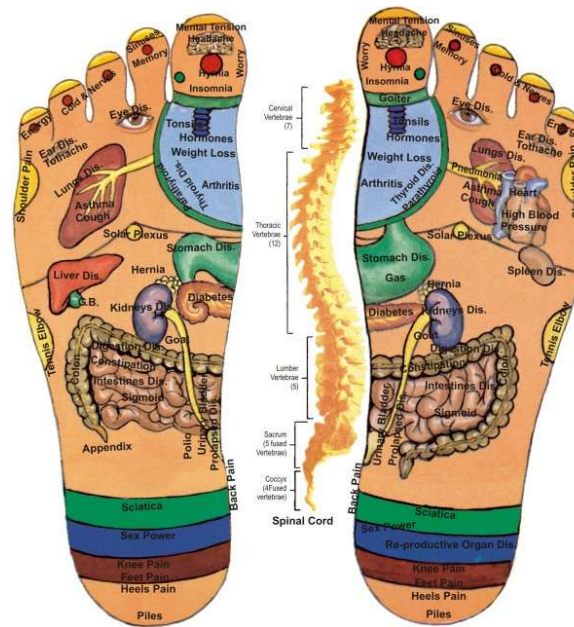


Training in Restorative Foot Massages



Sunday 17 MAY 2026, 10am-6pm

Training Facilitator: dr. Japjeet Rajbir Kaur

Location: 5 Ventnor Road, Fortuneswell, Isle of Portland, DT5 1JE (On the beautiful “Unesco World Heritage” Isle of Portland on Dorset’s Jurassic Coast)

Would you like to learn how to give a restorative foot massage from the Ayurvedic tradition ? Then join us for this 1-day training after which you will receive certification.

Our feet are one of the most under-appreciated parts of our body. We spend most of our time on them – yet we take shockingly little care of them, force them into ill-fitting shoes, fail to strengthen their muscles, let them sweat in synthetic fabrics, ...

Consider these often ill-known facts for a moment: per foot we have 26 bones (some people have 28), 33 joints, 107 ligaments, 19 intrinsic foot muscles plus 10 muscles that originate outside the foot but cross the ankle joint and act on the foot, plus various tendons! These all work together to hold your entire body structure up, and they allow your feet to move in various ways and carry your body weight – and then any extra weight that we carry/lift! Issues ranging from lower

backaches over headaches, a misaligned spine to even indigestion, can all often be traced back to problems with one's feet.

The average person walks up to about 160,000 km (or 115,000 miles) in their lifetime – enough to walk 4x around the earth. This works out to about 6 ½ km per day. While walking, each step can exert a pressure on our feet that exceeds our body weight. While running it can be 3-4 times our weight – which adds up to a cumulative force of over 500 tons per day. (With certain sports, this force can go up to 7 times one's bodyweight!)

Standing in one spot is far more exerting still on the feet than walking, as demands are being made on the same few muscles for a length of time.

If the above alone doesn't yet fully stress the importance of taking care of our feet – and helping others do so too – , then do consider that the feet are also the site of the end- or starting points for half (6) of the organ meridians in the body, as well as an endpoint for many nerves. (There are more sensitive nerve-endings per square centimetre in the foot than in any other part of the body.)

Moreover, your feet provide a map of the entire body, with each area of the feet corresponding to a certain organ, gland or body part (as understood and used in reflexology) – and this allows us to work on every part of someone's body – and even several very specific conditions – just by working on the feet!

This specific foot massage sequence I'll be teaching you allows us to:

- Balance and repair the entire nervous system
- Work on the meridian system
- Bring about whole-body balancing
- Target specific areas, organs or glands for healing
- Leave the massage client in a state of absolutely profound relaxation
- Offer deep and lasting rejuvenation.

The truly deep level of relaxation that can be attained with this massage is worth expanding on a little more. Most of my foot massage clients will fall into a deep sleep; snoring isn't unusual, nor is drooling 😊 – and even during our June-training, one of the participants slept for nearly the full hour of her foot massage (you will get to practice a full massage on each other) while everyone else was still talking around her! One female (heterosexual) friend even asked me to marry her after I gave her a foot massage for the first time. Some of the feedback I have had on my foot massages are: “You could become a millionaire from this if you market yourself right” and “I feel a gazillion times better after this massage.”

The foot massage can be given either on a massage couch or on the floor. We will practice on the floor, so you want to be able to sit comfortably on the floor for the training.

As we have the sea & Chesil Beach just a 10min. walk away, we will – weather-permitting – also take ourselves to the sea at some point during the day, to have the rejuvenating effect of the water and stones work deeply on our feet.

