

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 on a massage couch, on a comfortable chair, or on the floor. I will have a set-up with: 1 massage couch for 1 duo (typically reserved for those with back issues who couldn't lie / sit on the floor), 1 duo on the floor, and 1 last duo can choose to use the comfortable chair with a stool for the feet (massaging person sitting behind that), or to also practice on the floor (6 trainees is the maximum for this training at mine due to available space).

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.

If you want to receive the massage from me personally first, you can book in in Leicester at mine anytime leading up to the training (you're of course also welcome later) – this is not a condition for the training, this is just to allow you to experience the massage yourself first in a non-training environment should you want to.

Max. 6 participants.

What to bring for the training day: you won't need all that much, namely a yoga mat if you have one, a pillow or cushion, a shawl or blanket, 2 small hand towels, and optionally an eye pillow, are the essentials. *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 13 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.

! Do note this training nearly always gets booked full !

Lunch is not included – you can go out to get some lunch or bring your own lunch (vegetarian only if you want to eat in the house, as we keep Sikh scriptures in the house; tobacco, vapes or alcohol can also *not* be brought into the house). There are some shops and eating places very nearby on Fosse Road North & King’s Richard Road, with more on Narborough Road, as well as Guru Nanak Gurdwara Sahib (aka Holy Bones) if you wanted to have langar. Do bear in mind that the lunch break will be 1 hour long.

To register, please email me at japieetkaur@shuniya-yoga.org and make payment into the following bank account quoting your name and “Foot Massage March”: **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.

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. Japieet 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 .