

Newsletter from April 18th, 2024

Dear Cranio Community,

With this newsletter we would like to send you a [link](#) to the new interview Michael gave on the topic “Why is everyone so sick?” In this interview Michael talks about the need to understand defensive metabolism and how biodynamic practice can positively affect metabolism.

The courses this year (The Heart inside the Heart – applied Biodynamics for metabolic Health) there are again open spaces in each on in Badenweiler and 3 more spaces in November Haus Ebersberg. If you are interested please contact Almut right away to organize your space. [Here](#) you can find all details for the registration.

Michael gave another webinar with Biostillness in March with the topic: “Working biodynamically with the Fire Element and the Water-Earth Element”. This is a very good entrance to the new direction Michael is going with his cardiovascular Work. Click [here](#) or [here](#).

And [here](#) you find a new text Michael just has written about embryology.

We are looking forward meeting with you.

Love, Almut and Michael

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