Summer Solstice Women's Retreat

with Yoga, Rebozo Massages, Closing the Bones / Cerrada Wrappings, Sound Healing, Womb Healing & More



Wednesday 23 - Sunday 27 JUNE 2027 – Starting with lunch 1pm on Wednesday; finishing on Sunday with a celebratory lunch as it's also our host's Arianna's birthday that day!)

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

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

There is 1 thing of utmost importance to any woman.
And it's the hardest thing to do for most women.
Relaxing. Switching off. Stopping the nurturing that is not just a *part* of our nature, but that *IS* our nature.
And instead: taking care of ourselves first, thinking of ourselves first. Just for a few days.





* *Both pictures above are of statues found in Tout Quarry on the Isle of Portland, near the retreat house.*

We hardly ever get the chance to do so in our daily lives. And hardly any of us succeed in doing it guilt-free. But our health and creativity depend on it, our sanity depends on it, and our entire family & environment – those people we take care of day in day out – , they too depend on it!
And if you're (peri)menopausal, or neurodivergent, or a caregiver, or have just gone through a period of upheaval and stress – all the above is *even* more true !

Self-relaxation is the highest discipline. An unrelaxed person cannot communicate with others nor with God.

So for the 4th year in a row in this location, we will retreat for a few days together 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 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. Even during the holidays Portland stays fairly quiet, as most tourists stay on mainland Weymouth and the mainland Dorset coast – which means we can stay far from the hustle and bustle of daily life or touristy summer locations, and embark on a guilt-free journey of relaxation, revitalisation and profound rejoicing in an intimate circle of sisters (we only have space for max. 8 participants).



And 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 !

We will practice **Yoga** (Kundalini & Yin – including pranayama, meditations and practices specifically intended to help us women relax) as well as **yoga nidra** (yogic sleep – this we do accompanied by a **detoxifying liver pack**); we will nurture ourselves with **Rebozo massages (a Self-Massage & Self-Wrapping session, as well as various sessions where I'll massage or wrap you)**; we will let ourselves drop deep within while we receive **group-Closing the Bones ceremonies and Rebozo wrappings** that will allow us to feel the essence of sisterhood and what it means to be held and loved unconditionally; we will be rejuvenated and healed by the sounds of the Gong in an evening **Gong Bath**, as well as by a **Crystal Bowls Sound**

Healing session while wrapped in Rebozos one afternoon; we will have **Womb Healing & Tuning Fork** sessions; we will soak in and be healed by the **powerful energies on Portland** – the energies of the ocean, the rugged cliffs, the unique and extraordinary local fauna and flora (from which we'll also forage, to encourage further internal healing), the strong winds, … Basically: we'll do what we are meant to be doing regularly, but mostly don't do enough of – and we will learn simple techniques and tools to help us efficiently deal with stress and tension once we return back home.





We will of course **go out and explore** Portland's stunning natural surroundings, **swim or wade** on the beautiful hidden beaches, **hike** along the coastline, **go out onto the water**, and practice yoga and meditate to (and sometimes just quietly take in) some of the most stunning views, including in some astoundingly beautiful 8-acres **Water Lilies Gardens**. 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.





And you'll be in wonderfully capable and nurturing hands: We will be **nourished by delicious wholesome food** prepared by our wonderful host Arianna (some pictures of dishes Arianna has cooked for our groups are included below). And Japjeet is reputed (and 15 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 at its core (particularly Sikh (Gurmat) teachings), 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 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.)*

The attendees from past years really loved the experience (to the point of coming back for more), which is why we're offering it again – **here are some of their testimonials:**

- *Japjeet's retreat is so special. The pace is perfect with plenty of opportunity to relax into the whole amazing space that is Portland! Both she and Arianna provide a home from home, offering warmth and support. The whole few days were spent either seeing the wonderful outdoors (the weather was exceptional), the water gardens, the sea and plenty of laughs. Time was offered to do the things you want to do, like swimming and saunas and walks, either on your own or with others. No pressure to do anything you didn't feel like doing, but plenty to do at the same time. I am still feeling the inspired feelings I had during the retreat and that was a month ago. Japjeet holds an inclusive, safe, space full of her wisdom for everyone, in the way that only Japjeet can* 🙏
  And a note for dear Arianna who hosted from her beautiful home, added to the whole retreat, her calm and generous vibe was a perfect match to Japjeet's beautiful offerings! And the food - well you have to experience it really! I don't know what to say other than thank you! It is still giving me cooking inspiration which turns into actual cooking! I will be coming to more retreats - if you and Arianna will have me! (Pen Freeman, 2026)

- *I have so deeply enjoyed this retreat. Delicious food, such a warm welcome, a gorgeous island, and the retreat program was absolutely wonderful. I really loved the variation of everything that was offered, pure indulgence in me-time, self-care, inspiring teachings, great tips around lots of things that can be done at home too, … And I loved how all of this was alternated with walks and hikes on the island. I'd absolutely recommend this retreat to any woman ! (Julie Messiaen, 2024)*

- *The retreat was wonderful, like taking a long bath in feminine energy. The pace was relaxed, but the days seemed to last forever. Great variety of activities and good balance between group and own time. I loved the fact that Japjeet and Arianna carefully attuned to the needs of the group. The island, what can I say …? I fell in love and will be back! (S. V., 2025.)*

Below follows a picture gallery of photos I've 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. There are *more* pictures of the nearly surroundings, the yoga room, the house, the available bedrooms etc. further down the folder.




