4-day Training in Closing the Bones & Deeper into Closing the Bones



Wednesday 19 – Saturday 22 MAY 2027, 10am to 7pm daily

On the beautiful "Unesco World Heritage" Isle of Portland on Dorset's Jurassic Coast

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

Would you like to learn how to offer the beautiful Closing the Bones Ceremony (aka 'Cerrada', or just 'Closing Ceremony') to other women?

Let's start with the question: When can Closing the Bones work be offered?

- during the postpartum (and the closing work can be done years or decades later still too with the intent of closing after a birthing experience)
- after baby loss, miscarriage, stillbirth, abortion
- in cases where a hysterectomy is suggested (it can often prevent the need for one) or after a hysterectomy
- with fertility problems & to support an IVF journey
- to help with breastfeeding challenges
- to mark the end of a breastfeeding journey
- to honour milestones e.g. 1 year post-birth
- to honour the menarche (a girl's first period) (rite of passage to Maiden)
- around the time of marriage (rite of passage)
- to assist in the perimenopause or mark a women's menopause (rite of passage into the beautiful state of Crone or Wise Woman)
- to help with loss such as experienced in a divorce, job loss, loss of a loved one, ...
- to mark important changes or events (marriage, a new job, a house move, children moving out of the house, ...)
- for anxiety, shock, PTSD

- for neurodivergency (AD(H)D, autism, …) or to help anyone struggling with overwhelm or sensory overstimulation (also for men & children)
- to help with endometriosis, adenomyosis, PCOS, painful periods, prolapse
- for healing (physical, sexual, emotional, domestic) abuse and trauma
- for ancestral trauma or trans-generational wounding
- for women who have suffered female genital mutilation
- for women who have been trafficked
- for terminally ill people, so they can create a goodbye ceremony with loved ones as rite of passage
- ...

And thus, this training workshop is not only designed for doulas, birth workers, midwives, therapists, healers, or anybody who works with new mothers, but much wider than that, for anyone who wants to learn deeply nurturing techniques that can be used for the benefit of women, men and children in countless different settings.

The Closing the Bones Ceremony (CtB), sometimes also known as Rebozo* massage, *Cerrada*, or simply Closing Ceremony, is a deeply nurturing treatment that focuses on the abdomen, hips, and upper body – all massaged with oil as well as rocked and wrapped with Rebozos – and moreover includes Rebozo massage techniques for the entire body (shoulders, torso, back, hips, full arms and legs) and Rebozo wrapping of the entire body.

**A Rebozo or Manta is a type of shawl from Mexico and Ecuador that we use to rock, massage and wrap the body, as pictured throughout this folder.*

When we focus on its postnatal application, CtB is traditionally done several times during the postpartum period (the 40-day "4th trimester" of pregnancy) to support women who have recently gone through the extremely opening experience of pregnancy, labour and childbirth (during which a woman allows another soul to take birth through her). It helps a woman to find her own self and centre again and allows her to be sealed back into herself.

The sealing or closing can also still be done up to decades after a woman has given birth with the same extraordinarily transformational effects. Moreover, CtB is also incredibly healing after the loss of a baby, a miscarriage, stillbirth or abortion.

Yet, as said before: it is not an exclusive postpartum treatment. The massage can be used to mark major times of transition in a woman's life (irrespective of whether she has given birth or not), such as the menarche (young girls starting their period), marriage, divorce or the end of a relationship, moving home, transitioning between jobs, to mark the menopause, or any life transition,... And its magic does not end there: it can also be used to support men, women & children who suffer from anxiety, shock, trauma, PTSD, sensory processing; to support neurodivergent people navigating autism, AD(H)D, … or anyone else feeling overwhelmed or over-stimulated; it can be used as part of treatment for endometriosis, adenomyosis, painful periods (most women indicate to feel tremendous relief from period pains when receiving the massage on the first few days of their menstruation), fertility problems, … and it's very powerful to use around ancestral trauma or trans-generational wounding.

Basically, anyone with a pelvis will benefit from Closing the Bones!



You can read a lot more about what Closing the Bones entails, and what ceremonies or treatments look like, on my webpage http://www.shuniya-yoga.org/closing-bones-ceremony/.





