

BIODYNAMIC CARDIOVASCULAR THERAPY

The Breath of Life – The Spiritual Light in the Heart

AN ADVANCED TRAINING SERIES WITH MICHAEL J. SHEA, PHD

Dr. Sutherland saw the light of perfect Health in the client's body. He called it the Breath of Life. In this series of advanced biodynamic classes, we learn to visualize the Breath of Life as light and color radiating from the heart and third ventricle of the brain. This is a spiritual light from the origin of the universe located inside of us. Meditation and visualization skills are taught from the perspectives of Eastern and Western perspectives. This makes biodynamic practice more effective in Igniting the potency for self-healing in the metabolism of the client's body. This is the Health. Students learn to Ignite the Health in all stages of life and palpate the intelligence of its potency.

The body is viewed from the perspective of Eastern medicine, consisting of a physical form, subtle and very subtle forms associated with the clear light of the Breath of Life. The five Indo-Tibetan elements will be taught through a series of protocols and their connection to the light of perfection, the Breath of Life that lives in the heart and circulates in the blood. The same elements that make the body make the whole universe. The Breath of Life unites the inside universe of the body with the outside universe.

The vascular tree will be viewed as the Tree of Life from numerous spiritual traditions. Palpation skills are based on the embryological development of the cardiovascular system. A so-called *fifth chamber* of the heart is taught. It is the embodied residence of the spiritual essence of all major faith traditions. Direct access to the sacred is everyone's conception right and the essence of biodynamic cardiovascular therapy.

Visualizing the Breath of Life as light and color is necessary to help the contemporary client repair their metabolism and find their spiritual center. Visualizing the Breath of Life as a spiritual aptitude functions together with Primary Respiration and dynamic stillness. This makes biodynamic practice more vibrant and potent for healing metabolic suffering. Biodynamic cardiovascular therapy is a contemplative practice of harmonizing the inner world of perception with the universe based on the inherent wisdom and compassion in the heart.

The courses are designed for biodynamic therapists who have graduated from a biodynamic foundation training, studied the cardiovascular model, or have a clinical practice in biodynamic cardiovascular therapy. Students without prior training in biodynamic cardiovascular therapy but who are licensed manual therapists will need to take an introductory cardiovascular course from a teacher who studied with Michael prior to acceptance in a course. In addition, prospective students will need to listen to the previous two classes in the series they wish to attend and undergo a phone interview.

Each class day starts with a meditation and lecture followed by a practical exercise or anatomy presentation. Each afternoon is full of table work.

Course descriptions are subject to change when taught. Upon completion of each course, students receive detailed information about each course. Michael Shea reserves the right to adapt the instruction based on new scientific research. Please refer to the "Terms and Conditions" document on our [website](#). There you will also find further organizational information as well as texts, interviews, audio and video material to prepare yourself. The same course will be repeated three times in 2026.

THE POTENCY OF THE HEART FROM CONCEPTION TO DEATH

Applied Biodynamics for Metabolic Health

October 1st – 4th, 2026, Badenweiler, D

October 8th – 11th, 2026, Badenweiler, D

October 29th – November 1st, 2026, Haus Ebersberg, D

Short description:

We focus on supporting the cardiovascular system from conception through the lifespan. Topics include: differentiating the **embryonic** metabolic fields of the heart, levels of biological stillness igniting growth and development in the **embryo**, microcirculation in the coronary arteries and the potency of the heart, microcirculation of the eyes, and finally the development of metabolic hands to synchronize with the metabolism of the body.

Perceptual practices include balancing Primary Respiration, stillness and visualization of medicinal colors for healing the metabolism of the body and especially the heart and cardiovascular system. Palpation skills will focus on sensing the perpetual embryonic forces existing in the body.

We will continue to work with death ignition in biodynamic practice. We will look more closely at how the elements interact with each other in life and death. We explore palliative touch.

We learn four **embryonic** protocols:

1. Metabolic hands synchronized with breathing.
2. Heart Ignition: The potency and conduction system of the heart and coronary arteries.
3. The microcirculation of the eyes.
4. Biological stillness in growth and development.

Learning outcomes:

- Specific protocols are taught for the life and death Ignitions.
- The heart, breathing, eyes, and the Breath of Life are explored.
- Palpation of the embryonic metabolic fields.
- Biodynamic practice integrates with the natural world.

NEUROVASCULAR ABDOMINAL PALPATION FOR MANUAL THERAPISTS

Michael J. Shea, PhD and Cathy Shea, LMT, CT

November 5th – 8th, 2026, Schwellbrunn, CH

Short description:

Michael and Cathy have been studying the gut microbiome science for decades. The research is clear that gut health determines mental, physical and emotional functions. We address the rise in metabolic disorders originating in the gut. Three levels of manual therapy are integrated with therapeutic palpation. The style of touch is oriented around craniosacral therapy and additional functional techniques will be demonstrated for practice. A focus will be on the relationship between the mesentery and the fascial system of the abdomino-pelvic structures and their respective functions.