The East Weares with views of the Jurassic Coast Line




Church Ope Cove




Church Ope Cove castle ruins




Towards Sandsfoot Beach, mainland Weymouth



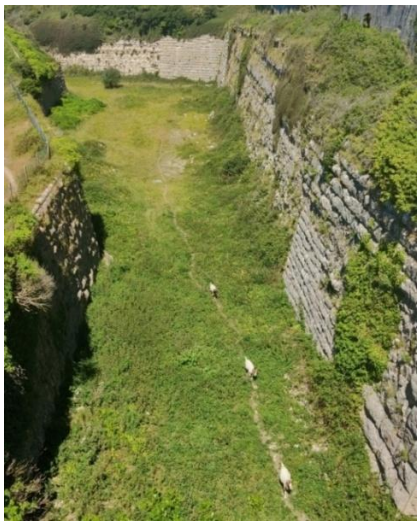

East side of the island at Portland Bill




The majestic rugged West Weares cliffs



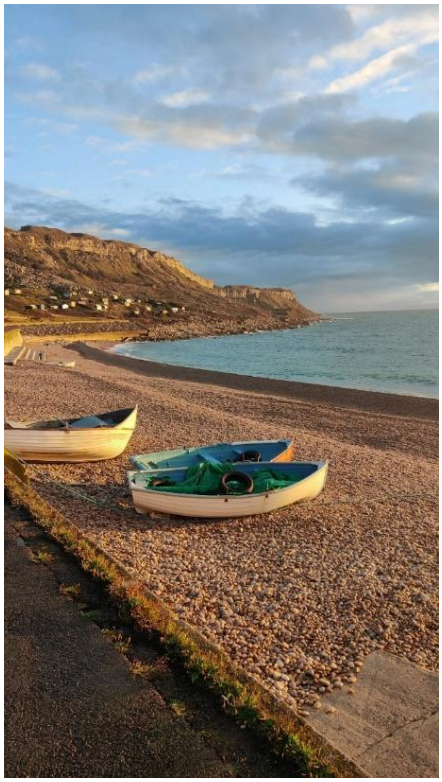

The West Weares near the house



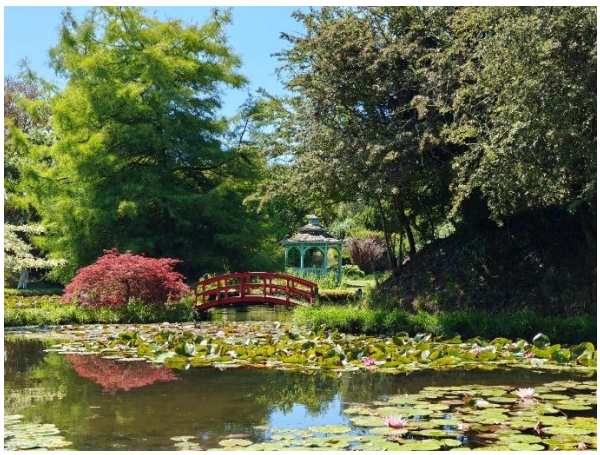
Wild Mountain Goats in The Verne near the house




The East Weares near the house



Chesil Beach & the West Weares during the Golden Hour





Bennetts Water Gardens which we will visit

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 below) is **£945 for the 5 days**. Max. 8 participants.

We offer an **EARLY BIRD DISCOUNT** until 30 March 2027, priced at **£845**.

You can register for the retreat and secure your spot by paying a deposit of min. 35% upon booking, and pay the remaining 65% ***4 weeks*** before the start of the retreat, i.e. by 25 May 2027 – or pay the full amount if you register later. (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 "June 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.

Meals, Teas, Snacks

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













Cancellation Policy

** Cancellations before 25 May 2027* – If you need to cancel for whatever reason and you can find someone to take your place, I will refund you 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 second 65% will be returned to you if you already paid in full upon registering.

