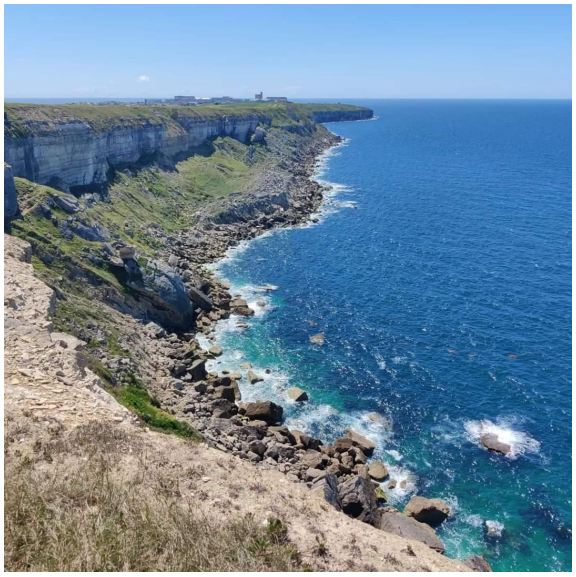
"Chinese 5 Elements & The Meridian System" – 7-day EQUINOX RETREAT with Kundalini & Yin Yoga, Sound Healing, Rebozo Work and lots of outdoor time on the beautiful Unesco World Heritage Isle of Portland on Dorset's Jurassic Coast



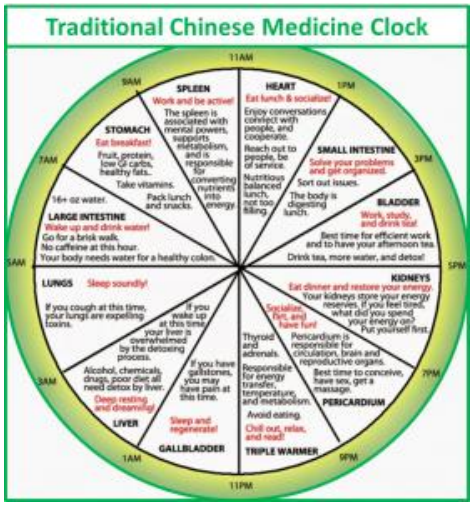


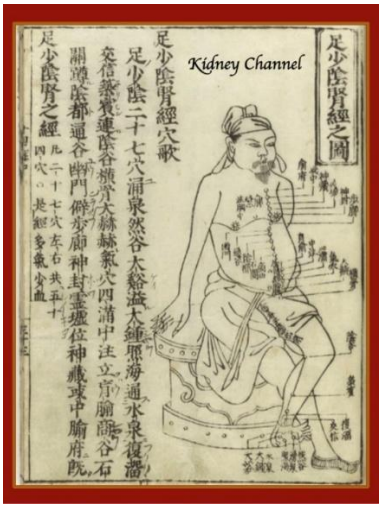
Monday 20 – Sunday 26 SEPTEMBER 2027 – Starting with lunch at 1pm on Monday; Goodbye is around 5pm on Sunday

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

For 7 days we will retreat into a truly welcoming oasis of peace on one of the most beautiful islands of the English coast – the Unesco World Heritage Isle of Portland on Dorset's Jurassic Coast. Portland is a small island – you can walk its circumference quite easily in a day's time – characterised by magnificently rugged cliffs, hidden coves and beaches, and the world famous Portland stone, and is home to wildlife – fauna & flora – that is unique in the world. From the East Weares over Portland Bill to the West Weares – every inch of this island is just stunning (see the picture gallery further below), and it's almost entirely left alone by tourists, as it mostly attracts just rock climbers, divers & water sports afficionados, and lovers of wildlife.

In this marvellous setting, we will spend a week in a small group (max. 8 participants), focusing on the 12 main organ-meridians and the 5 elements from Traditional Chinese Medicine (TCM). The daily program incorporates pranayama work, yoga, meditation, Rebozo-work (with Mexican Rebozo scarves, used for massage and body-wrapping), teaching sessions on the various elements & meridians (what functions they are responsible for in the body, symptoms of imbalances, other ways to bring balance apart from yoga or food, …), yoga nidra, Sound healing in the form of Gong baths, crystal bowl sound sessions, work with tuning forks, … and more.





For these 7 days we will live according to the TCM clock to help our meridian system come into balance (each meridian is active for 2 hours every day, and so our daily schedule will honour that internal rhythm in the planning of meals, all activities and sessions, yoga, rest periods, sleep, etc.)

