Newsletter from October 19th, 2021

Dear Cranio-Friends

We are in the second year of pandemic and still not in the position to offer fresh live advanced trainings with Michael Shea. Michael loves teaching and he has plenty of new material to teach us. He is deeply involved in his Buddhist chaplaincy program, which will finish in March 2023.

For now, we have to still relay on the webinar format, which Mar Ximenis and Carlos Rodeiro from <u>www.biostillness.com/de</u> provide for us, Almut Althaus being the translator again. Michael will be teaching information from his new book. The course will detail the 3-step biodynamic process in every session, the neutral to establish safety, ignition to synchronize PR, and finally the revelation of the Health. This will be viewed as a spiritual and shamanic process to expand our biodynamic perception for the contemporary client. The next webinar will be in November (8th and 29th, 7pm each). Please register with Biostillness <u>here</u>. For Swiss students: This webinar is acknowledged by the EMR.

We gave up our former website and are rebuilding a new one. The new site is built within the American website <u>www.sheaheart.com</u> (click "Deutsch") but is still accessible via <u>www.michaelsheateaching.de</u>. We need to rebuild the list of graduates from our former trainings. If you see any mistakes in your address, please let Almut know for changes. Please visit our website, you will find the newsletters of the past 2 years and many texts that Michael has written lately – in English and German. More to come.

We are positive in planning new live seminars with you in 2022! The tentative dates we are approaching are late April/early May as well as late September/early October. We will have definitive dates by the end of this year. As soon as the flyer with all the details is finished we will broadcast it on our website as well as send it to you via a next newsletter. The courses will start Thursdays at 11am and last until Sundays around 1pm. We are no longer organizing room and board but will give you a list where to find lodging. We plan to limit the number of students to a maximum of 22 students.

Here is the <u>link</u> to a new text from Michael called "A Biodynamic Rite of Passage" (uploaded on our new website). This text is basis for the webinar in November 2021.

There is also a podcast (only in English), which you can access here.

We send you our love, Michael and Almut

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