** In the event of any later cancellation*, *all* fees are non-refundable apart from the meals (£200 in total) - these *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 by us, 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…



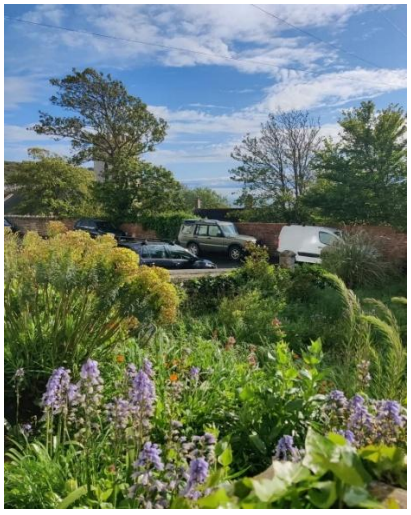


Portland on the map


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



The yoga room during some evening Sound Baths

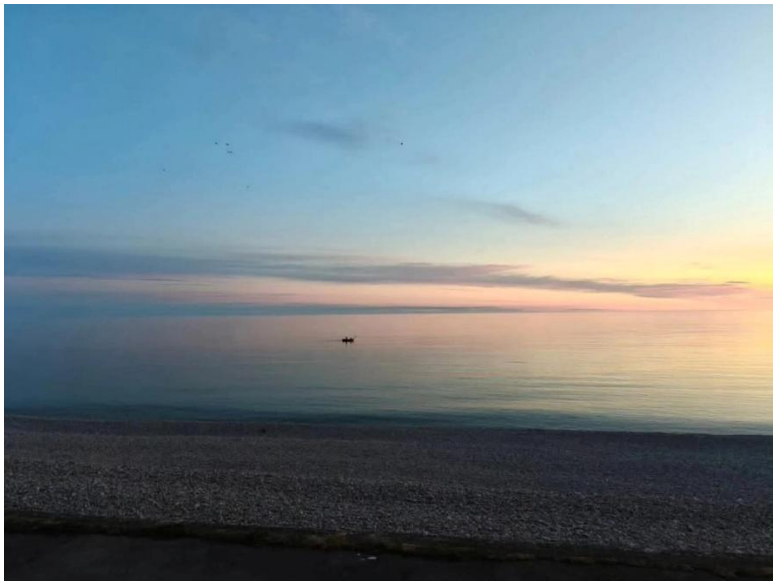




Always flowers in bloom in Arianna's gardens







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.

Single room:





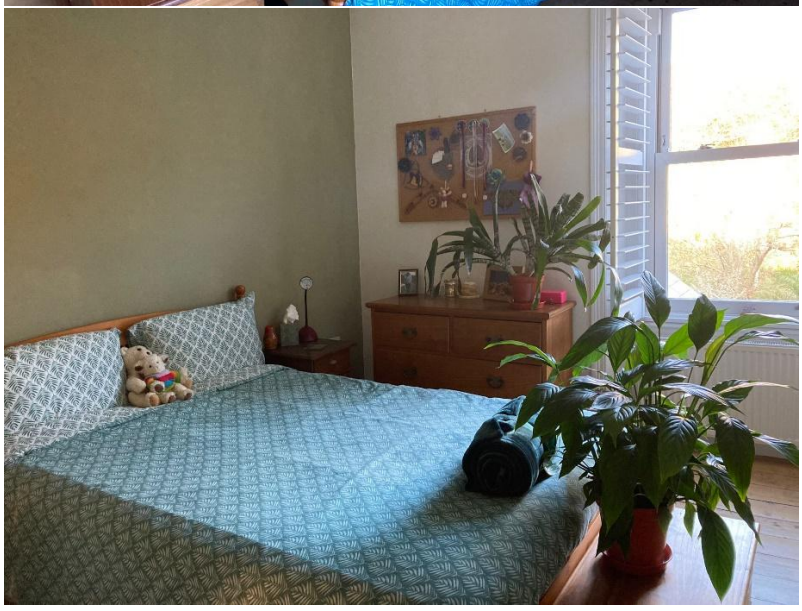




Double room:







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.

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.

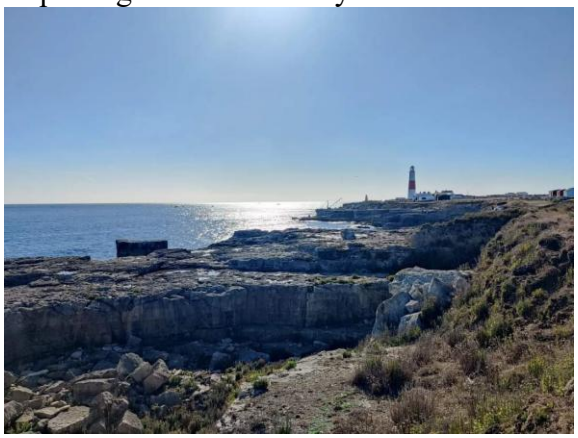
Weymouth station is on a direct line from London Waterloo station (a 3h15min train ride).

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. 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 💜🙏🏻🌈”