

## Newsletter from January 11<sup>th</sup>, 2023

Dear Cranio-Folk,

another year has started and we send you all our best wishes. Michael is quite busy as his new book is released. In connection with that book he was asked to do a podcast, which we would like to link in [here](#) (only English). Michael's new book can be ordered [here](#).

As we had sent out the information about the next classes planned in Switzerland upcoming spring, those filled quite quickly. There are only a few spaces left. Please use the registering form on our [website](#) or send an email to [almut@sheaheart.de](mailto:almut@sheaheart.de) for further information.

Michael will teach the five fulcrums of the water and earth elements through the vascular tree. This is the completion of the series he started several years ago with the five fulcrums of the wind element of Primary Respiration. Last year he taught the five fulcrums of the fire element. Now he will teach the five fulcrums of the water-earth element in the Indo-Tibetan system of elements. The intention is to balance the client's metabolism and create harmony between the embryo, the adult and the cosmos. He will continue to refine the visualization process based on Dr. Sutherland's insights.

[Here](#) you can find a handout for the course. It describes biodynamic perception. Three separate protocols that are interrelated will be taught in the 3 courses end of April and early May. We will go deeply into the fluid body and the vascular tree. Of course, these protocols can be adapted into free own biodynamic practice. The basis of clinical practice is still the relationship of Primary Respiration with the dynamic stillness as a rhythmic balance.

We are fortunate to keep these classes small to optimize the learning and perceptual process. In many ways it is a contemplative retreat in which we deepen into the stillness, and we deepen into Primary Respiration as timeless compassion and wisdom.

Much love from Michael and Almut

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