

Women's Retreat with Kundalini Yoga, Rebozo Work, Closing the Bones, Gong Bath & More



Thursday 22 - Sunday 25 AUGUST 2024
Start: 10am on 22/8. Goodbye: 4pm on 25/8

On the beautiful “Unesco World Heritage” Isle of Portland on
Dorset’s Jurassic Coast

Location: 5 Ventnor Road, Fortuneswell, Isle of Portland, DT5 1JE



Both pictures on this page are statues found in Tout Quarry on the Isle of Portland, near the house where we run the retreat.

There is one thing of utmost importance to any woman.
And it's the hardest thing to do for most women.

Relaxing.

Switching off.

Stopping the nurturing that is not just a *part* of our nature, but that *IS* our nature.

And instead: taking care of ourselves first, thinking of ourselves first. Just for a few days. We hardly ever get the chance to do so in our daily lives – and hardly any of us succeed in doing it guilt-free. But our health and creativity depend on it, our sanity depends on it, and our entire family – those people we take care of day in day out – they too depend on it!

Self-relaxation is the highest discipline. An unrelaxed person cannot communicate with others nor with God.

So for 4 days we will retreat into a truly welcoming oasis of peace on one of the most beautiful islands of the English coast – the Unesco World Heritage Isle of Portland on Dorset's Jurassic Coast. Portland is a small island – you can walk its circumference quite easily in a day's time – characterised by magnificently rugged cliffs, hidden coves and beaches, and the world famous Portland stone, and is home to wildlife – fauna & flora – that is unique in the world. From the East Weares over Portland Bill to the West Weares – every inch of this island is just stunning (see the picture gallery further below), and it's almost entirely left alone by tourists, as it mostly attracts just rock climbers, divers & water sports aficionados, and lovers of wildlife. Even during the holidays Portland stays fairly quiet, as most tourists stay on mainland Weymouth and the mainland Dorset coast – which means we can stay far from the hustle and bustle of daily life or touristy summer locations, and embark on a guilt-free journey of relaxation, revitalisation and profound rejoicing in an intimate circle of sisters (we only have space for 8 participants).



And we'll have the ocean on our doorstep – literally a 10min walk away, with the house offering views onto it from every room at the front of the house !

We will spend several hours per day practicing Kundalini Yoga (including pranayama, powerful meditations and kriyas specifically intended to help us women relax) as well as yoga nidra (yogic sleep); we will nurture ourselves with Rebozo massage techniques that we get to do on ourselves (and we'll also receive some from each other); we will let ourselves drop deep within while we receive group-Closing the Bones ceremonies and full-body Rebozo wrappings that will allow us to feel the essence of sisterhood and what it means to be held and loved unconditionally; we will be rejuvenated and healed by the sounds of the Gong; we will soak in and be healed by the powerful energies on Portland – the energies of the ocean, the rugged

cliffs, the unique and extraordinary local fauna and flora (from which we'll also forage, to encourage further internal healing), the strong winds, ... Basically: do what we are meant to be doing regularly, but mostly don't do enough of – and we will learn simple techniques and tools to help us efficiently deal with stress and tension once we return back home.

We will of course go out and explore Portland's stunning natural surroundings, swim on the beautiful hidden beaches, hike along the coastline, and practice yoga and meditate to (and sometimes just quietly take in) some of the most stunning views. With some luck we might even get to see dolphins, as these often visit Portland's harbour and swim around the coast, as do seals and other sea wildlife.

And you'll be in wonderfully capable and nurturing hands: We will be nourished by delicious wholesome food prepared by our wonderful host Puran Arianna (pictures of some meals Arianna has cooked for my groups to be found below). And Japjeet is reputed (and 13 times awarded) for her incredibly rich yogic knowledge and her ability to bring deeply complex teachings in a way that is very easy to understand and grasp for all, whether students have any prior knowledge or not. She leads a life with spirituality (particularly Sikh (Gurmat) teachings) at its core, which makes for quite a different life from most people around her, yet at the same time she is very down-to-earth and 'real', and she knows how to make ancient teachings practical, tangible and easy to integrate in a modern Western life. Japjeet is open and direct in her teachings and very much cuts to the essence, but she does so with a lot of love & compassion for – and always in service of – her students.

