

Newsletter from December 15th, 2023

Dear Cranio Community,

Another very intense year approaches its end. And we wish you all a smooth transition into the new year of 2024. Our work continues to be finding a sacred space in our physical heart. Primary Respiration will lead you to this place between your sternum and your spine.

In 2024 we have planned to meet with you again – live on-site classes in Germany and Austria, as well as online through [Biostillness](#). Please find more information on our [Website](#) (www.sheaheart.de).

As a reminder, here are the dates and locations in Germany again:

May 23rd-26th, 2024 Badenweiler (near Freiburg)

September 12th-15th, 2024 Badenweiler (near Freiburg)

September 19th-22nd, 2024 Badenweiler (near Freiburg)

November 7th-10th, 2024 Haus Ebersberg (near Kassel)

The courses in Germany are filling quickly, so please make contact directly with the organizer Almut Althaus via [email](#). Each course in Germany has a guest instructor from London teaching Chi Kung in relation to biodynamic practice. The new courses next year are all about the four channels of the heart and especially their connection to the eyes and small intestine. For any further preps you can find more information about the packages from the last classes 2022 and 2023 [here](#) (please scroll down).

Michael has worked on his new book “The Biodynamic Heart” very intensely. [Here](#) you can find the intro to his book in German and English.

And we found a publisher in Germany for his last book on the immune system to be published in German. We will keep you informed if and how quick this project will be fulfilled.

Michael has given more interviews lately which are linked to our website [here](#).

We are looking forward to meet with many of you to share our lovely work and study more from Michael with hands-on.

Love, Almut and Michael

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