

## Newsletter from December 1<sup>st</sup>, 2022

Dear students and people being interested in Michael Shea's advanced classes

We had a wonderful 3 courses in October 2022 – after 3 years of absenty. Finally, we were able to have live courses in Switzerland in the beautiful Appenzellerland with a view of the Sântis mountains. There is a gondola lift to the top of the Sântis itself only 30min from the hotel.

Michael taught advanced metabolic protocols, especially the five fulcrums of the fire element. We were all deeply moved by the experience of gathering socially and decompressing emotionally from the previous three years. Michael gave some teachings on the four reminders. The first one is how precious it is to get together and continue our healing work to embody all of our senses. This was a great gift in a beautiful part of Switzerland. Dr. Rau himself came in to the second class and talked to the students about his model of BioMedicine (see [website](#) for courses in Biomedicine). Michael's wife Cathy now also teaches her model of Colon Hydro Therapy for Dr. Rau in his clinic.

And we will go on in 2023 teaching the five fulcrums of the water and earth elements via the vascular tree and the biodynamic fluid body. The new courses will be happening at the same space, the wonderful Dr. Rau's [clinic](#) in Schwellbrunn. Flyers, registration forms and policies are uploaded on our [website](#). We recommend to register as soon as possible as last year's classes filled up within 2 weeks.

We are looking forward to deepen more into this healing work with Michael ...

Much love from Michael and Almut

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