

## Newsletter from August 20th, 2020

Dear Folks,

We have had our first webinar in Germany with Michael and Almut on Wednesday 19th of August, 2020. There was a big tropical storm happening at the same time around Michael's house in Florida, so managing the quality was a bit a challenge for Michael. Then at the end of the Zoom, a big bolt of lightning hit outside and the internet went down. Michael felt bad that he could not say goodbye to all of you and see your faces. We did record that webinar and you can listen to it via this [link](#).

We talked about the depth of the fluid body at three levels – cardiovascular, lymphatic and kidneys because of the breakdown in the contemporary client's immune system. We considered the lymph system to be "water channels" according to Tibetan Medicine. We looked at the bone marrow as the embryonic channel of life in the fluid body. We spoke of the relationship of the lymph to the interstitium and fascia. The lymph is full of the waste products of inflammation and those waste products back up into the interstitium and then into the fascia breaking down the integrity of the fascia.

It was wonderful to see so many known faces!

There will be 4 more webinars based on this content of relating the lymph to the artery and vein starting end of October and first three weeks of November this year. We will keep you updated. The topic will be Integrating the Cardiovascular and Lymphatic Systems in Biodynamic Practice. Michael and Almut are working hard on organizing courses with Michael again in 2021 in Germany. There are still quite some organizational hurdles to take, but we are very much looking forward to be with you again.

Sending you much love, Michael and Almut

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