Do you feel called to use and integrate this very sacred and devotional work professionally (you might e.g. already be a birth worker, doula, midwife, massage therapist, pregnancy or postnatal yoga teacher, osteopath, shiatsu therapist, psychologist, ...)? Or do you maybe just want to be able to offer your near & dear ones (family, friends, people in your community, ...) one of the most nourishing and soulful gifts you could gift them? You would be joining a steadily growing group of well over 1,000 women (and a few men) who are passionate about nurturing (mainly) women in this way - and we will make sure to give you all the possible tools

to really help you connect with that tribe and feel supported by them on your own journey as bone closer.









The training space in Portland with sea views

We are offering this training as a 4-day training with 30 hours of teaching, ceremony, and supervised practice time, all spent in deeply nurturing sisterhood and being cared for by myself and our host & cook Arianna – with the option of on-site full-board accommodation!

My personal recommendation is to also give yourself some time before and/or after this training to explore this gorgeous island and/or parts of the Jurassic Coast – Portland, Weymouth, the Fleet, Chesil Beach, … are all stunning at any time of year. Or you could stay an extra day to also do the 1-Day Rebozo Massage Training I'm offering on Sunday 23 May, with a WHOLE lot of other Rebozo work that I'm teaching then !

Each day runs from 10am to 7pm with a ca. 75mins lunch break and shorter breaks in the morning and afternoon.

Programme Breakdown:

We will start on the first morning with a beautiful Rebozo Self-Massage & Self-Wrapping workshop so that you can get properly introduced to the Rebozo shawl and discover the gorgeous work you can do with it *on yourself* (or teach others to do so) of nourishing yourself with Rebozo massage techniques for the entire body from head to feet; with a tender womb-space massage; and with Rebozo wrapping on ourselves, holding space for stagnated energy and stuck emotions to be released – gently but powerfully – in the sisterhood that we will weave during these 4 days together.

From there on, the rest of the training will unfold, firstly, with a witnessing of an entire Closing the Bones ceremony in the afternoon of day 1 (so that everyone is on the same page in what you will be learning), followed on day 2 and 3 by the gradual picking-apart of the different parts that make up a Closing the Bones ceremony, so that you can learn and practice them in isolation (for easier learning) on each other. The training weekend culminates in the swapping of roughly 3-hour ceremonies (in pairs) on the 4th day, so that you each get the chance to receive AND give a full CtB ceremony in which all the separate parts you've practiced in the days before get integrated, and so that you can get confident in this work. I will come and help everyone out during that whole day, assisting, correcting and answering all your questions during your first full practice of this beautiful work. We finish with a group circle to have space for your feedback on that ceremony swap, last questions, etc.





The training covers / includes:

- a close look at the (mainly Central & South American) background of the *Cerrada* ceremonies & Rebozo work we currently find in increasing popularity across the UK, Europe and other Western countries, incl. videos with indigenous midwives
- insights into how *Cerradas* like these were actually common throughout the entire world – and in many parts still are – with an overview of similar practices in Europe

and the UK in past centuries plus the offering of an understanding of why they disappeared here
- the witnessing of a CtB ceremony – bearing witness and holding space is a powerful part of this work
- the tutors' experience of working with Closing the Bones ceremonies since 2016
- anatomical insights into all that Closing the Bones does, based on both Western anatomy as well as the Chinese meridian system
- teachings in Rebozo-massage & Rebozo-wrapping for the entire body, head to feet
- teachings in hands-on massage of abdomen, hips, pelvis, lower back, chest, upper body, and arms
- practicing of the massage techniques on other participants (and being practiced on)
- a full day to both practice *and* receive a *full* ceremony (ca. 3 hours each time)
- debriefs of your experiences and process
- insights into different ways of how to create ceremonial space
- a discussion of how to energetically protect yourself (and your clients) during the practice and how to cleanse the space and yourself before and after
- a discussion of do's and don'ts & counterindications
- how to practically go about setting up as a practitioner and everything involved
- a group closing ceremony, insights into ways of creating your own group ceremony as well as individual (1-2-1) ceremonies for your clients.





