

## Newsletter from June 1<sup>st</sup>, 2023

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

We have just finished another 3 classes around the topic of the Five Elements in Tibetan Medicine and how they are organized to enhance or optimize your biodynamic practice. This completes a cycle of three classes, in which we investigated the five fulcrums of the wind element, the fire element and the water-earth elements together. The spiritual aptitude of Eastern medical visualization practices was taught. Next year's class will combine all these classes into an integrated whole.

We will go on organizing classes with Michael in Europe. Michael will come to Germany again in 2024. These are the tentative dates:

**Badenweiler, D: September 12<sup>th</sup> – 15<sup>th</sup>, 2024 and September 19<sup>th</sup> – 22<sup>nd</sup>, 2024**

**Haus Ebersberg, D: November 7<sup>th</sup> – 10<sup>th</sup>, 2024**

We will take your pre-reservations, as we plan to send out the flyer and registration form not before January 2024. This reservation list will not be a formal registration. As soon as we send out the flyer you need to send the filled-in registration form to Almut ([almut@sheaheart.de](mailto:almut@sheaheart.de)).

The topic will be to enhance the understanding of the work with the five elements, which we have worked with first in the webinar ([Biostillness](#)) from February 2021, as well as in the live classes in autumn 2022 and spring 2023 in Switzerland. If you have missed any of those classes we have prepared an offer for yourself to get prepared and take out the best from the upcoming class. The webinar is still available [here](#). And we have each a package from the live-classes in autumn 2022 and spring 2023, which you can purchase through Almut (see email address above). If you have not attended any of those classes and are new in Michael's courses you need to get prepared with either of those packages to get acquainted with the language and perceptual process.

Dr. Rau from the [clinic](#) in Schwellbrunn came in to one of the classes this spring and gave a talk on his method of biological medicine. Please check this [Link](#).

Please only use the new email address from Almut: [almut@sheaheart.de](mailto:almut@sheaheart.de). The old one does not work anymore – thank you.

We are looking forward to see you in 2024.

Love, Almut and Michael

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