We learn three protocols:

1. NeuroVascular anatomy includes the interconnection of the major arteries and the autonomic nervous system plexi in the gut.
2. Both branches of the dorsal vagal system in the viscera will be explored along with relationships to the enteric nervous system.
3. The mesentery relationship to inflammatory processes and the lymphatic system.

Learning outcomes:

- Skills will be demonstrated to improve overall function of circulation and cardiovascular-immune metabolism.
- Specific landmarks on the abdomen are shown for specialized palpation on the abdomen.
- Current updates on the gut microbiome will be given.
- Biodynamic theory and practice are explored.

COSTS AND COURSE ORGANIZATION 2026

Please read our „Terms and Conditions“-document on our website www.sheaheart.de carefully. With your signature on your registration form you agree to all conditions stated.

Course Organization

The courses are organized by

Almut Althaus

Fohlenäckerweg 33, D-34130 Kassel

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almut@sheaheart.de

For any further questions please contact Almut.

Course Costs

The tuition for the courses in Badenweiler and Haus Ebersberg is: **EUR 730,00**, or the same amount in CHF regardless of the exchange rate at that time.

For the course in Schwellbrunn it is **CHF 680,00** or **CHF 740,00** including 2 lunches. If you wish to have lunch on Friday and Saturday at hotel Sonnenberg (vegan) please click on the registration form. Meals **must** be reserved on the registration form!

Every class will have recordings sent afterwards via WeTransfer for download.

Food and Lodging Badenweiler, D

For the classes in Badenweiler you will have to organize your own food and lodging. Here are some of the possible hotels, and there might also be apartments to rent.

Hotel Balance, www.blauenwald.de

Hotel Ritter, www.hotelritter.de

Hotel Post, www.privathotel-post.de

Hotel Fini-Resort: www.fini-resort-badenweiler.de

Food and Lodging Haus Ebersberg, D

The class at the seminar house Ebersberg is all inclusive. It is located in a very little village with no other lodging possibilities.

Single room: EUR 366,00 (3 x full pension)

Double room: EUR 336,00 (3 x full pension)

(please indicate a room partner)

Single room no bathroom: EUR 321,00 (3 x full pension)

Camper: EUR 264,00 (3 x full pension)

Special food wishes: EUR 14,00 per day

Dinner for early arrival: EUR 16,00

If you wish to add a night please contact Almut.

Food and Lodging Schwellbrunn, CH

For the classes in Schwellbrunn (Hotel Sonnenberg) you will have to organize your own food and lodging, **unless you reserve lunch on Friday and Saturday on the registration form.**

There is limited lodging at the hotel available.

Email: reservation@sonnenberg-schwellbrunn.ch

Seminar attendees will get a 10% discount on the accommodation rate.

Payment

We will send you detailed information on the possibilities for your payment (cash, CC or transfer) latest 1 month before the course starts.

You will be charged the full tuition fee for a no-show or cancellation within 30 days of the course if no one from the waiting list can take over your class space.

We cannot assume any liability to refund the travel and lodging reservations you make.

For Americans, please contact Shea office directly for payment in USD equivalent:

info@cathysheaschool.com, +1.561.775.9912

All tuition will be refunded if the class is cancelled by Michael prior to its beginning. Consider purchasing cancellation insurance in the event you are unable to attend after payment.

Class Times and total Hours Badenweiler and Haus Ebersberg

Th 11am-1:00pm 3:00pm-6:30pm

Fr 09am-1:00pm 3:00pm-6:30pm

Sa 09am-1:00pm 3:00pm-6:30pm

Su 09am-1:00pm

The total teaching hours are 26.

The course time will start on Thursday at 11am and end after class around 1pm on Sunday.

Class Times and Total Hours Schwellbrunn

Th 7:00pm-9:00pm

Fr 09am-12pm 2:00pm-5:30pm

Sa 09am-12pm 2:00pm-5:30pm

Su 09am-12pm

The total teaching hours are 18.

The course time will start on Thursday at 7pm and end after class around 12pm on Sunday.

Number of Participants

We work with 28-36 participants, 6-7 assistants, 1 translator. For the class in Schwellbrunn the maximum participants number is 24.

Addresses

- Lecture room: Blauenstr. 3, 79410 Badenweiler
- Haus Ebersberg: Ebersbergstr. 27, 34596 Bad Zwesten, www.haus-ebersberg.de
- Hotel Sonnenberg 16, CH-9103 Schwellbrunn, www.sonnenberg-schwellbrunn.com

Course Preparations/Prerequisites:

The new course in Badenweiler and Haus Ebersberg is based on earlier classes on the five elements (webinars Biostillness, classes 2022, 2023, 2024 and 2025). If you have missed any of the classes we have prepared packages of the live classes and the webinar is still available at www.biostillness.com. This helps you in your preparation for the new class. Students who have not attended any of the classes nor the webinar should choose at least one of the possibilities for their preparation and have a phone call with the organizer for further advises. The packages can be ordered from Almut (almut@sheaheart.de)

Websites

Michael Shea

www.sheaheart.de and www.sheaheart.com

Almut Althaus

www.praxis-althaus.de

Cathy Shea

www.cathysheaschool.com