

# Restorative Full-Body Massage Training



**Wednesday 29 April (10.30am-5.30pm) + Thursday 30 April 2026  
(10am-1.15pm)**

**Training Facilitator: dr. Japjeet Rajbir Kaur**

**Location:** 118 Bosworth Street, LEICESTER, LE3 5RD, UK

In this Restorative full-body massage, 12 specific nerve plexes (5 on the front of the body, 7 on the back) are massaged in sequence, allowing the nervous system to deeply relax, repair and rejuvenate. The touch is mostly very light as we don't need to put strong pressure on any muscles, but the effects are incredibly deep. This massage is NOT oil-based and is done over the client's clothes. The massage can be given either on a massage table or on the floor.

Japjeet is one of the few therapists in the UK providing this particular holistic treatment (mainly alongside some handfuls of other practitioners trained by herself in past years).

This particular massage is especially recommended for people who:

- who have high stress levels and a fast-paced life and who find it difficult to relax
- who are suffering from anxiety and/or panic attacks
- with cancer going through chemotherapy or radiotherapy
- with an imbalanced or damaged nervous system
- with fertility issues

- -- and of course for anyone wanting to experience a truly profound state of relaxation.

In traditional practices, 10 treatments of this massage would be recommended to let the body *fully* restore itself to its natural stress-free state, but even just one treatment will leave your clients feeling extremely relaxed and rejuvenated, and clients don't have to commit to a series of sessions to reap the many benefits from this particular modality.

The **training format** looks as follows:

- You will have to book in at least *once* to receive the massage from me before the training dates – more times is optional (more info on this below)
- After the training you'll have to give me the massage at least once so I can correct your technique where necessary.
- During the training weekend we have 1 full day of tutoring (10.30am to 5.30pm) which includes practicing on each other a first time, followed by another half-day of extra supervised practice on one another (10am-1.15pm).

During the training days you will be taught the purpose of this massage and how it relates to other massage forms; you will learn about the nervous system and the nerve plexes that this massage works on; and you will be taught the massage techniques that are used, the importance of the relaxation afterwards, etc. There is no full anatomy module included.

You then get to practice in pairs, giving each other the massage while I assist and correct where needed. Once both partners have received the massage we will share experiences, have time for questions and will 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 back & body while massaging, etc.

We will practice the massage on the floor and on a massage couch, as it can be done either way. The massage you receive from me will be done on the massage couch, and for your own practice on me you can choose between floor or massage couch work.

**So to reiterate: apart from the training weekend** you will also come to mine in Leicester to receive the massage at least once from me (and you can of course book more treatments should you want to). This way you will get the required more in-depth experience of receiving them. If you want to deeply experience and understand how the massage releases built-up tension from the nervous system and how that can lead to totally different experiences in *consecutive treatments*, I advise to book an extra (few) massage(s) with me, but these are optional; the effects after consecutive treatments are each time very different, especially in the first few sessions (like peeling off layer after layer of stress and tension). For people travelling from further afield or abroad, this

first massage can be booked on the day(s) preceding the training – I will keep already Tuesday 28/4 free for that.

*And as already mentioned, you will finish the training by giving the massage on me so I can give corrections and any last pointers and advice – this is preferable done after you've gone home and practiced on various people.*

**Max. 6 participants** – women only for this training, sorry.

**What to bring** for the training: a yoga mat, pillow or cushion, blanket and ideally eye pillow. Please do not wear any perfume for the massages or the training day, as it can cause headaches for yourself or the other participants. Wear comfortable clothing through which we can easily work. Definitely no jeans! Further practical details will be provided in an email to all participants.

### ***Training Fee & How to Register***

The training fee is **£295** if you register **before 31 March 2026 (EARLY BIRD DISCOUNT)**; **after that the price goes up to £355. This includes payment for the required massage** that you'll need to receive from me in the lead-up to the training days, and the time for the massage you'll be having to give me after as a sort of exam / a chance to get last corrections.

**50% of the training fee is payable at the time of registration as your deposit**; the second 50% has to be paid by 8 April 2026 for your space to be secured.

**Tea, snacks and handouts are included in the training fee.**

**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 plenty of shops and eating places quite nearby on Fosse Road and Narborough Road, as well as Guru Nanak Gurdwara Sahib (aka Holy Bones) if you wanted to have langar.

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 “Massage Course April”: **Name: Nele Bemong / Account nr. 31285092 / Sort code: 40-18-43 / HSBC.**

**(Details for international payments can be provided)**

### ***Cancellation Policy***

*\* If you need to cancel for whatever reason and you can find someone else to take your place, I will refund you the full teaching fee regardless of when you cancel, once that new attendee who is taking your place has paid me in full (or you can ask them to pay you directly -- I would just need to be informed that someone is then taking your place and have them contact me). IF you already received the massage from me *before* you cancel, £50 (the cost for a massage with me) will be deducted from this refund.*

*\* Cancellations prior to 3 weeks before the start of the training where you cannot find someone to take your space: the 50% deposit is non-refundable. The second 50% will be refunded if you already paid in full. IF you already received the massage from me before you cancel, £50 (the cost for a massage with me) will be deducted from the refundable part of the deposit.*

*\* In the event of any **later** cancellation (within 3 weeks before the start of the training, and where you cannot find someone else to take your place) or non-attendance, all training fees are non-refundable. However, you can still get the massage that is included for you to receive – to be taken within 6 months from the cancellation date.*

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.

In the unlikely event that the course needs to be cancelled all fees will of course be refunded apart from £50 for any massage you would have gotten from me already as part of the course requirements), or you can use your payment towards a course offered at a later date or elsewhere, if you would prefer that option.

### ***Training Facilitator: dr. Japjeet Rajbir Kaur***



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 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 10 years in a row now (2017-2026), 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](http://www.shuniya-yoga.org) .