And we will of course also use foods and nutrition to help bring balance in the elements and the meridian system: our meals, herbal teas, snacks … each day will as much as possible be chosen in support of that particular element & the accompanying meridians that we are working on that day.

On day one we will start with yoga & Rebozo massage-work to support the entire meridian system, and then from day 2 onwards (and for the next 6 days) we will each day focus on 1 Yin & Yang meridian pair, working our way through the 5 Elements of TCM – earth, water, wood, fire and metal – in a way that helps us to also journey through the calendar of seasons that they are linked with. (The fire element has 4 meridians linked to it, and so we'll have 2 days devoted to the fire element, and 1 day to each of the other elements).

A very special feature in this retreat is that we will really use our location – the stunning Isle of Portland – not merely as a beautiful backdrop, but will instead functionally integrate specific locations on the island and the adjoining mainland into the program, so as to bring out and highlight certain functional aspects of the elements and meridians bring balance to them by consciously working with our surroundings.

You will also be taking home some handouts with information on each meridian.



And a huge bonus is that we'll have the ocean on our doorstep – literally a 10min walk away, with the house offering views onto it from every room

at the front of the house! And with some luck we might even get to see dolphins, as these often visit Portland's harbour and swim around the coast, as do seals and other sea wildlife.

You'll be in wonderfully capable and caring hands this entire Equinox-week: We will be nourished by delicious wholesome food prepared by our wonderful host Puran Arianna (pictures of some meals she has cooked for our groups to be found below). And Japjeet is reputed (and 1 times awarded) for her incredibly rich yogic knowledge and her ability to bring deeply complex teachings in a way that is very easy to understand and grasp for all, whether students have any prior knowledge or not. She leads a life with spirituality (particularly Sikh (Gurmat) teachings) at its core, which makes for quite a different life from most people around her, yet at the same time she is very down-to-earth and 'real', and she knows how to make ancient teachings practical, tangible and easy to integrate in a modern Western life. Japjeet is open and direct in her teachings and very much cuts to the essence, but she does so with a lot of love & compassion for – and always in service of – her students. *(more about us both below at the end of this folder)*

Here is a picture gallery of photos taken on Portland over the years of running trainings here, as visuals are really the best way of appreciating what this island, and mainland Weymouth across the harbour, has to offer.



The East Weares



The East Weares with views of the Jurassic Coast Line



.Church Ope Cove



Church Ope Cove



Near Church Ope Cove



Church Ope Cove ruins



Church Ope Cove castle ruins



Towards Sandsfoot Beach, Weymouth



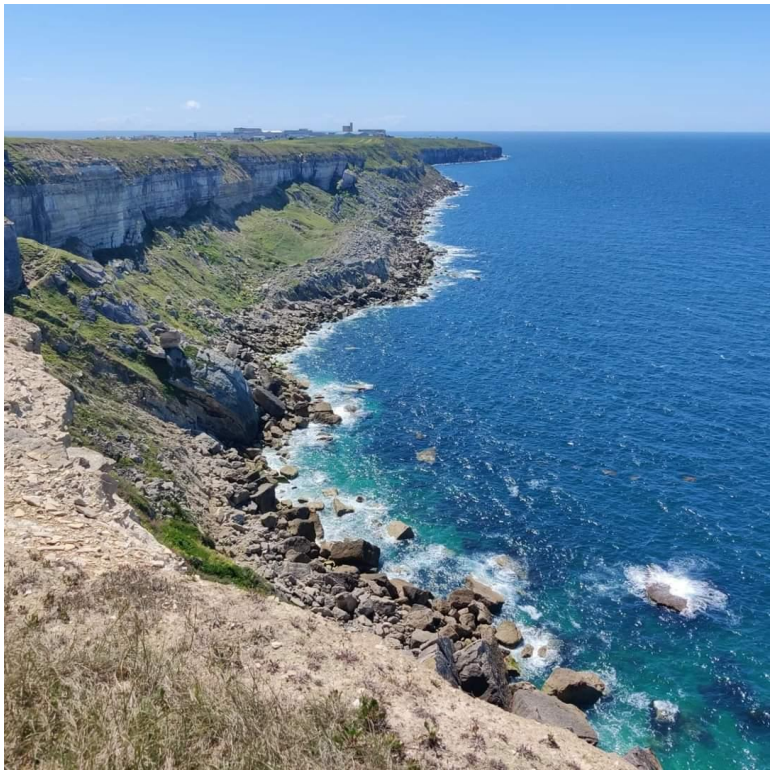
Towards Sandsfoot Beach, mainland Weymouth



