

# 4-day Training in Closing the Bones & Deeper into Closing the Bones



**Wednesday 13 – Saturday 16 May 2026, 10am to 7pm each day**

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

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, job loss, 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 neurodivergency (AD(H)D, autism, ...) or to help anyone struggling with overwhelm or sensory overstimulation (also for men & children)
- to help with endometriosis, adenomyosis, 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 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 as well as rocked and wrapped with Rebozos – and moreover includes Rebozo massage techniques for the entire body (shoulders, torso, back, hips, full arms and legs) and Rebozo wrapping of the entire body.

*\*A Rebozo or Manta is a type of shawl from Mexico and Ecuador that we use to rock, 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.

The sealing or closing can also still be done up to 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), 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, sensory processing; to support neurodivergent people navigating autism, AD(H)D, ... or anyone else feeling overwhelmed or over-stimulated; it can be used as part of treatment for endometriosis, adenomyosis, painful periods (most women indicate to feel tremendous relief from period pains when receiving the massage on the first few days of their menstruation), fertility problems, ... and it's very powerful 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, shiatsu therapist, psychologist, ...)? Or do you maybe just want to be able to offer your near & 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 steadily growing group of well over 1,000 women (and a few men) who are passionate about nurturing (mainly) women in this way - and we will 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 a 4-day 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. Or you could stay an extra day to also do the Restorative Foot Massage Training I'm offering on Sunday 17 May !

**Each day runs from 10am to 7pm with a 75-90mins lunch break and shorter breaks in the morning and afternoon.**

### **Programme Breakdown:**

We will start on the first morning with a beautiful Rebozo Self-Massage & Self-Wrapping workshop so that you can get properly introduced to the Rebozo shawl and discover the gorgeous work you can do with it *on yourself* (or teach others to do so) 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 sisterhood that we will weave during these 4 days together.

From there on, the rest of the training will unfold, firstly, with a witnessing of an entire Closing the Bones ceremony in the afternoon of day 1 (so that everyone is on the same page in what you will be learning), followed on day 2 and 3 by the gradual picking-apart of the different parts that make up a Closing the Bones ceremony, so that you can learn and practice them in isolation (for easier learning) on each other. The training weekend culminates in the swapping of roughly 3-hour ceremonies (in pairs) on the 4th day, so that you each get the chance to receive AND give a full CtB ceremony in which all the separate parts you've practiced in the days before get integrated, and so that you can get confident in this work. I will come and help everyone out during that whole day, assisting, correcting and answering all your questions during your first full practice of this beautiful work. We finish with a group circle to have space for your feedback on that ceremony swap, last questions, etc.



The training covers / includes:

- a close look at the (mainly Central & South American) background of the *Cerrada* ceremonies & Rebozo work we currently find in increasing popularity across the UK, Europe and other Western countries, incl. videos with indigenous midwives
- insights into how *Cerradas* like these were actually common throughout the entire world – and in many parts still are – with an overview of similar practices in Europe

and the UK in past centuries plus the offering of an understanding of why they disappeared here

- the witnessing of a CtB ceremony – bearing witness and holding space is a powerful part of this work
- the tutors' experience of working with Closing the Bones ceremonies since 2016
- 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 the space and yourself before and after
- 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 the UK there are by now well over a thousand Closing the Bones practitioners and this number continues to grow steadily. Lots of European countries also have a growing presence of practitioners – I often have people from Belgium and the Netherlands attending; there are practitioners in France, Southern Europe, ... alongside a whole revival in Eastern Europe. The majority of UK practitioners have learned this ancient wisdom through either the lineage of Rocío Alarcón (° in Ecuador) (be that directly from her, or via doulas who trained with her in workshops since 2012), and/or via Naolí Vinaver (° in Mexico), midwife and worldwide reference of Rebozo techniques, who currently resides in Brazil and has been teaching Rebozo and Cerrada work across the globe since 1992 – and so have I. Other indigenous midwives (such as Angelina Martinez Miranda and various others) as well as Western birth- or bodyworkers taught in these practices also offer trainings regularly across the world.