(more about us both below at the end of this folder)

I'm adding in a picture gallery here of photos I've taken on Portland over the years of running trainings here, as visuals are really the best way of appreciating what this island, and mainland Weymouth across the harbour, has to offer.



The East Weares

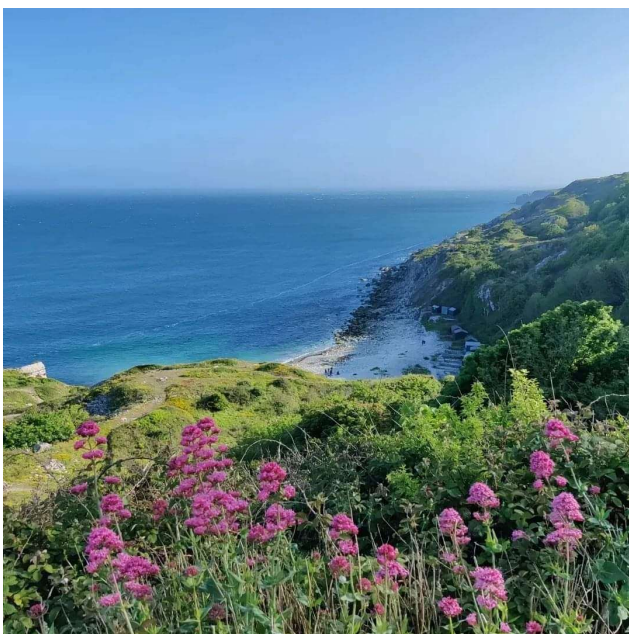


Jurassic Coast Line

The East Weares with views of the



.Church Ope Cove



Church Ope Cove



Near Church Ope Cove



Church Ope Cove ruins

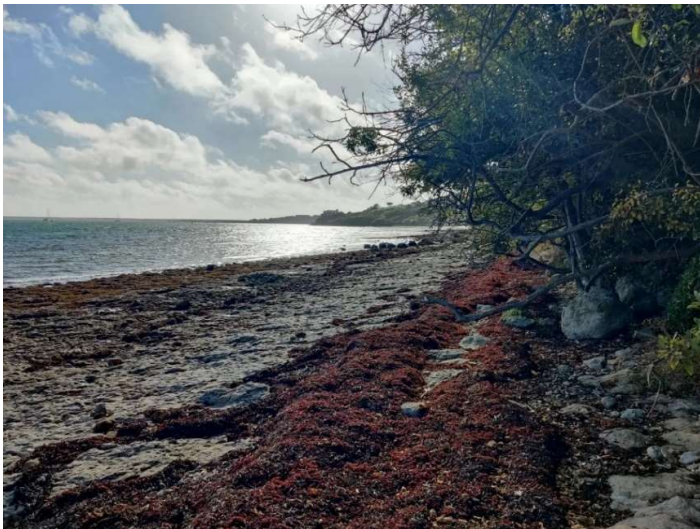


Church Ope Cove castle ruins



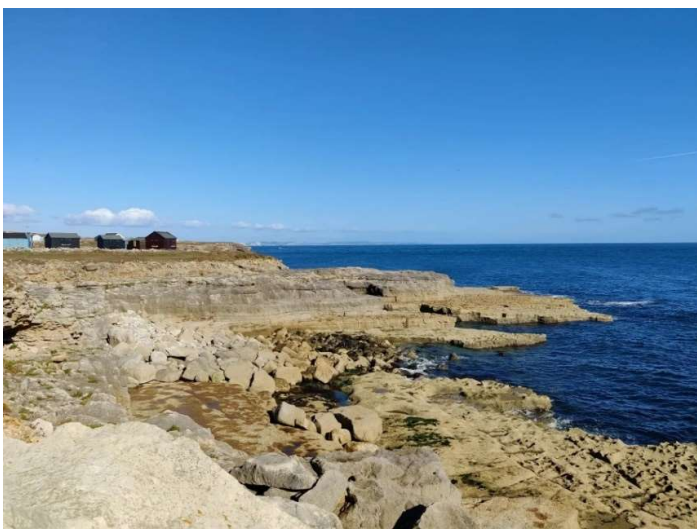
Weymouth

Towards Sandsfoot Beach,



mainland Weymouth

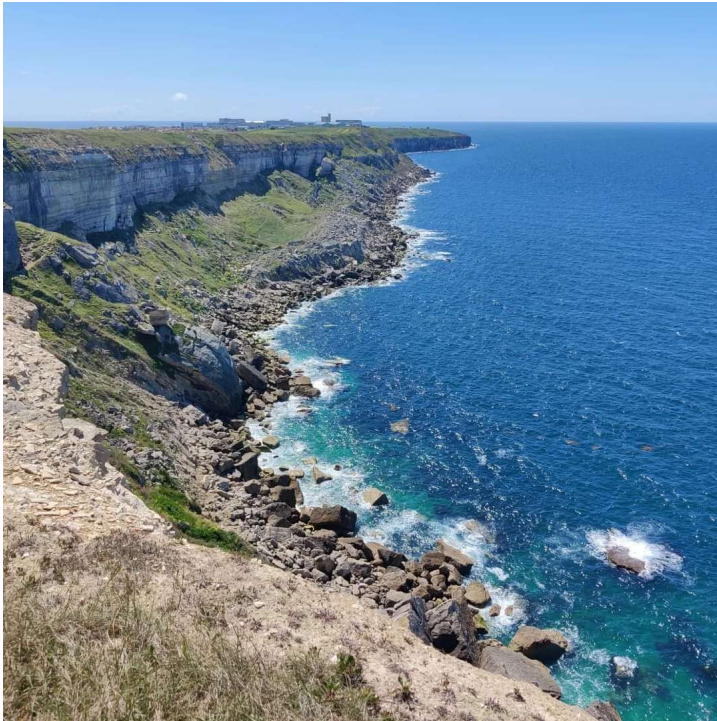
Towards Sandsfoot Beach,



East side at Portland Bill



East side of the island at Portland Bill



The majestic West Weares cliffs



Japjeet at the West Weares



West Weares right near the house



West Weares right near the house



West Weares' rugged cliffs



East Weares



East Weares

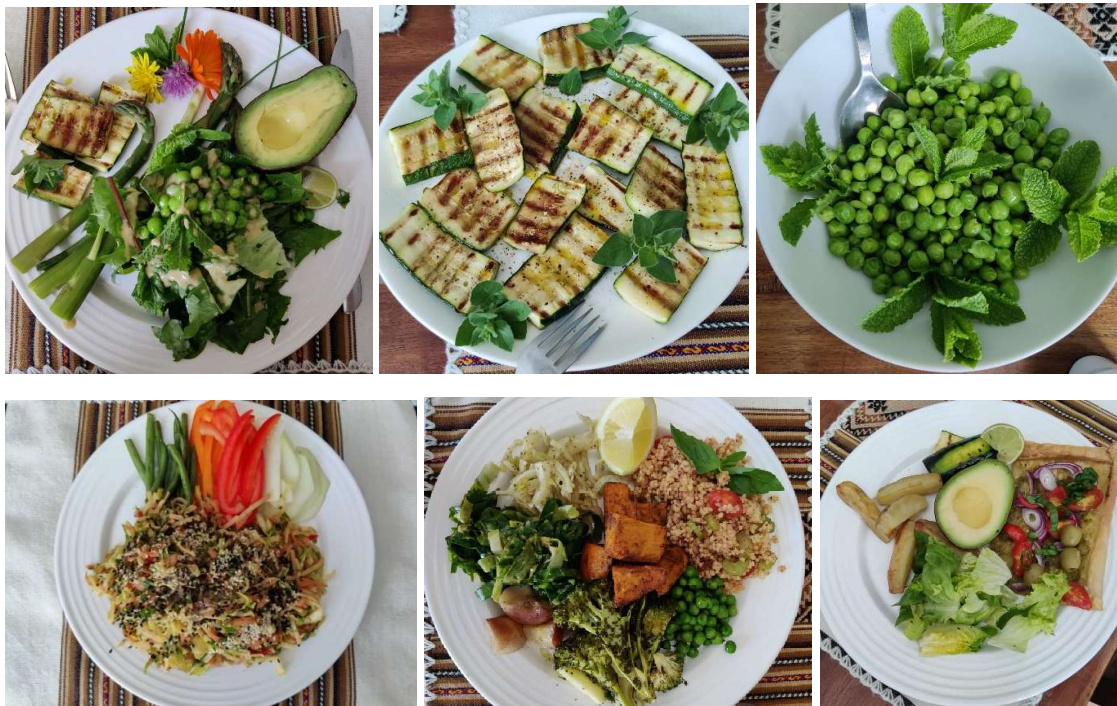


Wild Mountain Goats in The Verne

Meals, Teas, Snacks