In the UK there are by now well over a thousand Closing the Bones practitioners and this number continues to grow steadily Lots of European countries also have a growing presence of practitioners – I often have people from Belgium and the Netherlands attending; there are practitioners in France, Southern Europe, … alongside a whole revival in Eastern Europe. The majority of UK practitioners have learned this ancient wisdom through either the lineage of Rocío Alarcón (° in Ecuador) (be that directly from her, or via doulas who trained with her in workshops since 2012), and/or via Naolí Vinaver (° in Mexico), midwife and worldwide reference of Rebozo techniques, who currently resides in Brazil and has been teaching Rebozo and Cerrada work across the globe since 1992 – and so have I. Other indigenous midwives (such as Angelina Martinez Miranda and various others) as well as Western birth- or bodyworkers taught in these practices also offer trainings regularly across the world.

While I have mostly learned various Central- and South-American traditions of this work, I have also been taught some Punjabi (Indian/Pakistani) variations (my husband is Indian-Punjabi, our entire family lives in Punjab, and I live in a Punjabi-Sikh and wider Indian community in Leicester with also a lot of Pakistani families I work with and get to learn from), and over the past decade I have enriched and refined my knowledge, understanding and practice of this work by learning different techniques & practices from various different teachers and practitioners, either in formal settings or more ad hoc. I received 'formal' (certified practitioner) training by Maddie McMahon (September 2016) & dr. Sophie Messager (May 2018) after their own studies with Rocío Alarcón. I later also learned from Naolí Vinaver (2021-2022). I have been a Closing the Bones trainer since October 2018, after I was formally mentored and trained as such by Sophie Messager.

In my teaching of this course, I draw on extensive experience in running these trainings (I have trained well over 200 people) and offering Closing the Bones ceremonies (I have offered well over 1,000 ceremonies by now). On top of that, I bring in a lot of knowledge & experience gathered during 16 years of teaching Kundalini Yoga (& more recently also Yin Yoga), running massage trainings in other (Restorative Massage) disciplines as well as running yoga teacher trainings, and my work as a doula (pregnancy & postpartum), nutrition & health coach, massage therapist & aromatherapist (all areas in which I hold certifications). I bring in insights from Ayurveda, Chinese 5 Element Theory & the Meridian System, Yoga, Western & Eastern anatomy, postpartum care, my study of fascia (connective tissue), and of aromatherapy.

After the training you will be certified so that you can get insurance.

Participant numbers are consciously kept small – ***we have space for max. 8 participants.***

I often get the question on whether babies or small children can come along for the training. As during this course we spend a lot of our time practising in pairs, babies would need to be put down and would likely get fed up & upset, and this would impair the learning for both the mother and the rest of the group. 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 £745 for the 4 days. This includes lunch, tea & snacks, and the manual. A delicious lunch will each day be prepared with much love by our host Arianna, and will always be vegan, gluten-free, mostly organic and seasonal, extremely yummy and nourishing. This also makes for a lovely way to spend more time in sisterhood.

We offer an EARLY BIRD DISCOUNT until 15 March 2027, priced at £645.

You can also join us for dinner each evening for an additional £25 per day should you want to – we would need to know this 7 days before the training starts, for shopping purposes.

See below under 'Accommodation' for the full-board sleeping options we offer at the location too.

Do let us know if you have any other dietary requirements (as mentioned, all meals will standard be vegan and gluten-free).

If you don't want to take dinner with us, there are places on the Isle of Portland and in Weymouth for that, or you can book self-catering accommodation of course.

The manual contains very detailed instructions of the techniques (including pictures of each technique), which have been explained and validated by an osteopath, and of course also the theory learnt.

You will also get access to a very responsive FB-group with over 700 members in which myself and a few other trainers are very active in answering questions – it's a great space for sharing with and learning from each other.

You can register for the training and secure your spot by paying a deposit of 50% upon booking, and pay the remaining 50% ***3 weeks*** before the start of the training, i.e. 27 April 2027 – or pay the full amount if you register less than 3 weeks before the start. (If you pay in a different currency, we will calculate the conversion each time when you are making a payment).

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

(Alternative details for international payments can be provided. And if you need to discuss a different payment plan, you can also contact me – payment does have to be made in full by the start of the training, that is non-negotiable).

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 your teaching fee minus 10% booking fee. If you *cannot* find someone to take your place, the initial 50%

payment (i.e. the deposit) of the teaching fee will not be refunded, but the second 50% will be returned to you if you already paid in full.

