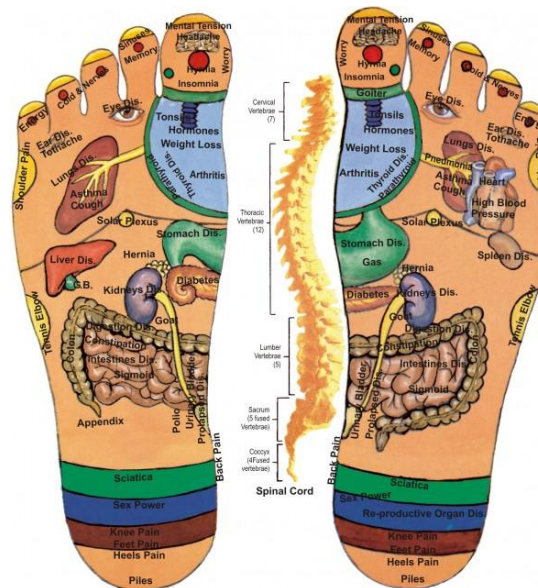


TRAINING IN RESTORATIVE FOOT MASSAGE

Opportunities to organise your own training for 4 to 8 people maximum!



This is one of my most popular trainings of 2025 – and 2026 is continuing in the same vein.

I'm offering the option for people to book me to run this training specifically for a group of family / friends / colleagues, either at mine in Leicester (118 Bosworth Street, LE3 5RD, Leicester), OR at a location you choose/provide (your home, yoga or massage studio, Airbnb if you're on a trip with family or friends, ... -- the massage can be done on the floor, on a massage table, or with the use of sofas / comfortable chairs, we can discuss this when organising).

Group size would be min. 4 people, max. 8 people (we do need an even number of attendees) – I can accommodate max. 6 people at mine.

The training can run over the course of 1 full day (at mine I usually run it 10.15-17.45 – which makes for 6 hours actual training time, 1 hour lunch break, and 2x 15min. breaks), but we can also do 2 half days (3 hours training time + 15mins break time).

I work with fixed prices for this:

- **If we run the training at mine in Leicester (I do ask for groups of non-smokers at mine) it's £600 for 4 people or £850 for 6 people.**
- **If on location: £650 for 4 people or £900 for 6-8 people + potential extra costs (if it would include me having to travel by train & taxi, and if I would need to book accommodation – within Leicester I will cover the taxi costs to get to you myself).**

The price includes your 9-page manual and Neal's Yard Remedies organic body butter for everyone to work with.

All participants will receive certification with which they can get practitioner insurance.

More info on this massage:

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 Ayurvedic 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, or with clients on a sofa / reclining chair.

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.

If you're interested in setting something up, please email me at japjeetkaur@shuniya-yoga.org.

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)

“Dearest Japjeet, I just wanted to say a HUGE thank you from me and hubby. We both really enjoyed our foot massage training with you. Firstly, thank you for accommodating our circumstances and allowing us to do the training over two sessions. This allowed us to leave our 4-year-old and 8-month-old with my mum for a few hours over two sessions. Getting away from the kids together is nothing short of a miracle. It was great to learn a new skill. I was surprised at how enjoyable it was not to just receive a massage but to also give one! Honestly could not have found a better way to celebrate our 10-year wedding anniversary. Thank you for making it so easy and simple to learn the techniques. The atmosphere was so relaxed (great change from the chaos we live in). I'm really looking forward to giving my mum a foot massage for Mother's Day tomorrow. Once again thank you for your kind words of encouragement throughout the training and for being so accommodating. Much love. V&B. X” (B.K., March 2026, private training)

“Very thorough, not rushed at all. Japjeet really makes sure we all understand. Loved it! The theory was excellent and the massage was just stunning, I was so relaxed!” (Kimberly Goldsmith, March 2026)

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 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 .