Included in the registration price are teas & snacks as well as meals during all 4 days. This means 4 lunches and 3 dinners (you have the option of booking for dinner on Sunday night too for £20 extra). Meals will be prepared with much love by our host Puran Arianna, and will always be vegan, gluten-free, mostly organic and seasonal, extremely yummy and nourishing.

Do let us know if you have any other dietary requirements (vegan & gluten-free is standard catered for).



NOTE: You can also join us for dinner on the last evening (Sunday) for an additional £20 if you want – this might be nice if you decide to stay a bit longer on the island. We would like to know in advance for shopping purposes if you are taking dinner on Sunday.

Retreat Fee & How to Register

The retreat fee is £825 for the 4 days.

We offer an EARLY BIRD DISCOUNT until 15 June 2024, priced at £720.

And if you register in January, you get an even bigger discount, to just £620 !

You can register for the retreat and secure your spot by paying a deposit of 50% upon booking, and pay the remaining 50% **4 weeks** before the start of the retreat, i.e. 2 June 2024 – or pay the full amount if you register less than 4 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 “Yoga July Portland”: **Name: Nele Bemong / Account nr. 31285092 / Sort code: 40-18-43 / HSBC.**

(Alternative details for international payments can be provided)

Max. 8 participants.

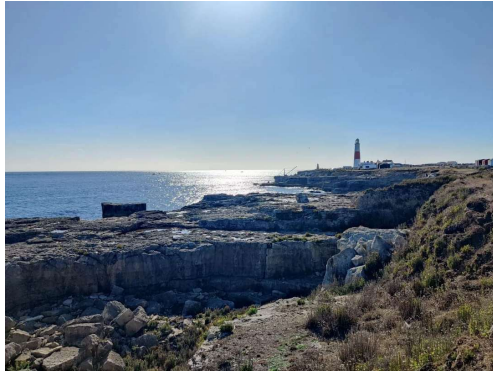
What’s not included?

- Transport to Portland – you can find more information on how to get to Portland further below in the folder.
- Overnight accommodation – we do offer 2 rooms in Arianna’s house (with breakfast included), see further below, and I have also included a list with many other overnight options on the island below
- Any extra treatments (offered by Japjeet or Arianna, such as private Gong Baths (a group Gong Bath IS included), Restorative foot massages, Rebozo treatments, womb massages, Sat Nam Rasayan healing – these can be offered in the morning, later evening or sometimes over lunch, but there will be limited time for them as most time is spent in the group together. You can of course come a (few) day(s) early or stay longer to make the most from treatment options).

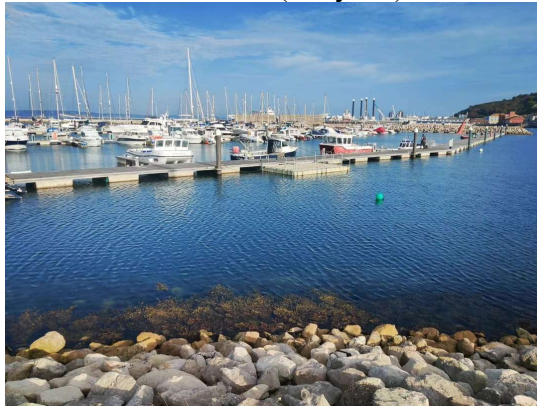
If you’d like to spend some extra time on the island before or after the training, there are various wonderful activities here:



- rock climbing
- paddle boarding
- paddle board yoga
- windsurfing/kayaking/sailing
- endless beautiful walks and hikes – both on Portland and on Dorset’s mainland the opportunities for hiking are extraordinary
- gathering herbs on the island
- exploring Portland’s many coves



- trips to Portland Bill, with option to go up the lighthouse (there is an entry fee for the latter)
- tour of Portland castle (entry fee)



- exploring Portland and Weymouth harbour, taking the ferry between the two, watching for dolphins in the harbour, taking boat trips along the Dorset Jurassic Coast
- glass bottom boat trips in the Fleet Nature Reserve, which is known for its extraordinary wildlife
- ‘earth therapy’ – working/weeding on Puran Arianna’s allotment or in her garden – a fabulous support for inner processing!
- trips to Weymouth on the mainland – there are some beautiful castle ruins (Sandsfoot Castle) and Nothe Fort, Portland-Weymouth is the world’s largest man-made harbour, there are several gardens (including subtropical ones) not far-off, and of course the entire stretch of Dorset’s Jurassic Coast if you want to stay longer (Durdle Door, ...), ...

Cancellation Policy

** Cancellations prior to 4 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 retreat fee minus 5% booking fee. If you *cannot* find someone to take your place, the initial 50% payment (i.e. the deposit) 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 4 weeks before the start of the retreat), *all* fees are non-refundable apart from the meals (£120 in total), which *will* get refunded *until 2 weeks before the start* of the retreat.

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 retreat need to be cancelled, all fees will of course be refunded.

Venue, Accommodation Options on Site & Elsewhere, Getting Here

Venue

We will be hosted for this training by my dear friend Arianna Puran Moretti, who lives in Fortuneswell on Portland and will host us in her beautiful Victorian house, just a 10min. walk from Chesil Beach, and with easy access also from Weymouth on the mainland.

Here are some pictures of the area and house first, to give you some visuals...



Portland on the map

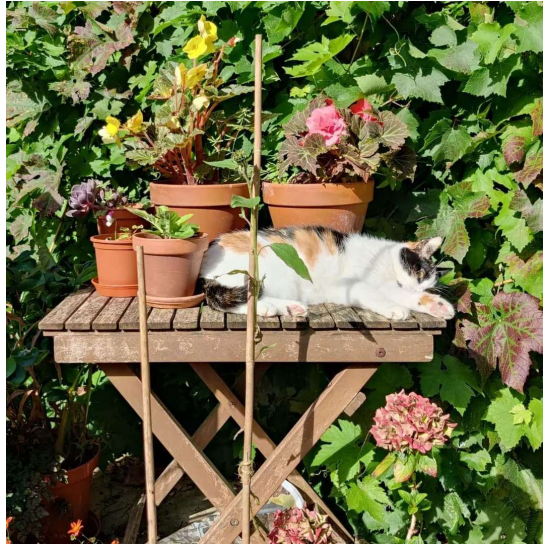


room, with views onto the Ocean (Chesil Beach)

The yoga



backyard of the house



Front &



August sunset taken from the house...



Fortuneswell, the first village on the island, where our venue is located.





All pictures of Chesil Beach in Fortuneswell, a 10min walk from the house where the retreat takes place. Ideal for early morning, lunchtime or evening swims or dips!



Views over Fortuneswell – the village we’re in – , Chesil Beach and onto Weymouth and mainland Dorset

IMPORTANT: ALLERGIES !! Our host Puran Arianna has a cat, the lovely Rosie. If you are allergic to cats, this might not be the right place for you (if it’s a mild allergy, you could consider attending but booking accommodation elsewhere).



Accommodation – both at the venue & elsewhere on Portland or in Weymouth

We have 2 rooms (one single bed, one double bed) available in Puran Arianna’s home in Fortuneswell for people wanting to stay residential in the house with us.



Single room



Double room

Price for room + breakfast is £50 per night for the single bedroom, or £60 for the double bedroom (single occupancy – you won't be sharing the room). The other meals are all already included in the retreat price.

Do let us know asap if you want to book for this option, as these rooms quickly get booked.