East side at Portland Bill



East side of the island at Portland Bill



The majestic West Weares cliffs



Japjeet at the West Weares



West Weares right near the house



West Weares right near the house



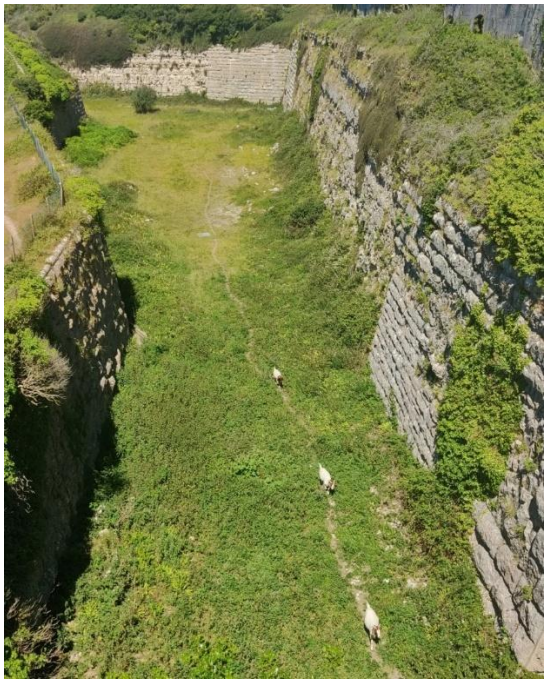
West Weares' rugged cliffs



East Weares



East Weares



Wild Mountain Goats in The Verne

Meals, Teas, Snacks

Included in the registration price are **all teas & snacks**, as well as **lunches from Monday through to Sunday** and **dinners from Monday through to Saturday**.

Meals will be prepared with much love by our host Arianna, and will always be vegan, gluten-free, mostly organic and seasonal, extremely yummy and nourishing (and Arianna is a good baker too, so cakes are often on the dessert menu!). Do let us know if you have *any other dietary requirements* (vegan & gluten-free is standard catered for, but other requirements can be catered for too).








Retreat Fee & How to Register

The **retreat fee** (incl. all group offerings as mentioned in the first pages above, and all meals as outlined just above) is **£1,445 for the 7 days**. Max. 8 participants.

We offer an **EARLY BIRD DISCOUNT** until 15 July 2027, priced at **£1,295.**

You can register for the retreat and secure your spot by paying a deposit of 35% upon booking, and pay the remaining 65% ***4 weeks*** before the start of the retreat, i.e. 23 August 2027 – or pay the full amount if you register less than 4 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 "September Retreat": **Name: Shuniya Yoga /**

Account nr. 63711935 / Sort code: 04-03-33 . (Alternative details for international payments can be provided.

What's not included?

- Transport to Portland – you can find more information on how to get to Portland further below in the folder.
- Overnight accommodation – we do offer 2 rooms for rent in Arianna's house (with breakfast included) at low rates (see further below), and I have also included a list with many other overnight options on the island below.
- Any extra treatments or health consultations with Japjeet on the days prior to or after the retreat (treatments can include Restorative foot massages, Rebozo massages, womb massages) – there will not be time for them during the retreat, but you could come a (few) day(s) early or stay longer to make the most of treatment options.

Cancellation Policy

* *Cancellations before 23 August 2027* – If you need to cancel for whatever reason and you can find someone to take your place, I will refund your deposit minus 10% booking fee. If you *cannot* find someone to take your place, the initial 35% payment (i.e. the deposit) will not be refunded, but the remaining 65% will be returned to you if you already paid in full.

* *In the event of any later cancellation*, *all* fees are non-refundable, apart from the meals (£290 in total) which *will* get refunded *until 10 days before the start* of the retreat.

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 retreat need to be cancelled, all fees will of course be refunded.

Venue, Accommodation Options on Site & Elsewhere, 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.

