

Newsletter from July 3rd, 2024

Dear Cranio Community,

We had 2 wonderful classes already this year with Michael Shea.

In the beginning of May 2024, Michael visited in Vienna. The Vienna School for Craniosacral Biodynamics offered a huge class with him on the topic of “Ignition - Empowerment for Metabolic Health, a Stable Digestion and Immune Defense”.

Later in May, Michael came back to Badenweiler first time after a 3 year pause and taught a class on the topic: „The Heart inside the Heart - Applied Biodynamics for Metabolic Health”. This was a class together with his friend and QiKung teacher Thalbert Allen who taught the five elements in relation to the spiritual heart in Taoism. A wonderful experience of practicing moving Chi in our selves paired with Primary Respiration. This course is really about spiritual heart ignition and how to embody compassion while working biodynamically. More about this topic you can find [here](#).

This last class will be presented in Badenweiler 2 more times this September and also 1 more time near Kassel in the middle of Germany at the beginning of November. [Here](#) you can find the dates.

We would like to invite you to join in one of these classes with Michael Shea. [Here](#) you find more information on our website www.sheaheart.de. There are a few spaces left. You may also just contact [Almut Althaus](#) who is the organizer for these classes. Each of us has a moment in our life when compassion was ignited. Sometimes in childhood or earlier. Sometimes compassion is ignited with the death of a loved one. In these courses we bring the ignition of compassion as a function not only of the heart but also the vascular tree. We learn how the heart and vascular tree moves with compassion and Primary Respiration.

Michael being Michael has written another very interesting text about “Biodynamic Contemplative Science” which you can find [here](#) on our website.

We wish you all a wonderful and peaceful summer and hope to see you in September or November in one of our classes.

Love, Almut and Michael

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