

## Newsletter from June 17th, 2020

To everyone connected with Michael Shea's classes in Germany,

This year is very difficult in planning classes with Michael in Europe. We did have a good plan but then everything changed with Corona. We canceled 4 classes this spring. And we have 4 more classes to come this fall, which we intend to offer if the conditions are acceptable. We are also looking at additional dates in October this year, but have no lecture room yet.

This is the situation right now:

First, *right now* it is not clear if Michael will be able to fly over to Europe to teach based on travel restrictions and so forth because of Covid.

Secondly, Michael's wife Cathy has broken her leg early this spring. The healing will take time and she is not yet walking. Michael is her primary caregiver and cannot leave her behind if she is not able to travel with him this fall.

Third, are the changing and varying hygiene regulations. These might remain through the fall like they are or they could change, and they vary from state to state. Consequently, there is nothing solid we can plan on.

Fourth, we do not know the number of students we can welcome in each class because of these hygiene regulations.

Lately, Almut, has been in a Cranio class with these new hygiene regulations. And she felt very awkward and a lot of uncertainty that permeates the safety issue in the class. Many people are in a frozen parasympathetic state because of too much fear, which is natural from too much information from the media and the resulting confusion it creates for many people.

The topic of safety has been a main topic for Michael in the past years in his teaching: **No healing without safety!** It is possible that a lot of class time might be necessary to help people return to a safe place.

So, this is what we can say today:

Almut will check one last possibility for a room to present the lectures in the additional dates end of October. If we can't have this room, we cannot offer any additional dates.

The 4 already established dates are:

CVS 1 – September (16.09. – 20.09.2020), Badenweiler

CVS 9 – September (23.09. – 27.09.2020), Badenweiler

CVS 3 – November (11.11. – 15.11.2020), Fünfseenblick, Edersee

CVS 10 – November (18.11. – 22.11.2020), Fünfseenblick, Edersee

There are still places available in those classes until we hear that a change is necessary with student numbers. We will welcome anybody who wants to study health and safety, especially in these times on the background of safety in all of the courses. Consequently, the courses might be different from what was planned according to the emotional, physical and spiritual needs of everybody. We recommend that the people who are overwhelmed by fear of Covid to wait until next year. We will explore closeness in these areas, and that means also trust in yourself and the health by returning to embodied safety! We want to strengthen this health, which has been degraded by the daily announcements that bring fear.

We also want integrity in our classes as denunciation of science is now socially acceptable. Classes will not engage in political opinions only the felt sense of safety and how to bring that to the client.

We will not offer any courses in Badenweiler anymore beginning 2021. We have planned 2 times 2 courses, one pair in spring and one pair in autumn. Those courses will take place near Kassel.

In 2022 Michael takes a sabbatical year to complete his training as a Buddhist chaplain. We hope that he will be available for us again in 2023.

Warmly, Almut and Michael

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