

Additional Rebozo Workshop to Deepen & Hone Your Closing the Bones Work



Includes Mexican Rebozo Massage Techniques for Arms, Legs & Head (not taught in my 4-day trainings), A Journey Through The Global Variety of Cerrada-Ceremonies & An In-Depth Look Into How Rebozos Are Woven

Saturday 6 APRIL 2024, 10am to 6pm

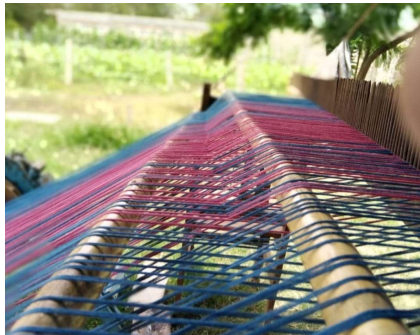
Location: 115 Creed Way, West Bromwich, BIRMINGHAM, B70 9JT, UK

** 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).*

Have you followed any in-person (2-day, 4-day or 7-day) Closing the Bones & Deeper into Closing the Bones training with myself or Sophie Messenger in the past? And do you want to deepen your knowledge of this marvellous work, learn further techniques, and spend a day in sisterhood with other bone closers to also learn from each others' experiences and share with? Then I'd love to welcome you to a very special day in which Rebozos take central stage.



Before noon I'm taking you with me on a journey to Latin-America (with focus on Mexico). Firstly we'll watch some videos of/with Latin-American (mainly Mexican) traditional midwives about the history of rebozos and the varied work done with them, as well as various videos showing variations of Cerrada-ceremonies – this way you will get a much wider mental framework around this beautiful work and more insight into where we position ourselves in the broader field of Cerrada-work. Next, I will tell you – assisted by pictures, videos, physical rebozos and a great amount of personal passion – about how rebozos are woven (and the differences between the weaving of open weaves, close weaves, deluxe rebozos, ...) and the tassels are knotted, how the (local Mexican) cotton is spun and coloured with plant materials, etc.



After lunch I will teach you an entirely new set of (Mexican) Rebozo techniques which can be easily and beautifully woven and integrated into your already existing Closing the Bones ceremonies or which you can also offer on their own.

These are techniques for the head, the arms and shoulders, the legs, hips and lower back. I teach these techniques also in my 7-day (40 hour) trainings (which I offer only once a year) but not in the newly normal 4-day / 30-hour format. I also teach you how these techniques work on the meridian system, and you'll get handouts to take home with you.



Participant numbers are consciously kept small – *we have space for max. 8 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 £125 if you register (with at least 50% payment) before 15 February 2024 (EARLY BIRD DISCOUNT); after that the price goes up to £145.

This includes tea & snacks and handouts.

You can register for this training day 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. 15 March 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 day 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.*

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.

As there is a garage underneath this space, the floor can feel chilly to the feet – bring warm socks or indoor slippers to wear.







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 and Dudley. 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 and then take the tram towards Wolverhampton, and take the Dartmouth Street tram stop (which is just a few minutes walk from the house).

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 Rebozos. You can already find them and pre-order on my webshop: <https://www.shuniya-yoga.org/shop/> - click further on Rebozos/Mantas).

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).



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 a half, and her passion for working with women guided her 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.