

DETAILED INFO ON REBOZOS NEEDED FOR CTB

For a full Closing the Bones ceremony in the tradition I have been trained in, you'd best use 8 rebozos – on my webpage <https://www.shuniya-yoga.org/closing-bones-ceremony/> you can see some clients wrapped up in 8 rebozos (some different coloured sets) as well as five different sets of 8 rebozos laid out (on massage tables). (I usually give my clients a choice between several differently coloured sets, I'll email or message them the pictures beforehand, so they can choose which set they'd prefer; unless when I have several bone closings in one day, then the second person gets less choice, as they need to be cleaned between every use). I use 8 rebozos as a standard but might refer to 7 with much shorter women, where we might not have space for the thigh-one.

These rebozos will go around:

1. *the head,*
2. *shoulders,*
3. *ribcage/abdomen,*
4. *hips,*
5. *thighs (but for very short women I skip this one sometimes - it's a crucial one though for women who have recently gone through childbirth and profoundly helps the hip closing too as you'll see in the training),*
6. *knees,*
7. *shins/calves,*
8. *ankles/feet.*

More info then on types and lengths. The main difference in **types** is open weave vs. close weave. Close weave rebozos are much sturdier, open weaves are much looser and less tightly woven, as the name states. Close weaves give more support. Open weave rebozos cost less – so wherever you have a choice between open and close weave, open weave rebozos will save you money. (I know people who will only use open weave rebozos for a Closing the Bones – I find they're not strong and supportive enough for certain bigger body parts, or for larger clients. I also know people who only use close weave rebozos – that's perfectly possible, but they are more costly. So my advice below is one for most support + most cost-effectiveness in that. Lastly, longer rebozos than suggested is never a problem – shorter is).

* for head, knees, shins/calves, and feet, a 2m rebozo is long enough (and for head and feet, 1.5m will even suffice – I have started stocking some rebozos in that length too). You can use close weave rebozos for all 4 body parts here, but you can opt for an open weave rebozo for head, for feet, and for knees, those are sturdy enough for these body parts. Shins/calves would be really best be a close weave.

* hips are a bit more complicated. Type of weave: petite/slender women with very pronounced/protruding hips can benefit more from an open weave rebozo, because close weaves can sometimes feel uncomfortable to them (can feel a bit bulky). For women with a regular build, slightly larger, or up to much larger hips, open weaves don't give enough support and you'd need a close weave. Length: go for a min. 2.5m,

and for larger women, you'll really need 2.7m , 2.8m or even 3m, depending on how you will be tightening them. (I always make sure I have a 3m in each of my colour sets). So very practically: my suggestion is to get 2 different rebozos for the hips: probably best both between 2.65m and 3m, one of them definitely close weave, one could be open weave (and whichever one you don't use on the hips could be used on a different body part – you don't need 9 in total) -- that way you won't have to turn down a client because you lack the right rebozo for their body!

* shoulders: I generally advise to get *at least* a 2.7m one or longer, as the shoulders are the widest body part to go around (and too much cloth is always okay for the shoulders – in case you have a petite client – ; not enough is always a problem). I always go for close weave as it feels so much more supportive around the heart center and shoulders. I make sure to always have several long close weaves (I carry min. one 3m one in each of my 2 kits, and several 2.5-2.7m ones)

* ribcage/abdomen & thighs: with smaller women 2m is enough, but when you have a larger client you will definitely need 2.5-2.7m for these body parts (and with smaller women these longer ones do make tucking the rebozo in much easier too – so again I'd suggest 2.5m or longer here). Open or close weaves will both work for the abdomen area – larger-bellied women or recent postpartum women often prefer the feel of a close weave though, but I have a category of open weaves of 2.5-2.6m in my shop that are a bit thicker than the other open weaves (they come in colours like beige, cream, brown, old rose, wine, ...) and these can work really well for the abdomen too. For thighs (as it is a big muscular part) a close weave is preferable.

I work directly with several Mexican weavers' cooperatives from all around the country, from whom I source my 100% non-stretch cotton rebozos (a lot of them organic cotton) from locally picked cotton, hand died with plant materials, and all hand-loomed on Mexican pedal looms or back strap looms by families who have been weaving for generations. None of these are from mechanical looms or made with synthetic fibers.

The webshop listings often tell you about the families who made these rebozos, and there is also a video on my main Rebozo webshop page showing in detail how they are made.

Because I pay a fairtrade price to the weavers, we can provide work for entire villages to preserve this ancient sacred weaving trade, while also donating a percentage back to the local independent midwives through whom the art of Rebozo work gets carried on into our time and our societies.