be a fairly intense weekend with not just long teaching/practice days together – it's also a weekend where you'll be taken on your own healing journey, which can add to the intensity. I always hold a powerful and very safe container for everyone to do their inner work while also learning all the techniques, but I strongly recommend not to book anything else in on your evenings, and just give yourself time to rest and integrate in the evenings, and possibly in the immediate days afterwards. Over and over, trainees of this course comment afterwards about how life-changing this training and this format is, and ideally you offer yourself the best possible circumstances to make the most of this training!

Programme Breakdown:

We start a few weeks *before* the actual in-person part of the training with a beautiful Saturday morning Rebozo Self-Massage & Self-Wrapping workshop which we'll do over Zoom, so that you can get introduced to Rebozos and discover the gorgeous work you can do with them on yourself. You'll learn how to nourish yourself with Rebozo massage techniques for the entire body from head to feet, with a tender womb-space massage, and with Rebozo wrapping on yourself, holding space for stagnated energy and stuck emotions to be released – gently but powerfully – in the magical sisterhood that we will be weaving further during the in-person weekend. You'll also be able to teach others this work in e.g. circles or workshops afterwards.

(if you cannot make this date, I can make a recording and send it out to you – but preferably we already start weaving the sisterhood of the training weekend during this Zoom workshop).

On Friday 10 November we gather in-person in the early afternoon to embark on the rest of the training in East London. We will start with a welcome circle and a witnessing of an entire Closing the Bones ceremony and being introduced to the many various elements of this particular lineage of Cerrada-work (there are more, different lineages being practiced in the UK, so we want to establish a communal framework for learning everything this work entails in the ensuing days). This first part of the in-person training will take place at Agustina Plos's place in London, from 1.30 to 5.30pm (*see further below for location details*).

*(If you can only join us from Friday evening onwards, and cannot free yourself up on Friday afternoon, you **can** book in with me for an in-person Closing the Bones ceremony for yourself at my home studio in Leicester, during which I'll also teach you the extra parts I would be discussing on the Friday afternoon in London. This does come at the extra cost of £175, as we'd need 3 ½ hours together for this).*

We then have a 2-hour break until 7.30pm which you can use to have dinner and make your way to the Lekdanling Tibetan Cultural Center in Hackney (East London), where the remainder of the weekend will take place (it's only about a 20 minute travel from door to door). On Friday evening we have a first session there from 7.30 to 9.30pm, in which I'll teach about the lineage of this particular work, set against the background of postpartum closing practices all across the globe, and in which I'll let indigenous midwives speak to us via videos.

On Saturday and Sunday we will then gradually pick apart all the different parts of a Closing the Bones ceremony (Rebozo massage & rocking: hands-on massage of abdomen, torso, arms, hips; Rebozo wrapping), we'll have lots of practice time on each other of all the individual techniques and sequences, and we spend time in conversation about a range of topics, laid out just below.

Broken down into more specific detail, this 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 and Ayurvedic knowledge
- teachings in Rebozo-massage for the entire body, head to feet
- 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)
- 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 160 people by now) and offering Closing the Bones (she has offered well over 800 ceremonies) plus brings in a lot of knowledge & experience gathered during nearly 15 years of teaching Kundalini Yoga (& in recent years 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, prenatal & 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 £600 for the 3 days + the Zoom workshop. This also includes your manual.

We offer an EARLY BIRD DISCOUNT until 15 August 2023, priced at £550.

(50% deposit required to register – if you need a different payment plan, please contact me, but note that full payment is required by the start of the training).

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, it also draws 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. 19 October 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 London November”: **Name: Nele 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 the next 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.

Venues for the in-person part of the training & Getting there

- *Friday afternoon*: we gather first from 1.30 to 5.30pm at Agustina Plos's apartment, where we'll do the welcome & a showing of how an entire Closing the Bones ceremony in this particular lineage unfolds, with all the Rebozo massage work, the hands-on massage work on abdomen, torso and hips, and the Rebozo wrapping. Address for this part: Eagle Mansions Salcombe Road, N16 8AU (flat number will be shared after registration).
- *Friday evening 7.30pm onwards, Saturday & Sunday*: we will run the rest of the training at the beautiful *Lekdanling Tibetan Cultural Centre* in the vibrant Hackney /

Homerton area in London. <https://www.lekdanling.org/> . Full address is: Unit B, 14 Collent Street, LONDON (Hackney / Homerton), E9 6SG. <https://www.lekdanling.org/contacts/> lists detailed information on how to get here.

Travelling between the 2 venues on Friday late afternoon is easy, as it is just 2 stops on the overground – it's an 8 minute walk from Agustina's home to the station, then it is some 5/8 minutes on the overground, with another 5 minute walk from the overground to Lekdanling.

Purchasing your CtB tools



You'll also have the opportunity (before, during or after the training) to purchase any Rebozos to use for the Rebozo massage work and Cerrada ceremonies. You can already find them and order any on my webshop: <https://www.shuniya-yoga.org/shop/> - click further on Rebozos/Mantas). A few weeks before the training I'll send out more information on what exactly you would be needing (but you can ask for the information ahead of that, if you're already looking to get your rebozos before that time), and we also 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 London 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 (° as Nele Bemong in Belgium, 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 8 years ago to becoming a Closing the Bones practitioner, and 2 years later a 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 and 'Yoga Specialist of the Year' in 2022-2023. Find out more about Japjeet on her website: www.shuniya-yoga.org.