You will be taught the purpose of this massage and how it relates to some other massage forms; you'll learn a whole lot about feet; you'll learn about the nervous & meridian systems, and you'll learn how the feet form a map of the entire body, and what areas on the feet correspond to what organs/glands/parts of the body. You will be taught the massage techniques that are used & the importance of the relaxation afterwards for integration. You will get to practice in pairs, giving one another the entire 1-hour foot massage while I guide, assist and correct where needed. Once both partners have received the massage we will share experiences and have time for questions. I will also share information about energetically protecting and cleansing yourself and the massage space, how to ground yourself, how to help ground a client when needed, how to take care of your own body while massaging, etc. You'll take home a 9-page manual, and you'll be sent lots of different reflexology foot charts after you return home as well.

Max. 8 participants.

What to bring for the training day: a yoga mat if you have one, a pillow or cushion, a shawl or blanket, 2 small hand towels, and optionally an eye pillow. *Please do not* wear any perfume for the training day, as it can cause headaches for yourself or the other participants. Wear comfortable clothing.

Further last practical details will be provided in an email to all participants.

Training Fee & How to Register

The training fee is **£140** if you register **by 31 March 2026 (EARLY BIRD DISCOUNT)**; **after that the price goes up to £150.**

This includes tea & snacks and a 9-page manual + extra visual material (foot charts) sent out afterwards too.

Lunch is not included – you can go bring your own lunch (vegetarian only if you want to eat in the house) or get something from the nearby shops (there are a Co-op and some lunch bars very nearby).

To register, please email me at japieetkaur@shuniya-yoga.org and make payment into the following bank account quoting your name and “Foot Massage May”: **Name: Nele Bemong / Account nr. 31285092 / Sort code: 40-18-43 / HSBC.**

(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 the full teaching fee (or you can ask them to pay you directly, I would just need to be informed that someone is then taking your place). If you *cannot* find someone to take your place, 50% of the teaching fee is non-refundable, but the second 50% will be refunded.

** 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 & Accommodation Options in the Area

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.





Getting here

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.

Accommodation suggestions – on Portland or in Weymouth

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

- LOTS of Portland AirBnB options: <https://www.airbnb.co.uk/isle-of-portland-united-kingdom/stays>
- This particular AirBnB just 5mins 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
- there is a B&B right next door to Arianna's, ran by her neighbour Ian who is an elderly gentleman: <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>
- 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.

Testimonials from Previous Editions of this Training

“Fantastic day. Very informative – a good balance of theory and practical work. A very good learning environment. Plenty of opportunity to ask questions / clarify points. Japjeet pitches the information at an appropriate level to her audience. Absolute value for money. I would thoroughly recommend this course/workshop. 5 stars!” (S.K., August 2025)

“Wonderfully informative. Excellent delivery & practice.” (An., July 2025)

“I thoroughly enjoyed the day, you're an amazing teacher.” (A.S., June 2025)

“I was really nervous about today but the atmosphere was really calm and welcoming. The science background was extremely clear and the practical demo easy to understand and copy. It was especially good to have the person checked by Japjeet. A really lovely, informative day. Thank you!” (H.B., July 2025)

“Hey Japjeet. I just wanted to say I've done my first restorative foot massage and it went down soooo well! I love learning from you, you are a great teacher and if you really truly are up for doing a training in the [full-body] restorative massage, I will 100% be there 😊💖💖💖 The lucky recipient was hubby and he was soooo pleased with it. Said it actually felt restorative which is fab.” (P.F., June 2025)

“I did the foot massage on [my partner] at the weekend, he fell asleep within 5 minutes and didn't wake up til 5.30am the next day 🤍” (T.S., June 2025)

“Thank you so much ji really grateful. I did the foot massage on mum, she LOVED it and the rebozo has helped with my foot pain, I don't remember the last time I was this pain free. Thank you 🙏” (A.K., June 2025)

“Really great training! Very informative and a lot on how to do feet massages. Easy to understand and was corrected where necessary which was great to learn from. It was great being on both the massaging and receiving end to experience both. It was very relaxing and fun!” (S.K., July 2025)

“Great course, very easy to understand, very well delivered. I really recommend it – and I got a great foot massage which made me feel super relaxed!” (W.S., July 2025)

Training Facilitator: dr. 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 9 years in a row now (2017-2025), ThreeBestRated have 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', the 2022-2023 winner 'Yoga Specialist of the Year' and the 2023-2024 winner 'Specialist Yoga Studio of the Year'. Find out more about Japjeet on her website: www.shuniya-yoga.org.