While I have mostly learned various Central- and South-American traditions of this work, I have also been taught some Punjabi (Indian/Pakistani) variations (my husband is Indian-Punjabi, our entire family lives in Punjab, and I live in a Punjabi-Sikh and wider Indian community in Leicester with also a lot of Pakistani families I work with and get to learn from), and over the past decade I have enriched and refined my knowledge, understanding and practice of this work by learning different techniques & practices from various different teachers and practitioners, either in formal settings or more ad hoc. I received 'formal' (certified practitioner) training by Maddie McMahon (September 2016) & dr. Sophie Messager (May 2018) after their own studies with Rocío Alarcón. I later also learned from Naolí Vinaver (2021-2022). I have been a Closing the Bones trainer since October 2018, after I was formally mentored and trained as such by Sophie Messager.

In my teaching of this course, I draw on extensive experience in running these trainings (I have trained near to 200 people by now) and offering Closing the Bones ceremonies (I have offered nearly 1,000 ceremonies by now). On top of that, I bring in a lot of knowledge & experience gathered during 16 years of teaching Kundalini Yoga (& more recently also Yin Yoga), running massage trainings in other (Restorative Massage) disciplines as well as running yoga teacher trainings, and my work as a doula (pregnancy & postpartum), nutrition & health coach, massage therapist & aromatherapist (all areas in which I hold certifications). I bring in insights from Ayurveda, Chinese 5 Element Theory & the Meridian System, Yoga, Western & Eastern anatomy, postpartum care, my 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 likely get fed up & 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 £695 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 15 March 2026, 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 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 (including pictures of each technique), which have been explained and validated by an osteopath, and of course also the theory learnt.

You will also get access to a very responsive FB-group with over 700 members in which myself and a few other 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. 21 April 2026 – 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](mailto: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. And if you need to discuss a different payment plan, you can also contact me – payment does have to be made in full by the start of the training, that is non-negotiable).**

## ***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 if one is still happening, or the year after (and thus the registration fee becomes *transferable* in that case, though not refundable – and you will not lose a 10% booking fee). (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 by myself, 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, 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.





***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 (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.*

Arianna's friend Sian Alcock, who also lives on the Isle of Portland (14 Coronation Road, DT5 1EZ, which is a 5-10 minute walk from Arianna's house depending on which route you take), is also offering a room with double bed in her house for any of our trainees (see pictures right below). The house has a sea view and is just a 5min. walk from the sea. Kitchen is available for use – vegetarian cooking only please, she asks – and internet is also available. The room comes to £60 incl. breakfast. You can contact her directly for more info: [sian.sacredshores@gmail.com](mailto:sian.sacredshores@gmail.com) .



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>
- This particular AirBnB 3mins walk from the house we run the training at, was recommended to us by a guest staying there in August 2024: [https://www.airbnb.co.uk/rooms/628039860794131906?source\\_impression\\_id=p3\\_1725118560\\_P3FJhM9TYv84DcIZ](https://www.airbnb.co.uk/rooms/628039860794131906?source_impression_id=p3_1725118560_P3FJhM9TYv84DcIZ)
- 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). You can do so by Uber or taxi (between £10-£15 in Uber normally), or by Underground – the easiest Underground route is London St Pancras to Warren Street on the Victoria Line, and then Warren Street to Waterloo Station on the Northern Line southbound.

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 your Rebozos to use for the Rebozo massage work and Cerrada ceremonies. You can already find them and even pre-order on my webshop: <https://www.shuniya-yoga.org/shop/> - click further on Rebozos/Mantas). You can access a pdf-document there that will give detailed info on Rebozos needed for a full CtB, which I will also send out to all participants – together with all other

further practical details – a few weeks before the start of the training, 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 import are made from 100% Mexican-grown cotton, dyed 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/workshops/> for other 2026 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](mailto: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 19<sup>th</sup>-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 in 2016 to becoming a Closing the Bones practitioner, and in 2018 a Closing the Bones trainer (mainly focused on 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 (full-body as well as feet – she also trains others in these disciplines), and works as a health & nutrition coach, life & yoga coach, and aromatherapist (with her own line of organic skincare and natural cleaning products). For 9 years in a row (2017-2025), 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' in 2021-2022, for 'Yoga Specialist of the Year' in 2022-2023 AND for 'Specialist Yoga Studio of the Year' in 2023-2024. Find out more about Japjeet on her website: [www.shuniya-yoga.org](http://www.shuniya-yoga.org) .

***Host – note that Rosie the cat is no longer with us, unfortunately...***



“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 in 2016 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 Crystal Bowls, 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 

***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, ...),

...

