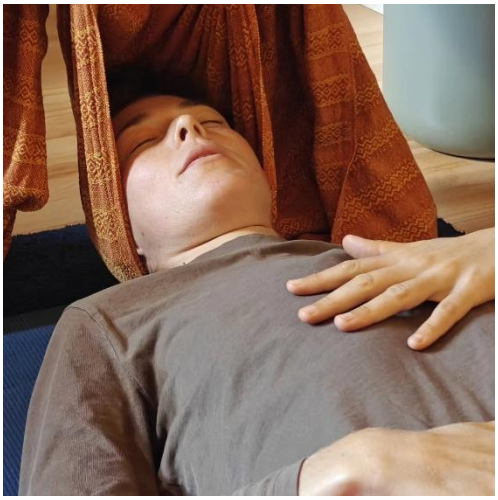
One-Day Rebozo Massage Training



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

No Rebozo experience required – *if* you've trained with me in Closing the Bones before, this is fully new work and everything is done with the client lying on the floor.

Sunday 23 MAY 2027, 10am to 6pm

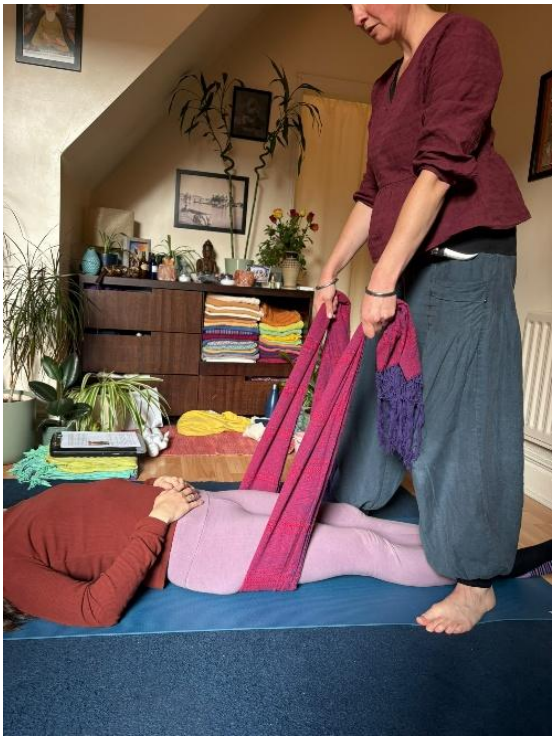
Location: 5 Ventnor Road, Fortuneswell, Isle of Portland, DORSET, DT5 1JE, UK

Max. 8 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, entire 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).**



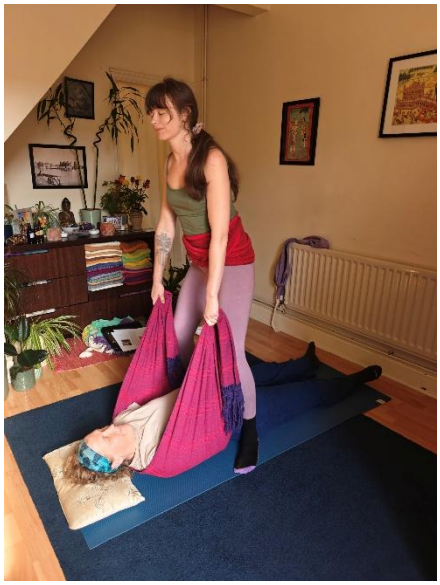


These are techniques I do not teach in my (longer-format) Closing the Bones trainings.

You will get ample practice time in duos (**I will only allow for max. 8 participants – 4 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 31 March 2027 (EARLY BIRD DISCOUNT); after that the price goes up to £195.

If you're also attending the 19-22 May Closing the Bones training in the same location, you will get a further £20 discount !

The price includes tea & snacks, as well as the training handouts.

Lunch is NOT included (Arianna, my host on Portland, will be joining the training herself) – but you can bring your own lunch, or there are several places nearby where you can get lunch. I will provide more info in the practical-details email to attendees.

To register, please email me at japjeetkaur@shuniya-yoga.org *and* make payment into the following bank account quoting "Rebozo May": **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.