** In the event of any later cancellation* (within 3 weeks before the start of the training), *all* training fees are non-refundable. However, if you can find someone to still take your place, then you can attend another Closing the Bones training later in the year or the year after (and thus the registration fee becomes *transferable* in that case, though not refundable – and you will not lose a 10% booking fee). (And if that other training is more expensive, you simply pay the surcharge.)

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 by myself, all fees will of course be refunded, or you can use them towards a course offered elsewhere if you would prefer that option.

Venue, Getting Here, Lunch Options, Accommodation Options Nearby

Venue, Accommodation Options on Site, Info on Meals & Getting Here

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 – both at the venue & elsewhere on Portland or in Weymouth

We have 2 rooms (one single bed, one double bed) available in Puran Arianna's home in Fortuneswell (same house as where the training will take place) for people wanting to stay with us.

Single room:





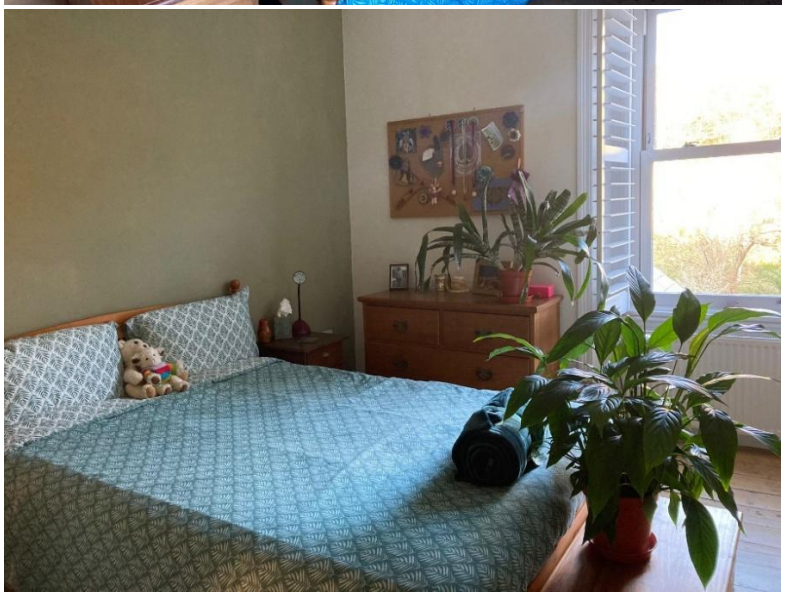




Double room:







Price for *<u>room + breakfast + dinner</u>* *(lunch is already included in the training fee)* is £80 per night for the single bedroom, or £90 for the double bedroom (single occupancy – you won't be sharing the room).

Do let us know asap if you want to book for this option, as these rooms quickly get booked.

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.

Purchasing your CtB tools

You'll also have the opportunity (before, during or after the training) to purchase your Rebozos to use for the Rebozo massage work and Cerrada ceremonies. You can already find them and even pre-order on my webshop: https://www.shuniya-yoga.org/shop/ - click further on Rebozos/Mantas). You can access a pdf-document there that will give detailed info on Rebozos needed for a full CtB, which I will also send out to all participants – together with all other

further practical details – a few weeks before the start of the training, and we talk about this during the training 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 import 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).

These are not included in the training price.




Alternative training options

If you cannot make these dates, you can always check out the trainings page here: http://www.shuniya-yoga.org/workshops/ for other 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

A Selection of Testimonials from Previous Portland-based Trainings

"Very fantastic. Essential work. Very rich, detailed training. Thank you for being so accessible. Thank you for all the stories and passing of knowledge and care and guidance and attention to gentle practical improvement." (Armelle Abraham, May 2026)

"I would like to say a big thank you. The knowledge you share is beautiful and such important work to continue these special traditions. When I booked the course I didn't have a specific intention to practice/offer it as a treatment. I just know I needed to come and experience this. I now know that I need to share this with the women around me. The work is so healing." (Sara Beaman, May 2026)

"Really enjoyed the wealth of knowledge, the passion and the care with which the training was delivered. It was a beautiful mix of theory, learning about the background of the practice and hands-on experience. Particularly impressed with the integrity, reverence and awareness around every aspect of the training. Thank you so much Japjeet, for the gift of this practice and for spreading this important work." (Mirka Sirenko, May 2026)

