

# BIODYNAMIC CARDIOVASCULAR THERAPY

## THE MARROW – A RETURN TO THE ORIGINS

AN ADVANCED TRAINING SERIES WITH MICHAEL J. SHEA, PHD

Biodynamic practice is a *return to origins* for healing. This return is accomplished by the perception of the wind element of Primary Respiration (PR) and the space element of Dynamic Stillness. Many of our clients are metabolically unhealthy with weakened immune systems. To hold them biodynamically we will go beyond embryology to the broader field of Eastern cosmology, how the universe began and will end. This includes learning extrasensory perception called shamanism. Safety will be the most important learning throughout each class. Student discussion regarding safety needs is based on Stephan Porges' Polyvagal Model.

The origin of the universe will be taught through the cosmology of Tantric Buddhism, Zen meditation and detailed visualizations. The hands-on portion of class will focus first on the relationship of the cardiovascular system to the subtle body as detailed in Eastern traditions and secondly the marrow, which represents the origin in our body of an inner metabolic universe, especially the blood and immune system. We will learn how to place our hands inside the marrow of the client's skeletal system and from there watch the dance of wind and space, fire and water and earth as they form the human body in the blood and marrow.

Specific acupuncture points that access the channels of the subtle body will be presented. Students will learn a perceptual process that involves the repetition of the origin story of the universe, the human embryo and life as we know it. These classes help the post Covid client and support the immune systems of all clients.

The courses are designed for biodynamic therapists who have graduated from a biodynamic foundation training, studied the cardiovascular model or have a clinical practice in biodynamic cardiovascular therapy. Students without prior training in biodynamic cardiovascular therapy but who are licensed manual therapists will need to take an introductory cardiovascular course from a teacher who studied with Michael prior to acceptance in a course. Each class day starts with a meditation and lecture followed by a practical exercise or anatomy presentation. Each afternoon is full of table work.

Course descriptions are subject to change when taught. Upon completion of each course, students receive detailed information about each course. Michael Shea reserves the right to adapt the instruction based on new scientific research. Please refer to the "Terms and Conditions" document on our [website](#). There you will also find further organizational information as well as Audio and Video material to prepare yourself. These are separate courses, students may start with either of them.

# THE RULES OF THE VASCULAR TREE

## APPLIED BIODYNAMICS FOR METABOLIC HEALTH

October 13<sup>th</sup> – 16<sup>th</sup>, 2022

October 20<sup>th</sup> – 23<sup>rd</sup>, 2022

October 27<sup>th</sup> – 30<sup>th</sup>, 2022

Short description: Metabolic health is now a primary concern for most of our clients. This includes deep relationships between the endothelium of the artery, the immune, gastrointestinal, and endocrine systems. In this course, the basis of biodynamic practice, Primary Respiration, and dynamic stillness, will expand to include the five elements of the Indo-Tibetan medical traditions, selected acupuncture points from Classical Chinese Medicine, and contact with the vascular tree to promote metabolic health and stimulate an anti-inflammatory response especially in the vagus nerve. Three separate protocols will be taught, one in each of the class days to affect and harmonize metabolic health in the contemporary client.

Learning outcomes: Students will learn the ten aspects of the vascular tree and the logic of how to sequence individual sessions to promote metabolic health and how to synchronize one's therapeutic skills with the rules of the vascular tree. The evolution of Biodynamic practice into deeper levels of the midline, Primary Respiration and stillness is taught from an Eastern perspective.

### Day 1:

Lung Ignition. The tree, it's trunk, primary branches and leaves.

We begin with the interface between the fluid body and the vascular tree. Distinctions will be made between the imperfect fluid body and the perfect fluid body of the Tide. Of special importance will be the ANS Plexi of the aorta, descending aorta and abdominal aorta. The subclavian artery and root of the lung are considered to initiate lung ignition.

### Day 2:

Umbilical Ignition. The tree, its roots and secondary branches.

We review session 1 and continue with the root system of the tree: the interface between the abdomen-pelvis and the pelvis-legs, common, internal and external iliac arteries and femoral artery. Special consideration is given to the carotid and vertebral arteries.

### Day 3:

Heart-Brain Ignition. The treetop and it's center, the heart and blood.

We review sessions one and two and continue to stillness at the center of the tree, the heart and blood. Special focus is placed on moving the wind element away from the heart to activate the spiritual chi in the posterior heart fields of the embryonic heart. The third ventricle is taught as the Upper Dantian in Taoism.

## **COSTS AND COURSE ORGANIZATION 2022**

Please read our „Terms and Conditions“-document in our website [www.sheaheart.de](http://www.sheaheart.de) carefully. With your signature on your registration form you agree to all conditions stated.

### **Course Organization**

The courses are organized by  
Almut Althaus  
Fohlenäckerweg 33, D-34130 Kassel  
Tel.: +49 (0) 561 9885 0355  
[almut@sheaheart.de](mailto:almut@sheaheart.de)  
For any further questions please contact her.

### **Course Costs**

The tuition for each course is:  
**CHF 650,00**

### **Food and Lodging**

Only classroom and lectures are provided. Please organize your own food and lodging (See Lodging possibilities). You need to make sure that cancellation is possible or insured as we reserve the right to cancel the course up to one day prior to its beginning due to changing government Covid regulations.

### **Payment**

The tuition fee will be collected 30 days prior to each course. To ensure your space in class you need to leave your credit card number on the registration form or phone it in to the organizer. Your credit card will be charged directly by Michael's office in Florida. Please indicate on the registration form if you wish to pay the entire tuition in cash at the beginning of the course. If you choose this option your credit card will not be used. However, your credit card will be charged the full tuition fee for a no-show or cancellation within 30 days of the course (if no one from the waiting list can take over your class space). However, we reserve the right to cancel the course up to one day prior to its beginning due to changing government Covid regulations. We cannot assume

any liability to refund any lodging reservations you might have taken on. All tuition will be refunded if the class is cancelled prior to its beginning.

### **Class Times and total Hours**

Th	11am-1pm	3pm-7pm
Fr	9am-1pm	3pm-6pm
Sa	9am-1pm	3pm-6pm
Su	9am-1pm	

The total teaching hours are 24.

### **Number of Participants**

We work with 24 participants, 5 assistants, 1 translator, Michael and Almut, so the total number of people in the classroom will not exceed 32.

### **Address for the Lecture room**

(please check website for travel directions)

#### **Dr. Rau BioMed Center Sonnenberg**

Sonnenberg 16, CH-9103 Schwellbrunn AR  
[www.sonnenberg-schwellbrunn.com](http://www.sonnenberg-schwellbrunn.com)

### **Homepages**

Michael Shea

[www.sheaheart.de](http://www.sheaheart.de)

Almut Althaus

[www.praxis-althaus.de](http://www.praxis-althaus.de)

### **Lodging possibilities**

(these are just some possibilities, you might find more via internet)

[www.sonnenberg-schwellbrunn.com](http://www.sonnenberg-schwellbrunn.com)

Check Gemeinde Schwellbrunn for apartments. The hotel Sonnenberg is run by Tibits, where you can book a room plus daily meals (buffet style, vegan), each CHF 25,00.