

Follow-up option for students
who could not be present at the Michael Sheas courses in 2022

TOPIC: THE RULES OF THE VASCULAR TREE – APPLIED BIODYNAMICS FOR METABOLIC HEALTH

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.

We hereby offer you a composition from the courses in October 2022 to prepare for future courses:

- Recordings
- Flip Charts
- Photos
- Texts and Syllabi
- Further helpful little somethings about the course content

We are happy to accept orders for this (email to: almut-at-sheaheart.de). The package costs CHF 100.00 and will be charged to your credit card by Michael's office in Florida.

We need the following information for the credit card charge:

- Credit card number
- Valid through
- CVV number on the back side of the card
- Name and address according to the credit card number
- Email address to be informed about the successful charge of the credit card
- Please also inform your bank that there will be a charge from America soon so that the card is not blocked.

Please NEVER send this information together in one email. For safety reasons send the single information via different ways:

- several emails
- parts via Signal messenger
- or via phone
- the contact details will be provided upon request

As soon as the payment has been processed, we will send you the information package. One part will come via email by Almut, another part (WeTransfer download) will come via the email address of Cathy Shea (Michael's wife). The download must be done within 7 days.

We are very much looking forward to seeing you (again) in one of the next courses!

Almut and Michael