Here are some pictures of the area and house first, to give you some visuals…





Portland on the map

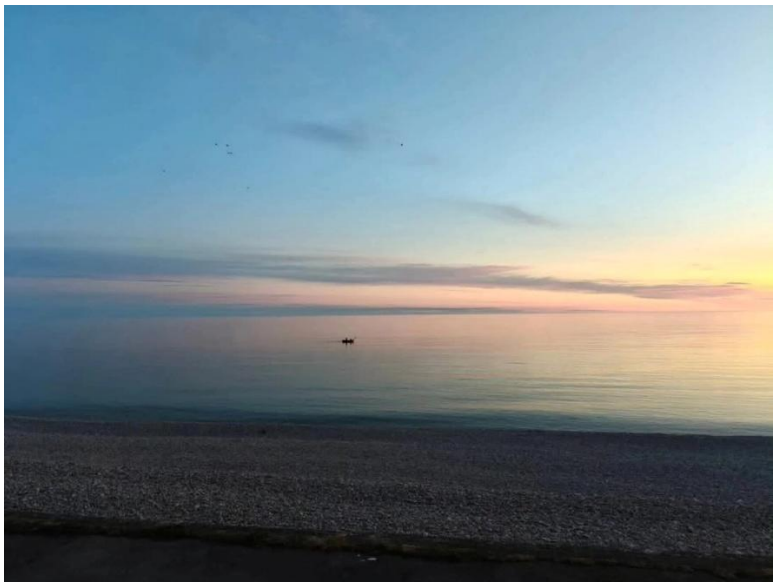

The yoga room with views onto the Ocean (Chesil Beach)


The yoga room during some evening Sound Baths



Always flowers in bloom in Arianna's gardens





Magical Portland Summer Sunsets right near the house





Fortuneswell, the first village on the island, where our venue is located.












All pictures of Chesil Beach in Fortuneswell, a 10min walk from the house where the retreat takes place. Ideal for early morning, lunchtime or evening swims or dips!




Views over Fortuneswell – the village we're in – , Chesil Beach and onto Weymouth and mainland Dorset

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

We have 2 rooms (one single bed, one double bed) available in Arianna's home in Fortuneswell for people wanting to stay residential in the house with us.

Price for *room + breakfast* is **£50 per night for the single bedroom**, or **£60 for the double bedroom** (single occupancy – you won't be sharing the room). The other meals are all already included in the retreat price.

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

Single room:









Double room:







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 retreat guests (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:

- LOTS of Portland AirBnB options: https://www.airbnb.co.uk/isle-of-portland-united-kingdom/stays
- This particular AirBnB just 5mins 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
- there is a B&B right next door to Arianna's, ran by her neighbour Ian who is an elderly gentleman: 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
- 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***

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.

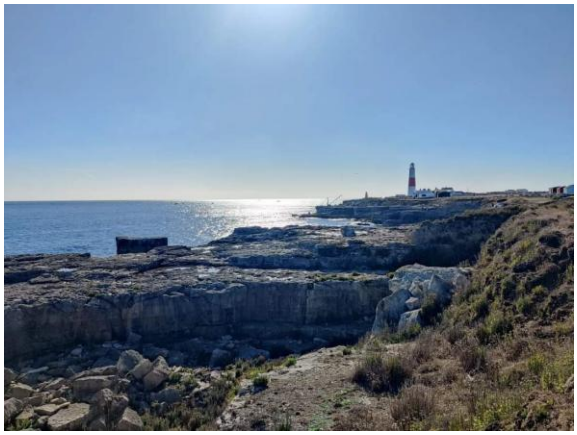
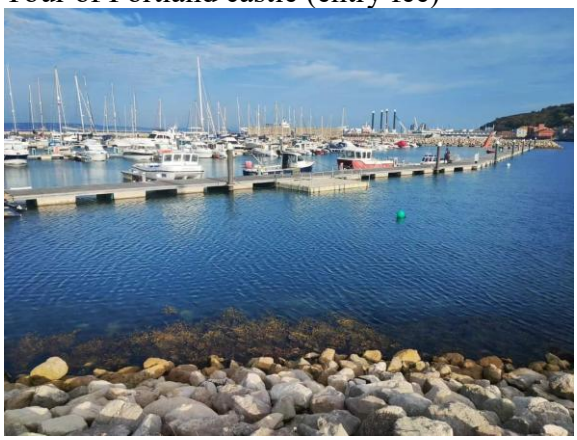
Weymouth station is on a direct line from London Waterloo station (a 3h15min train ride).

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). But that gives you an idea about travel times and options.

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.

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

-  Rock climbing
- 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
- Gathering herbs on the island
- Exploring Portland's many coves

-  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)
-  Exploring Portland and Weymouth harbour, taking the ferry between the two, watching for dolphins in the harbour, taking boat trips along the Dorset Jurassic Coast
- Glass bottom boat trips in the Fleet Nature Reserve, which is known for its extraordinary wildlife
- 'Earth therapy' – working/weeding on Puran Arianna's allotment or in her garden – a fabulous support for inner processing!
- 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, ...), …

Your Retreat Facilitator / Teacher

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 I really hope I can help support you in this beautiful process.
Grateful for everything. Love Puran 💜🙏🌈"