

Dear people being interested in Michael Shea's courses

This year seems to be really difficult in offering courses with Michael Shea, finally we had to make a decision on the remaining courses for this year: no courses will take place with Michael in Germany in 2020. Here is what he wants to let you know:

"Hello everyone,

it's getting to the end of mango season here in South Florida. There is always some sadness when the last mango gets eaten because somehow apples and prunes don't match the flavor of my mangoes.

*I am also sad that Almut and I need to cancel the remaining courses we have scheduled for this fall in Germany. I am **not allowed** into the country of Germany because of the high rate of infections here in the United States. This is not likely going to change until the end of the year.*

But there is some good news in all of this: I am in a very creative place and we have four classes scheduled for next year. All of the classes will be taught closer to where Almut lives near Kassel. I will no longer be teaching in Badenweiler, as we do not have a room to teach in there anymore.

I am developing new course contents that involve palpation of the cardiovascular system, the immune system and specifically the flow of lymph. I call it "shaking the marrow." In addition, the four courses next year will be oriented around the stillpoint as a way to create safety inwardly and outwardly.

Once all the administrative work is done regarding the cancellation of the classes this fall, the new course descriptions will be sent out. I fully expect to come back to Germany next year.

Warmly, Michael

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So, Michael and Almut are strongly working on a new flyer for 2021, which we will send to you as soon as we have all the information together. And then we all cross our fingers that traveling to Europe/Germany will be possible again for Americans. The longing for Michael's teachings seems to be really big!

To make it a bit more bearable for you we want to offer a free webinar on August 19th from 6:30-8pm.

The zoom webinar holds up to 100 people (first come, first serve) and you need to register with Almut (send an email to her with the email address you want to be used for the webinar, Almut will send out the zoom link shortly before the webinar starts). Almut will also translate for you. Michael will offer a new meditation and a discussion with photos on bridging between the lymphatic system and cardiovascular system.

Also, we have a new [link](#) for you containing a text with lovely picture on the Breath of Life.

Love, Almut