

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



Thursday 13 – Sunday 16 June 2024, 10am to 7pm each day

Location: 115 Creed Way, West Bromwich, BIRMINGHAM, B70 9JT, UK

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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/>.



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.

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 in the afternoon of day 1, 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 roughly 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 (lineage of Rocío Alarcón), placed against/next to its more well-known Mexican indigenous counterparts (e.g. the lineage of Naolí Vinaver).
- insights into how *cerradas* like this were common throughout the entire world – and in many parts still are – with an overview also of similar practices in Europe and the UK in the past and the offering of an understanding for why they have disappeared here.
- 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 & 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 160 people by now) and offering Closing the Bones (she has offered well over 8000 ceremonies) plus brings in a lot of knowledge & experience gathered during 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. 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.

Training Fee & How to Register

The training fee is £595 for the 4 days. This includes tea and snacks, and the manual.

We offer an EARLY BIRD DISCOUNT until 30 April 2024 priced at just £535.

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 700 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. 22 May 2024 – 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 Birmingham”: **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, Getting Here, Lunch Options, Accommodation Options Nearby

Venue

We will be hosted for this training by my dear friend Anterjot Kaur in her beautiful coach house in West-Bromwich, Birmingham. (Furniture will be moved out of the way, but these pictures give you an idea of the lovely space we'll have to ourselves). There is also an additional massage practice space (not shown on picture) to give plenty of space for us to practice.





Getting here by car

Simply follow the satnav instructions for the postcode – we have about 3-4 free parking spaces to offer in and in front of the garage, there is also paid street parking.

It can be difficult to find the house number itself as it is slightly hidden from view – give me a call on 07588 030313 when you get there, and we'll help you find us!

Getting here by train

There is a direct train line from London Euston to “Sandwell & Dudley” station. From there it's a 20min walk or 2min Uber/taxi ride.

Or if you're travelling into Birmingham first, stop at Birmingham New Street Station and then take the tram towards Wolverhampton, and take the Dartmouth Street tram stop (which is just a few minutes walk from the house).

Getting here by plane

Birmingham International Airport is the closest airport, and is only a short train ride away from Birmingham New Street Station, from which you can take a direct tram to us (see instructions above under “Getting here by train”).

East Midlands Airport (near Derby) is also not far off, and from all the London airports you can also travel by train to Birmingham New Street Station or directly to “Sandwell & Dudley” station from London Euston.

Lunch options

Lunch is not provided.

You can get something nearby or simply bring your own packed lunch (**please: NO meat, fish or eggs to be brought into the house, also NO tobacco or alcohol ; my host Anterjot Kaur and myself are both Amritdhari Sikhs and scriptures are kept in the house, which means none of these substances can be brought in**).

There is a Lidl walking distance if you want to quickly pick something up.

We are pretty near the centre of West-Bromwich, right off the High Street, so there are also plenty of places around to get lunch within short driving distance, or you can even get langar at Guru Nanak Gurdwara Sahib on Edward Street (very nearby). The lunch break would be around 75-90mins.

Overnight options

If anyone wants to come the night before or stay the night, there is the Travelodge West Brom and the Premier Inn West Brom right nearby, and of course countless options all around Birmingham.

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). In the practical details that are sent out a few weeks before the start of the training, I'll send out more information on what exactly you would ideally be needing, and we talk about this during the training too.



For many years now I've been importing Mexican rebozos from various areas of Mexico, and I work together with different families and with weaver cooperatives that unite families of 3 generations of artisans making rebozos and other Mexican traditional clothing. This way we can ensure an honest pay for these artisan families whom for generations and generations have been practicing these traditional loom weaving techniques, and we also support local indigenous midwives by donating 10% of the purchase price to them. All rebozos I purchase are made from 100% Mexican-grown cotton, died locally with plant materials, and woven according to ancient traditions on pedal looms and back strap looms. (On my webshop you can find a video showing the weaving practices in much detail).

These are not included in the training price.



Alternative training options

If you cannot make these dates, you can always check out the trainings page here: <http://www.shuniya-yoga.org/trainings/> for other 2024 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

Or you can sign up for my monthly newsletter where new trainings are always announced: <https://us13.list-manage.com/subscribe?u=c82e27ea55731b1286fc2295e&id=636694dd14>

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 7 years in a row (2017-2023), 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.