Testimonials from Previous Editions of this Training

"The one-day rebozo massage training opened the door into a realm of loving touch that I believe everyone should receive. This practice is nourishing and cleansing, revitalising and soothing. Not only have I learned a comprehensive foundational pillar of care that I can offer postpartum women (and anyone who is interested!) but I personally have been gifted this embodied experience, and my heart is singing. Thank you Japjeet for sharing your passion, knowledge and wisdom. Your teaching skills are very special. I look forward to meeting with you again very soon for a Closing the Bones training. With love, Brittany" (Brittany Mandy, October 2026)

"Thank you so much for yesterday's fantastic training. As always, I left feeling empowered and with a new sense of confidence and purpose towards supporting and helping others and how to better take care of myself. I really appreciate the container you create Japjeet, the way you teach, hold and support us and the magic you weave throughout. Full of gratitude for you, the other women, the space and of course, the power of the lineage & rebozo medicine 🙏a student forever more." (Alice Wilding, October 2026)

"Excellent training. Really very full with so much content to put into practice. Excellent for so much of the therapeutic work for what I offer. I ran out of your house planning how I am implementing rebozo massage into everything!! It was such a good training, you gave us so much and there was so much extremely useful content packed in! Love it and thank you so much." (Pen Freeman, October 2026)

Venue, Getting Here, Accommodation Options Nearby

Venue

We will be hosted for this training by my dear friend Arianna Puran Moretti, who lives in Fortuneswell on Portland and will host us in her beautiful Victorian house, just a 10min. walk from Chesil Beach, and with easy access also from Weymouth on the mainland.











Accommodation on Portland or in Weymouth

Arianna's friend Sian Alcock, who also lives on the Isle of Portland (14 Coronation Road, DT5 1EZ, which is a 5-10 minute walk from Arianna's house depending on which route you take), is also offering a room with double bed in her house for any of our trainees (see pictures right below). The house has a sea view and is just a 5min. walk from the sea. Kitchen is available for use – vegetarian cooking only please, she asks – and internet is also available. The room comes to £60 incl. breakfast. You can contact her directly for more info: sian.sacredshores@gmail.com .





There are also plenty of other options for all budgets, ranging from local campings over Airbnb's and hotels. Here are some links:

- there is a B&B right next door to Puran Arianna's house – you won't have to walk far to come for sessions and meals!: http://www.turnstones.net/
- Portland campsite: https://sweethillfarm.co.uk/
- The Bunker – a youth hostel walking distance from the house: https://www.thebunkerportland.com/
- Alessandria Hotel in Wakeham (Easton) on Portland: 01305 822270 (you'll need to come by car or bus, or walk around 30mins to the training venue)
- The Bunkhouse, a youth hostel at Portland Bill (you'd need a car to get to the venue from this location): http://www.portlandbunkhouse.com/
- Weymouth campsite & B&B "Martleaves Farm Campsite": https://www.weymouthcampingandcaravanpark.co.uk/
- East Fleet Touring Park / Campsite
- Other campsites: https://www.campsites.co.uk/search/campsites-in-dorset/weymouth
- Lots of Portland AirBnB options: https://www.airbnb.co.uk/isle-of-portland-united-kingdom/stays
- This particular AirBnB 3mins walk from the house we run the training at, was recommended to us by a guest staying there in August 2024: https://www.airbnb.co.uk/rooms/628039860794131906?source_impression_id=p3_1725118560_P3FJhM9TYv84DcIZ
- Countless B&Bs and AirBnBs in Weymouth, as well as small hotels. Near Sandfoot Castle there is also Glenthorne Castle Cove Self Catering Apartments with swimming pool (call 07831 751526) – you'll need a car to get to Portland or come by bus.
- For Weymouth and Portland hotels, you can easily go on Booking.com or Trivago etc. There is also a Premier Inn and several caravan parks, the nearest is just the other side of the Causeway: https://www.watersideholidaygroup.co.uk/our-holiday-parks/dorset/chesil-vista/

It's a good idea to not leave your accommodation booking until the last minute.

Getting here by car

Simply follow the satnav instructions for the postcode – there is limited parking on the street, more at the end of the road.

Getting here by train or plane

The nearest train station is Weymouth station (on the mainland). From Weymouth you can take a bus or taxi to Portland – the venue for the training is located in Fortuneswell, which is the first village on the island, so easily accessible.

Weymouth station is on a direct line from London Waterloo station (a 3h15min train ride).

For people travelling from Europe, the Brussels-London Eurostar takes 2 hours and arrives in London St Pancras. From London St Pancras you want to give yourself around 30-45mins to reach London Waterloo station (and you'll likely need some extra time for passport checks since Brexit). You can do so by Uber or taxi (between £10-£15 in Uber normally), or by Underground – the easiest Underground route is London St Pancras to Warren Street on the Victoria Line, and then Warren Street to Waterloo Station on the Northern Line southbound.

The nearest airport is Bournemouth (BOH) airport, which is 31.7 miles away. Other nearby airports include Southampton (SOU – 55.6 miles away), Bristol (BRS – 60.2 miles away), London Heathrow (LHR – 108.5 miles away) and London Gatwick (LGW – 109 miles away) – travelling on by train to Weymouth is easy from all those locations.

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