

BIODYNAMIC CARDIOVASCULAR THERAPY

THE COSMOS – HARMONY WITH OUR ORIGINS

AN ADVANCED TRAINING SERIES WITH MICHAEL J. SHEA, PHD

Biodynamic practice is *harmony with our origins*. Harmony is ignited by the perception of the wind element of Primary Respiration (PR) and the space element of Dynamic Stillness. The fire, water, and earth elements will be detailed with their fulcrums, palpation and perception. 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 and Biblical cosmology, of 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 Michael Shea's Multivagal Model.

The origin of the universe will be taught through the cosmology of Dr. Sutherland and the Breath of Life, Tibetan Medicine, Classical Chinese Medicine 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 fluid body, 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 perception including our vision to see the center of universe as it exists in the vascular tree inside our client.

Specific acupuncture points that access the channels of the subtle body will be presented. Students will learn a perceptual process that involves the embodiment 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. The same course will be repeated three times.

FLUID BODY FULCRUMS AND VASCULAR TREE APPLIED BIODYNAMICS FOR METABOLIC HEALTH

April 20th – 23rd, 2023

April 27th – 30th, 2023

May 4th – 7th, 2023

Short description: We explore the five fulcrums of the water-earth elements in the Indo-Tibetan medical system. They are directly associated with the fluid body and vascular tree. A new organization of the vascular tree is taught. The five fulcrums of the water-earth elements are: the major joints of the body, the cranium, the tongue, the trunk, and the stomach. The organization of the specific arteries in these locations will be taught in three distinct protocols. The subtle level of the fulcrums includes acupuncture points and perceptual practices to harmonize the metabolism of the body with the cosmos. The cosmologies of Tibetan Medicine, the Book of Genesis and Taoism are embodied.

Learning outcomes: Students learn to treat the metabolism of the body in the contemporary client. In addition, visualization practices will be taught to support a view of healing based on cosmology and embryology. A review of the five elements in the Indo-Tibetan medical system is given.

Day 1:

Ignition of the fluid body via the major branches of the vascular tree. The arteries of the major joints of the body.

We begin with the interface between the fluid body and the vascular tree. Distinctions will be made between the fluid body and the elements of water and earth in relation to the Tide. We palpate the posterior tibial, popliteal, external iliac, femoral, axillary, brachial and ulnar arteries.

Day 2:

The vascular treetop of the cranium and tongue.

We explore the three axes of the cranium with DU#22 at the top of the head for the vertical midline of the subtle body, Sutherland's fulcrum (straight sinus and Great Vein of Galen) for the anterior-posterior axis, the tentorium for the horizontal axis of the cranium through the Circle of Willis. The tongue will be explored through the lingual and carotid arteries. This includes contact with the greater horns of the hyoid bone and the anterior midline of the tongue.

Day 3:

The vascular tree trunk and stomach.

Sequential contact will be made with the aortic bodies of the vagus nerve, the abdominal aorta, celiac artery and the umbilicus. Contact with the triple warmer meridian and its relationship to the stomach is taught. The five fulcrums of the wind and fire elements are reviewed.

COSTS AND COURSE ORGANIZATION 2023

Please read our „Terms and Conditions“-document in our website 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
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almut@sheaheart.de
For any further questions please contact her.

Course Costs

The tuition for each course is: **CHF 700,00**
This includes the class recordings sent after class via WeTransfer for download.

Food

We provide classroom and lectures at Sonnenberg clinic Dr. Rau, Schwellbrunn, Appenzell, CH. Included to the total payment is a food package from the hotel Sonnenberg with 3 lunches, all non-alcoholic drinks and snacks for: **CHF 150,00**. The total payment is **CHF 850,00**. Breakfast is included when lodging is at hotel Sonnenberg – please check at other lodging places. Dinners need to be organized by yourself.

Lodging

You need to organize your own lodging (Hotel Sonnenberg or other possibilities nearby – check Gemeinde Schwellbrunn). At Hotel Sonnenberg there are some rooms available (first come - first serve). They may also know nearby lodging facilities.

You need to make sure that cancellation of your lodging is possible or insured. We reserve the right to cancel the course up to one day prior to its beginning due to changing government (Covid) regulations.

Payment

The full tuition fee including the food package at hotel Sonnenberg can be paid either via credit card

(it will be collected 30 days prior to each course from Michael Shea's office in Florida) or can be paid cash at the beginning of class. Please indicate on the registration form your preferred means of payment. You 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).

We cannot assume any liability to refund the lodging reservations you make. All tuition will be refunded if the class is cancelled prior to its beginning by Michael. Consider purchasing cancellation insurance.

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, 4 assistants, 1 translator, Michael and Almut.

Address for the Lecture room

(please check website for travel directions)

Dr. Rau BioMed Center Sonnenberg

Sonnenberg 16, CH-9103 Schwellbrunn AR

<https://biomed-sonnenberg.com/de>

Websites

Michael Shea

www.sheaheart.de

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www.praxis-althaus.de

Hotel Sonnenberg

www.sonnenberg-schwellbrunn.com