

Rebozo Self-Massage & Self-Wrapping Workshop



Tuesday 20 October 2026, 10.15-13.15 (UK time)

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

Max. 6 people

Facilitated by Dr. Japjeet Rajbir Kaur

Open to anyone

A small gathering of people who want to join in a cosy and safe space for an Autumn exploration of what we are holding onto, what is stored in our tissues, organs, meridians, ... and what can be let go off this Autumn season...

We will gather in an online circle and nourish ourselves with beautiful Rebozo cloth 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).



We will work on the fascia (connective tissue), massage targeted muscles, work on the lymph 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.

These woven shawls are regarded as deeply sacred in South America. They are referred to as “an extension of loving hands”, and the artisanal weaving of it can take up to a month. 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 ways 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).

We will open and close with some beautiful meditations.

Practicalities:

Registration is required! I only have 6 spaces, so make sure you make the registration payment to secure your spot!

I will provide everything you need – just come wearing comfortable clothes, bring a yoga mat if you have one, and a cushion to be comfortable.

Energy exchange is set at just £50 – this includes the use of my rebozos, as well as water, herbal tea & some snacks. You'll *also* receive a £5 voucher code for my Rebozo webshop, in case you wanted to purchase a Rebozo or Faja (Womb/Back) Belt once you've experienced their benefits (purchases can also be made on the day at mine, as I have a big shop of them here).

You can make your payment as a BACS to: **Name: Shuniya Yoga / Account nr. 63711935 / Sort code: 04-03-33 .**

DO also message me or email me (japjeetkaur@shuniya-yoga.org) to register.

Sorry, no refunds unless the workshop needs to be cancelled on my part.

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...

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, 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 .

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"