

Rebozo Self-Massage & Self-Wrapping Workshop



Monday 30 March 2026, 10.15-13.15 (UK time)

ZOOM-Workshop (limited number of participants)

Facilitated by Dr. Japjeet Rajbir Kaur

All genders are welcome for this workshop

Join us for a Spring-Equinox-energy (we'll just be a little over a week after) gathering in which we'll move out of Winter stagnation and its slower Yin energy, explore what we've been holding onto and storing in our tissues, organs, meridians, ... this past season, and start letting the saps rise inside, the body, mind and heart blossom, and cast aside what will not serve us anymore in this new season of Yang energy returning to us. We will gather in an online circle and nourish ourselves with beautiful (Rebozo) shawl massage techniques for the entire body, from head to feet, and with (Rebozo) wrapping on ourselves, holding space for stagnated energy and stuck emotions to be released gently but powerfully (a Rebozo is a traditional handwoven Mexican shawl which is what is ideally used for this work – but you can use another type of shawl too).



We will work on the fascia (connective tissue), massage targeted muscles, work on the lymphatic system (and the shame and guilt that get trapped there), on the vagus nerve, on the entire meridian system, on the pelvic ligaments, on adrenaline deposits on the hips, on the fluids in the body; we massage and wrap all body parts on ourselves, we feel, we release, we allow things to heal, we allow to unravel what needs unravelling before we would become unravelled ourselves...

As you honour me with your trust I'll hold space for you to be vulnerable. I'll help hold you. With cloth, with love, with my voice, with presence, with awareness.

A word on Rebozos, in case you wanted to use these for this work:

Rebozos are regarded as deeply sacred in South America. They are referred to as 'an extension of loving hands' and they are artisanally-woven according to centuries-old techniques passed down through generations of weavers. Everything in the process, from the picking and cleaning of the cotton to the spinning and colouring of the thread to the weaving and the knotting of the tassels, is done by hand in the same way in which it's been done for hundreds of years.

For me, the humble Rebozo symbolizes both the fabric and the tight weave of Community: it provides support, comfort, softness, the feeling of being held; it can put us back together or keep us together during times where we feel ourselves unravelling or need to physically feel that support of others around us, and it offers a chrysalis-like space for transformation. Being rocked and wrapped in a Rebozo helps a person to find their own self and centre again and seals up any energy leakages, just like being in a circle of kindred spirits can do.



I'll show you several ways in which you can massage your entire body with a Rebozo (and even use it for stretches, e.g. in your yoga practice) and teach you to wrap your own head, torso, abdomen and hips (also with a Back/Womb Belt or Faja). If you don't have any Rebozos, you can use another kind of shawl or fabric – ideally not slippery. More below.

We will open and close with some beautiful meditations.

Practicalities:

Registration is required.

Ideally you will use (Mexican or other South-American) Rebozos for this work – most ideally, if you have both: an open weave / frayed rebozo for the self-massage, a close weave rebozo for

the self-wrapping – as it does make a big difference in the effect compared to other scarves or cloth. *But if you don't have any or don't want to purchase any Rebozos, you can use a roughly woven scarf (non-stretchy materials and non-slippery ones – wool or silk scarves won't work very well, pashminas are not quite suited either but can do if it's what you have).*

If you would like to work with a Mexican Rebozo but you don't have one yet, you can purchase them from my webshop and I can parcel them out in time for the workshop. <https://www.shuniya-yoga.org/shop/> - click further to Rebozos/Mantas. Ideally you'd use a 2m open weave for massaging and a 2.5m up to 3m close weave for wrapping. But again, you can make do with just an open weave *or* just a close weave only as well, as I'll help you work around things!

If you are ordering from abroad, you need to contact me via email, as the webshop doesn't support non-UK addresses – I can no longer post out to the EU though, due to new EU regulations, but I can get you in touch with people in the EU who sell them.



Having worked with Rebozos on others (as a bone closer and Closing the Bones trainer) and on myself for over 10 years now, I find that no other type of cloth does this work as well and as subtly... It is capable of SO much: wrapping, holding, rocking. It is what holds a pregnant belly, what gives support in birth, what wraps the mother afterwards, what helps her wear her baby, ... What holds the womb space after a hysterectomy. What gives counterpressure during menstrual cramping and allows those cramps to just melt away. What can take away IBS cramping instantly. What centers someone during an episode of sensory overwhelm. What gives safety and security during anxiety, panic. What calms and centers in ADD. What creates a holding space during loss and grief for us to be with those emotions, but not be totally overtaken by them. What creates a space for us to (learn to) love ourselves in.

The chrysalis that allows rebirth - whatever form that rebirth is meant to take.

If you ask me to name what has changed my life most profoundly in the last 10 years, it's these Rebozos and what they allow me to do for myself and others. The work they allow me to do. The feedback this cloth can give me as soon as I wrap it around myself or someone else...

We will start at 10.15 and finish around 13.15. (These are UK – GMT times – check your time zone!) Since it's a Zoom session, it does give you the freedom to arrive a bit later or leave a bit earlier if you need to. (Note any difference in time zone applicable to you!!)

Energy exchange is set at £35 (concession price £30). After registration you'll receive a £5 e-voucher for my Rebozo webshop in your mailbox – so that you can order an actual Rebozo to work with if you'd wanted to, or possibly do so after the workshop – , together with logins and practical details.

