

Newsletter from November 5th, 2020

Hello everyone,

finally, next years' flyer, registration form and the updated policies for our live courses in Germany are ready. You can find all of these and download on our website www.michaelsheateaching.de. You may register with the writable registration form and send this to Almut. If you have pre-questions please make contact with Almut. We are so much looking forward to see you all again in person. Still we have to consider that this may not be possible in the end.

Michael has been creative again and wrote a long text about the four foundations of stillness, which we also uploaded [here](#).

Last Monday we have started with the 4 webinars with Michael, it was great to see so many well-known faces and make contact. The topics of these webinars are the cardiovascular system, the lymphatic system and the immune system, which Michael brings together in his unique style. The webinars are still open to be purchased and even watch off-line if you cannot make the dates personally. To purchase the webinars or the video recordings please register with your personal email address [here](#).

We look forward to seeing you next year live, hopefully.

Love, Michael and Almut

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