

One-Day Rebozo Workshop



Includes Mexican Rebozo Massage Techniques for Arms, Legs & Head (not taught in my 4-day trainings), A Journey Through the Global Variety of Cerrada-Ceremonies & an In-Depth Look Into How Rebozos Are Woven

Sunday 7 JULY 2024, 10am to 6.30pm

Location: 5 Ventnor Road, Fortuneswell, Isle of Portland (Unesco World Heritage), DORSET Jurassic Coast, DT5 1JE, UK

** ALLERGIES !! Our host Puran Arianna has a cat, the lovely Rosie. If you are allergic to cats, this might not be the right place for you to train.*

I'd love to welcome you to a very special day in which Rebozos take central stage.



Before noon I'm taking you with me on a journey to Latin-America (with focus on Mexico). Firstly we'll watch some videos of/with Latin-American (mainly Mexican) traditional midwives about the history of rebozos and the

varied work done with them, as well as various videos showing variations of Cerrada-ceremonies – this way you will get a much wider mental framework around this beautiful work and more insight into where we position ourselves in the broader field of Cerrada-work. Next, I will tell you – assisted by pictures, videos, physical rebozos and a great amount of personal passion – about how rebozos are woven (and the differences between the weaving of open weaves, close weaves, deluxe rebozos, ...) and the tassels are knotted, how the (local Mexican) cotton is spun and coloured with plant materials, etc.



After lunch I will teach you an entirely new set of (Mexican) Rebozo techniques which can be easily and beautifully woven and integrated into your already existing Closing the Bones ceremonies OR which you can also offer on their own. These are techniques for the head, the arms and shoulders, the legs, hips and lower back. I teach these techniques also in my 7-day (40 hour) trainings (which I offer only once a year) but not in the newly normal 4-day / 30-hour format. I also teach you how these techniques work on the meridian system, and you'll get handouts to take home with you.



Participant numbers are consciously kept small – *we have space for max. 6 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 get fed up and 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 £135 if you register (with at least 50% payment) before 10 June 2024 (EARLY BIRD DISCOUNT); after that the price goes up to £160.

This includes lunch, tea & snacks and handouts.

Lunch will be prepared with much love by our host Puran Arianna, and will be vegan, gluten-free, mostly organic and seasonal, extremely yummy and nourishing.

You can register for this training day 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. 16 June 2024 – 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 “Rebozo day July”: **Name: N.K. Bemong / Account nr. 31285092 / Sort code: 40-18-43 / HSBC.**

(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 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.*

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.

Venue, Accommodation Options & 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.





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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 (same house as where the training will take place) for people wanting to stay over the night before or after.

Do note that we are running a 4-day Closing the Bones training here just the 4 days prior (Wednesday to Saturday) so it might be that the rooms get booked up early for that, especially still including the Saturday night.

Price for room + breakfast + dinner (and lunch is already included in the training fee) is £70 per night for the single bedroom, or £80 for the double bedroom (single occupancy – you won't be sharing the room). If you don't want dinner, you can let Arianna know upon booking.

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

Single room:





Double room:



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>
- 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). 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.

Purchasing Rebozos to work with



You'll also have the opportunity (before, during or after the training) to purchase Rebozos. You can already find them and pre-order on my webshop: <https://www.shuniya-yoga.org/shop/> - click further on Rebozos/Mantas).

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 2024 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>

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 her passion for working with women guided her almost 8 years ago to becoming a Closing the Bones practitioner, and later Closing the Bones trainer for 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 (and trains others in this discipline), and works as a health & nutrition coach, life & yoga coach, and aromatherapist (with her own line of organic skincare and natural cleaning products). For 7 years in a row (2017-2023), 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' 2021-2022, as well as for 'Yoga Specialist of the Year' 2022-2023. Find out more about Japjeet on her website: www.shuniya-yoga.org .