

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



Saturday 25 – Tuesday 28 May 2024, 10am to 7pm each day

(= half term week + a Bank Holiday Monday)

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

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

** 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 to train.*

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/> and on our international website of which you'll be invited to become a part: www.closingthebonesmassage.com .



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.



The training space in Portland with sea views

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 and being cared for by myself and our host & cook Puran Arianna – with the option of on-site full-board accommodation!

My personal recommendation is to also give yourself some time before and/or after this training to explore this gorgeous island and/or parts of the Jurassic Coast – Portland, Weymouth, the Fleet, Chesil Beach, ... are all stunning at any time of year.

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, 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 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
- 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 & 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 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. 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.

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

- swimming in the beautiful ocean that surrounds the entire island – our host can give lots of tips on the good spots depending on the weather, and the nearest (pebble) beach – famous Chesil Beach – is just a 10min walk from the house! (ideal also for early-morning or after-training dips & swims). Early October especially, the water will be wonderfully warm – much warmer than in the Summer even.
- relaxed beach time
- 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.
- 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)
- 'earth therapy' – working/weeding on Puran Arianna's allotment or in her garden – a fabulous support for inner processing!
- gathering herbs on the island
- exploring Portland's many coves
- 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, ...), ...



Training Fee & How to Register

The training fee is £655 for the 4 days. This includes lunch, tea & snacks, and the manual. Lunch 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. This also makes for a lovely way to spend more time in sisterhood.

We offer an EARLY BIRD DISCOUNT until 29 February 2024, priced at £595.

You can also join us for dinner each evening for an additional £20 per day should you want to – we would need to know this 7 days before the training starts, for shopping purposes. And you can also join us **for breakfast** (e.g. if you're camping) for £5 per day.

See below under 'Accommodation' for the full-board sleeping options we offer at the location too.

Do let us know if you have any other dietary requirements (as mentioned, all meals will standard be vegan and gluten-free).

If you don't want to take dinner with us, there are plenty of places on the Isle of Portland and in Weymouth for that, or you can book self-catering accommodation of course.

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. 3 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 Portland May”: **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 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, Accommodation Options on Site, Info on Meals & 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.





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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 (same house as where the training will take place) for people wanting to stay with us.

Single room:





Double room:





Price for room + breakfast + dinner (and lunch is already included in the training fee) is £70 per night for the single bedroom, or £80 for the double bedroom (single occupancy – you won't be sharing the room).

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.

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 pre-order any 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.

These are not included in the training price.

Alternative training options

If you cannot make these dates or Portland is not an option, 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 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.

Host



“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 7 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 workshop with Japjeet and really excited to see the one-week training format unfolding. 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 💜🙏🏻🌈”