"This was an incredible, transformational experience. The word 'course' does not do it justice. I was worried about whether I would be able to learn (perimenopause brain fog) but the way the course was structured meant it built helpfully, and repeated lots of steps. I am glad that even with dyspraxia and not being fit, I could do a meaningful ceremony. You held space beautifully for even the fears I could not verbalise. It was very empowering. The island is a perfect venue. The food from Arianna was amazing. Thank you, thank you, thank you. PS: on a personal note, coming from Somerset, which is not so multicultural, I have found the chance to spend time with Sikh + Muslim women and to see you allow this a space in the room in a natural and informative way, so helpful. Thank you for a hugely transformational experience." (Mel Scott, May 2026)

"Amazing! The love & passion is so felt. Thank you for being so open and for sharing all your wisdom with us. At this point I'm speechless." (Stephanie Deboysere, May 2026)

"The best 😊 I really loved how the course was like a weave that held the group and every piece felt really well thought of and intentional, allowing all the techniques to be clear, and all the process [i.e. the sequence of the work] to make sense. I felt the love that you have put into this, and the attention and responsibility for us to really know what we're doing after the training. I wish you all the love and support for you to keep doing this! It made me see how the simplest things are so powerful." (Oana Sforoi, May 2026)

"Absolutely stunning training. I loved every part of it. I felt like all the information was given really thoroughly in many interactive & enjoyable ways. I felt there was space to ask questions & I was seen, heard, and all questions answered so well. I loved the setup of the days. I felt supported all the way with everything. I felt there were enough good breaks to rest & integrate & replenish. It was so much fun. Japjeet you are a truly beautiful teacher, space holder & beacon of love, support & feminine power." (Alice Wilding, May 2026)

“I wish we had longer. Xxx” (Yasmin Malek, May 2026)

“This was definitely not ‘just’ a training – it was one of the most transformative experiences of my entire life. The week far surpassed every expectation I had. Japjeet’s capacity to hold space is truly profound, as is her clarity of observation AND teaching, her intuiting of everything that is going on in the room, and her generosity with her time, adding hours on when we wanted even more attention to detail or further room for our own processes of healing beyond the 40 hours already given in this week.” (Anon., October 2024 7-day training)

“Excellent - way better than Good! This workshop surpassed by far, all that I hoped for. Having experienced a number of professional training qualifications as well as numerous workshops over the years, I have learnt to maximise learning no matter the quality of presentation and teaching. This workshop was in a class of its own 🙌🏾 I am deeply thankful for the highest quality of teaching and presentation of all materials. But also of the capacity and genuine presence in holding and being with each participant throughout the entire experience. So appreciative of your willingness and generosity in giving, and in adjusting timings responsively throughout. For me, this was a Divinely transformational healing experience, thank you dear Japjeet. For me, both you and Arianna together, offer something so very special. In my humble opinion, Arianna’s contributions, in terms of the deeply nourishing and healing foods, sound baths and simply in being her, and the way you create such a beautiful experience together, through your relationship, in her beautiful home, on the potent land space that is Portland, needs or may be better highlighted, but that’s me... The special nature of this, may only be possible to get in the experience of it. 🙏🏾🙌🏾🙌🏾 Thank you Japjeet.” (Fay Lobo, October 2024 7-day training)

“Thank you Japjeet! My heart was full, witnessing your graciousness and passion for all women who are being left unsupported. I was so amazed to witness all that you taught us, and *how* you taught us -- carefully and thoughtfully, within such a safe and beautiful women's circle. I truly appreciate all your attention and clarity and your love for us all throughout these days.” (Akiko Kimura, October 2024 7-day training)

“Arriving on Portland was about as promising as my looking forward to diving deeply again into the weave of ancient rituals and honouring of life & death and its natural cycle. The honouring of the physical body, to the bones, fascia, organs and core of it, as well as the spiritual beings that we are as humans. Though a Closing the Bones can serve anyone, regardless of gender, role or age, especially honouring our (new) mothers, sisters, daughters, grandmothers is something that we have very slowly forgotten over time.

Along the line of “becoming civilized” we forgot so much of our heritage and I am personally very happy that we are collectively starting to remember how important this actually is and that we are reviving these rituals and rites of passage.

During her trainings Japjeet is the true embodiment of the remembering of this: the gentleness and deeply held space for both us as practitioners as well as the beings that she honours with this ceremony are displayed in her ways of teaching. Next to humility, thoroughness and precision for the tradition and lineage of the practice, endless patience and intense trust is

created by her way of weaving the practices and techniques with authentic stories of why and how important closing the bones and the creating of that space for a being is.

