

One-Day Rebozo Massage Training



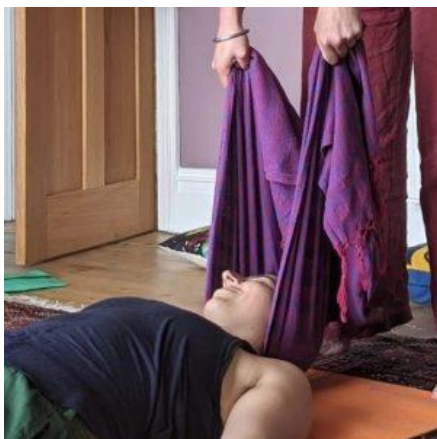
! All (Mexican-origin) Rebozo Massage Techniques for the Entire Body that I *don't* teach in my 4-day Closing the Bones trainings !

No Rebozo experience required – but *if* you've trained with me in Closing the Bones in anything shorter than the 7-day format, this is *all* new work apart from 2 short techniques. (Plus there are several new techniques even compared to the 7-day training.)

Thursday 8 October 2026, 10.15am to 6pm

Location: 118 Bosworth Street, Leicester, LE3 5RD, UK .

Max. 4 people !!



During this wonderful training day I will teach you a set of (mostly Mexican-origin) Rebozo techniques for the *entire body* (head, arms, legs, shoulders, hips, back, ...) which can work as a *full* standalone Rebozo massage offer, OR from which you

can use any techniques entirely on their own in any kind of setting, OR which can also easily and beautifully be woven & integrated into your already existing Rebozo massage offerings or Closing the Bones ceremonies.

All of this work CAN be offered during pregnancy (although it's *not* pregnancy-specific Rebozo work), during postpartum OR just at any other point in life – and it can all be offered to anyone regardless of gender or age (so suitable to offer to women, men, children), as long as they are comfortable lying on the floor (ALL techniques during this day are floorwork-based techniques).



I teach most (but not all) of these techniques also in my 7-day (40 hour) trainings, but that is a format that I haven't offered much recently (nothing in 2026, 1 in 2025, 1 in 2024, a few more in 2023) – they are not part of my newly-normal 4-day / 30-hour format.

You will get ample practice time in duos (**I will only allow for 4 participants – 2 duos**) for each technique, and you will also get taught how these techniques work on the meridian system. You will get handouts to take home with you.



I often get the question on whether babies or small children can come along for trainings. As we spend a lot of our time practising in pairs, babies would need to be put down and would get fed up and upset, and this would impair the learning for both the mother and the other participants. You are welcome to bring a breastfed baby *if* you can bring another adult with you who can take your baby out between feeding sessions.

Training Fee & How to Register

The training fee is £175 if you register by 18 September 2026 (EARLY BIRD DISCOUNT); after that the price goes up to £195.

This includes tea & snacks, as well as the training handouts.

To register, please email me at japjeetkaur@shuniya-yoga.org and make payment into the following bank account quoting “Rebozo October”: **Name: Shuniya Yoga / Account nr. 63711935 / Sort code: 04-03-33.**

(Alternative 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.

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 9 years ago to becoming a Closing the Bones & Rebozo Massage practitioner, and later Closing the Bones & Rebozo Massage trainer. 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 / Nervous System Resets (and trains others in this work), and works as a health & nutrition coach, life & yoga coach, and aromatherapist (with her own line of organic skincare and natural cleaning products).

Awards: Japjeet just recently was awarded “Holistic Therapist & Trainer of the Year 2026 (Leicestershire)” and “Women's Wellness & Healing Impact Award 2026 – Leicestershire” in the 10th Annual Midlands Enterprise Awards 2026. For 10 years in a row (2017-2026), 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’ in 2021-2022, for ‘Yoga Specialist of the Year’ in 2022-2023 AND for ‘Specialist Yoga Studio of the Year’ in 2023-2024.

Find out more about Japjeet on her website: www.shuniya-yoga.org .



Purchasing Rebozos



You'll also have the opportunity (before, during or after the training) to purchase any Rebozos. If you wanted to, you can already have a look on my webshop: <https://www.shuniya-yoga.org/shop/> - click further on Rebozos/Mantas) – I have them all here in the house too.

For many years now I've been importing Mexican rebozos from various areas of Mexico, and I work together with different families and with weaver cooperatives that unite families of 3 generations of artisans making rebozos and other Mexican traditional clothing. This way we can ensure an honest pay for these artisan families whom for generations and generations have been practicing these traditional loom weaving techniques, and we also support local indigenous midwives by donating 10% of the purchase price to them. All rebozos I purchase are made from 100% Mexican-grown cotton, died locally with plant materials, and woven according to ancient traditions on pedal looms and back strap looms. (On my webshop you can find a video showing the weaving practices in much detail).



Alternative training options

If you cannot make these dates, you can always check out the trainings page here: <http://www.shuniya-yoga.org/trainings/> for other upcoming trainings, OR you can contact me to be kept directly informed about any upcoming new dates & locations, OR we can look at organising a training workshop near you. Email me in that case: japjeetkaur@shuniya-yoga.org

Or you can sign up for my monthly newsletter where new trainings are always announced: <https://us13.list-manage.com/subscribe?u=c82e27ea55731b1286fc2295e&id=636694dd14>