There are also plenty of other options for all budgets, ranging from local campings over Airbnb's and hotels. Here are some links:

- there is a B&B right next door to Puran Arianna's house – you won't have to walk far to come for sessions and meals!: <http://www.turnstones.net/>
- Portland campsite: <https://sweethillfarm.co.uk/>
- The Bunker – a youth hostel walking distance from the house:
<https://www.thebunkerportland.com/>
- Alessandria Hotel in Wakeham (Easton) on Portland: 01305 822270 (you'll need to come by car or bus, or walk around 30mins to the training venue)
- The Bunkhouse, a youth hostel at Portland Bill (you'd need a car to get to the venue from this location): <http://www.portlandbunkhouse.com/>
- Weymouth campsite & B&B "Martleaves Farm Campsite": <https://www.weymouthcampingandcaravanpark.co.uk/>
- East Fleet Touring Park / Campsite
- Other campsites: <https://www.campsites.co.uk/search/campsites-in-dorset/weymouth>
- Lots of Portland AirBnB options: <https://www.airbnb.co.uk/isle-of-portland-united-kingdom/stays>
- Countless B&Bs and AirBnBs in Weymouth, as well as small hotels. Near Sandfoot Castle there is also Glenthorne Castle Cove Self Catering Apartments with swimming pool (call 07831 751526) – you'll need a car to get to Portland or come by bus.
- For Weymouth and Portland hotels, you can easily go on Booking.com or Trivago etc. There is also a Premier Inn and several caravan parks, the nearest is just the other side of the Causeway: <https://www.watersideholidaygroup.co.uk/our-holiday-parks/dorset/chesil-vista/>

It's a good idea to not leave your accommodation booking until the last minute.

Getting here by car

Simply follow the satnav instructions for the postcode – there is limited parking on the street, more at the end of the road.

Getting here by train or plane

The nearest train station is Weymouth station (on the mainland). From Weymouth you can take a bus or taxi to Portland – the venue for the training is located in Fortuneswell, which is the first village on the island, so easily accessible.

Weymouth station is on a direct line from London Waterloo station (a 3h15min train ride).

For people travelling from Europe, the Brussels-London Eurostar takes 2 hours and arrives in London St Pancras. From London St Pancras you want to give yourself around 30-45mins to reach London Waterloo station (and you'll likely need some extra time for passport checks since Brexit). But that gives you an idea about travel times and options.

The nearest airport is Bournemouth (BOH) airport, which is 31.7 miles away. Other nearby airports include Southampton (SOU – 55.6 miles away), Bristol (BRS – 60.2 miles away), London Heathrow (LHR – 108.5 miles away) and London Gatwick (LGW – 109 miles away) – travelling on by train to Weymouth is easy from all those locations.

Teacher: Japjeet Rajbir Kaur



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 almost 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 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 now (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 Central England's Prestige Awards chose her as the 2021-2022 winner for 'Yoga Studio of the Year' and the 2022-2023 winner 'Yoga Specialist of the Year'. Find out more about Japjeet on her website: www.shuniya-yoga.org.

Hosts: Puran Arianna Moretti & Rosie



"My name is Puran Udini (you can also call me Arianna) and I met Japjeet a long time ago in London. Our friendship has deepened over the years and I'm grateful for our soul sister connection.

I moved out of London 8 years ago and now live on the beautiful South West coast in Dorset. I'm really blessed to live by the sea and look forward to welcoming you all, and showing you some of the delights of this little island.

I work for the NHS, managing the Cardiac Rehabilitation department at my local hospital.

I'm a Kundalini Yoga teacher, I also play the Gong and am trained in Sat Naam Rasayan healing. I taught in rehab for many years and am very interested in helping people to overcome their addictions, find ways to help themselves, and learn to inhabit their bodies with ease and grace.

I love the water and I'm a keen scuba diver and PADI Divemaster, and dive here all year round. I also love to cook, I grow food on my allotment and do enjoy my gardens even if they seem a bit wild and messy! When I have time, I like to read and I'm a very good knitter.

I'm delighted to host this retreat with Japjeet. Working with other women is such a privilege and I really hope I can help support you in this beautiful process.

Grateful for everything. Love Puran 💜🙌🏻🌈"