I am beyond words to describe what the coming together of these 8 women under her wings and those of our host Arianna has created. A deep longing to sense physically, energetically and holistically the fullness of who I am, has been replenished, refilled, reset and I could feel it happening to the women around me as well, which created this giant magnetic field of fullness to tap into, to weave further from to other women and beings.

To me, it felt brilliant how the training was constructed: to start with rebozo work on ourselves -- to then allow the 8 of us to witness a most sacred ceremony and honouring of Japjeet giving a full closing to bones to our loveliest host and most magical cook (it challenged us immediately to see how profound holding space and intention is for this kind of "body and being work" next to the complexity of listening to the/her rhythm and what is wanting to happen, shift, reveal or transform) -- to then break it up into parts to study, sense and go deeper into techniques -- to then assemble them again into a full ceremony of both "giver and receiver" and a closing or wrapping.

There is at the moment nothing else that I could recommend more for filling your cup.

I honestly can't tell what the most magical ingredient was: the body of water around us, the nurturing of the Island, how Japjeet IS (I would say teaches - but it is more than that), how Arianna Puran IS (I would say hosts - but it is more than that), us 8 women coming together with our stories and the dropping of them to [come to] our essence, or the rebozos weaving it all together. It was and always will be the alchemy of all of that." (S.K., May 2022)

Your Training Facilitator

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 over a decade and a half, and her passion for working with women guided her in

2016 to becoming a Closing the Bones practitioner, and in 2018 a Closing the Bones trainer (mainly focused on 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 pregnancy & postnatal doula. Alongside offering Closing the Bones ceremonies & Rebozo massages, Japjeet also offers Restorative massages (full-body as well as feet – she also trains others in these disciplines), 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 .

Your Host – note that Rosie the cat is no longer with us, unfortunately…



"My name is Puran Udini (you can also call me Arianna) and I met Japjeet a long time ago in London. Our friendship has deepened over the years and I'm grateful for our soul sister connection.
I moved out of London in 2016 and now live on the beautiful South West coast in Dorset. I'm really blessed to live by the sea and look forward to welcoming you all, and showing you some of the delights of this little island.
I'm a Kundalini Yoga teacher, I also play the Gong and Crystal Bowls, and am trained in Sat Naam Rasayan healing. I taught in rehab for many years and am very interested in helping

people to overcome their addictions, find ways to help themselves, and learn to inhabit their bodies with ease and grace.
I love the water and I'm a keen scuba diver and PADI Divemaster, and dive here all year round. I also love to cook, I grow food on my allotment and do enjoy my gardens even if they seem a bit wild and messy! When I have time, I like to read and I'm a very good knitter.
I'm delighted to host this workshop with Japjeet and really excited to see the one-week training format unfolding. Working with other women is such a privilege and I really hope I can help support you in this beautiful process.
Grateful for everything. Love Puran 💜🙏🌈"

If you'd like to spend some extra time on the island before or after the training, there are various wonderful activities here:

- swimming in the beautiful ocean that surrounds the entire island – our host can give lots of tips on the good spots depending on the weather, and the nearest (pebble) beach – famous Chesil Beach – is just a 10min walk from the house! (ideal also for early-morning or after-training dips & swims). Early October especially, the water will be wonderfully warm – much warmer than in the Summer even.
- relaxed beach time
- paddle boarding
- paddle board yoga
- windsurfing/kayaking/sailing
- endless beautiful walks and hikes – both on Portland and on Dorset's mainland the opportunities for hiking are extraordinary.
- trips to Portland Bill, with option to go up the lighthouse (there is an entry fee for the latter)
- tour of Portland castle (entry fee)
- 'earth therapy' – working/weeding on Puran Arianna's allotment or in her garden – a fabulous support for inner processing!
- gathering herbs on the island
- exploring Portland's many coves
- trips to Weymouth on the mainland – there are some beautiful castle ruins (Sandsfoot Castle) and Nothe Fort, Portland-Weymouth is the world's largest man-made harbour, there are several gardens (including subtropical ones) not far-off, and of course the entire stretch of Dorset's Jurassic Coast if you want to stay longer (Durdle Door, ...), …



