

## Newsletter from January 30th, 2020

Hi everyone,

greetings from South Florida where the mangoes now are the size of a green pea. It looks to be a busy summer picking and eating mangoes.

As many of you know there are some changes going to happen starting in 2021. Michael will be teaching fewer courses and no longer teaching the ignition course. He will be attending the Buddhist chaplaincy program at the Upaya Institute in New Mexico starting in March 2021. This is a training for two years led by Roshi Joan Halifax in the Zen tradition. Michael wants to thank everyone for their love and support to continue with these teachings.

The information and palpation on Heart Ignition will begin to be integrated into the Primary Respiration class starting this year. What's important are the three levels of Primary Respiration: maintaining, repairing and creating life in the body. Biodynamic practice is a study of embodiment and we learn how Primary Respiration moves through the different systems of the body especially the brain and heart therapeutically. The Primary Respiration class in May this year still has some more spaces to be offered. It will be held in a seminar house near Kassel, right in the middle of Germany. We are surrounded by a nature park, so Michael will teach some of the course outside if the weather permits. He will teach the shamanic nature of biodynamic in the PR course.

As the courses progress, different metaphors for Primary Respiration are used especially in CVS 9 with the metaphor of Chi and how it moves through the bone marrow, vascular tree and the meridian system of the body. CVS 9 is a very powerful and advanced course. It is linked to CVS 11 which will be taught beginning in 2021. The vascular tree of the meridians and organ systems will be the subject of CVS 11. Please check the new slightly changed write up for CVS 9 [here](#).

As we move on to CVS 11 next year, we will not be able to offer CVS 9 and 10 anymore. So this year is the last chance to visit these courses. For admission please check our [policies](#) which we have adapted.

We are looking forward to a great new year of teaching and learning with you.

Much love, Michael

Michael J. Shea, Ph.D.  
Shea Educational Group, Inc.  
13878 Oleander Avenue  
Juno Beach, FL 33408

Phone Number: 561-775-9912  
Website: [www.sheaheart.com](http://www.sheaheart.com)