You can make your payment via BACS: Bank details: (bank: HSBC) Name: Nele K. Bemong / Account nr 31285092 / Sort code 40-18-43 – Mention “Rebozo March”.

If you need international payment details, just email me.

DO also message me or email me (japjeetkaur@shuniya-yoga.org) to register, so that I can send you the practical details, voucher code and login details.

If you can't make this date/time, feel free to get in touch to be kept up to date about any future workshops of this kind.



May this journey take you far, may the Rebozo magic accompany you in your life, and may you always have community to hold space for you...

Testimonials from previous attendees

"This is my new favourite self-care technology."

“Thank you for a magical morning. I enjoyed every minute.”

“Thank you for such a brilliant session. Wonderful way to start the day!”

“Thank you everyone, I felt really connected. hope to do this again! Sign me up for the next one!”

“I feel whole and I feel complete, thank you for this :) goodnight everyone it was really nice seeing everyone, this is so beautiful!”

“Thank You for this, feeling really gooodd... Just want to get myself ready for bed now and feel how I feel when I wake up... 🍷🍷🍷”

“I loved how you have developed the whole sequence into a self-rebozo-massage. And when you teach it's very obvious to me that your teaching is grounded in a lot of experience (experience not just in rebozo work).”

“Thank you Japjeet, again it was so lovely this second time round. I had a lot of emotional and physical release. Grounding. I realise how much I should wrap myself regularly, bringing me back to myself, my center, in a safe space, containing and closing. With work and family and friends as a woman I give a lot, being open. This wrapping and selfcare just gives such an important counterbalance.”

“Thank you - I loved it just as much this second time - great using my new rebozo. Xx”

“Thank you so much, it was brilliant and very helpful! Thank you Japjeet, you are fab!”

“Thanks a lot! It was really interesting to do these techniques on myself. Definitely want to do this more often ... Was lovely connecting xx”

“Thank you Japjeet - it was lovely - hope to join your future sessions.”

“Thank you Japjeet! You're perfect holding the space.”

“I really enjoyed the beautiful workshop this morning. I felt very very connected by the end of it. It's so beautiful and amazing to be in touch with what our ancestors have to offer and I'm so grateful to be able to learn more.”

“Really enjoyed the workshop again today & was amazed with what came up for me this time. Felt a deeper connection, thank you xx”

“I was really surprised that it feels so relaxing to massage myself with a rebozo. Definitely to be repeated, thank you!”

“The workshop today was inspirational and if you were to repeat it again I would love to join. Meanwhile I hope to be able to purchase a Rebozo from you! I am post-menopausal and feel really connected to share this information with other older women who may feel they have lost their youth and have not yet come to terms with their wisdom as older women. I don't always feel society nourishes these women and they become invisible. Their wealth of experience and their depth of wisdom is so important and it feels as if the skills you taught us this morning could be the nourishment that is so needed. I feel very inspired and want to thank you so much.”

“Japjeet! What a fabulous workshop. You wouldn't believe how much of a release I had afterwards, I cried so intensely...”

"This really resonates with me as someone who gave birth in February as well. It's the first time my womb has felt secure and centred since the birth! Thank you x"

"I loved the way it made my body feel, and was feeling irritated at the start, that's gone. Thank you. Never thought to use cloth in this way, though have had a massage like this but I never knew much about it, but it felt so good."

"This makes me feel like I've been reborn. I've been trying to come to my true self through Yoga too and I finally do feel with this work like I have found myself as a young woman."

"Again, that really resonates with me [the wrapping] in terms of pregnancy and labour - I felt like I absorbed so much societal rubbish about my body and that it hasn't had anywhere to go - I think what we call postnatal depression might just be that there's so much [good and bad] that's been absorbed by the pregnant and labouring body but very little space to release it, culturally, in the fourth trimester..."

"All very healing and soothing. thank you 🙏"

"Thank you Japjeet for this, it was so wonderful! It was great being in community with everyone."

"Thank you for such an informative and nurturing evening x"

"Grateful for this evening, this sharing and connecting ! enjoyed it very much ! Thank you Japjeet, again for sharing your wisdom, Always great listening to you ! "

"For me, beforehand I felt unloved & yearning for the love of something/someone. It was wonderful to love myself for a short time. Feeling held & accepted."

"We loved it, thanks so much - really learnt a lot, thank you Japjeet it was gorgeous."

"Indeed the feeling of being held was also for me very strong and nurturing ! Loved the connection to my heart while being wrapped!"

"Thank you Japjeet, what a beautiful practice to share, goodnight."

"I'm still processing. Thank you so much for this. I'll write to you once I know what to say. Really looking forward to the training and to my own bone closing."

"I've so enjoyed this - it's been so provocative and fulfilling. Off to bed now - thank you, Japjeet and everyone for a truly beautiful evening xxx"

"This is powerful, beautiful and enlightening... I feel empowered, thank you Japjeet always."

"Wonderfully nurturing evening, thank you Japjeet xx"

About 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, a Closing the Bones practitioner & trainer, a Restorative Massage practitioner & trainer, a health & nutrition coach, life & yoga coach, and aromatherapist (with her own line of organic skincare and natural cleaning products).

She's been running women's circles & women's retreats for over a decade and a half. 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.

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' 2021-2022, for 'Yoga Specialist of the Year' 2022-2023 and for 'Specialist Yoga Studio of the Year' 2023-2024. Find out more about Japjeet on her website: www.shuniya-yoga.org .