

BIODYNAMIC CARDIOVASCULAR THERAPY

AN ADVANCED CERTIFICATION TRAINING SERIES WITH MICHAEL J. SHEA, PHD

The following courses are designed for craniosacral therapists who have graduated from a biodynamic foundation training, studied with other teachers or have a clinical practice in craniosacral therapy. Students without prior training in craniosacral therapy but who are licensed manual therapists are welcome and need to be interviewed prior to acceptance in a course. Each class day starts with a meditation and lecture followed by a practical exercise or anatomy presentation. Each afternoon is full with table work.

The purpose of the certification is:

1. To learn new biodynamic palpation skills and protocols in each class that bridge between the nervous system, the Fluid Body, the Immune System, the gut and the cardiovascular system. The intention is to help stabilize and improve the metabolism of the contemporary client.
2. To learn new aspects of prenatal development and the cellular metabolism of the cardiovascular system. Human embryology from the point of view of morphology (wholistic movement) is taught in many classes. This informs the palpation skills being taught.
3. To maintain a Heart to Heart connection. Primary Respiration (PR) moves within the heart field to generate safety, healing and embodied wholeness. This sensory awareness can be applied in all life situations. Numerous mindfulness and compassion skills and meditations are taught to experience this state.
4. To understand that the gut is the center of human metabolism. The health of the client is dependent on the structure and function of the gut. New processes and metabolic therapy skills are taught to organize and integrate the gut.

Each year the curriculum of all courses is updated with new research information on the Fluid Body, gut, cardiovascular and nervous systems and its application in clinical practice. Course descriptions are subject to change when taught. On the following pages you get detailed information about each course. Michael Shea reserves the right to adapt the lessons based on new scientific research.

We have organized the courses in modules, which have prerequisites for each class. Please refer to the "Terms and Conditions" document on our website www.michaelsheateaching.de. There you will also find further organizational information as well as [Audio](#) and [Video](#) material to prepare yourself.

NEW COURSE: THE NEW STILLPOINT

Course 2 (A1): April 21st – 25th, 2021 (Haus Ebersberg, Bad Zwosten)

Primary Respiration is a foundation of embodied wholeness, health and compassion in the human body. The focus of this course is to learn to explore with Primary Respiration (PR - also known as the Long Tide) in Biodynamic Cardiovascular Therapy sessions. Students learn the Fluid Body being the sum of all the different types of fluids in the body especially new research on water. Students learn new hand positions to sense PR in the Fluid Body of the client in relationship with the cardiovascular system. A skill called the vascular tree with exploration of the radial and anterior tibial arteries are taught. In addition, a new palpation skill called the Heart Fulcrum is taught.

Students learn a cycle of attunement, which is the basic perceptual practice of all biodynamic sessions. Moving attention out to the natural world and back in the rhythm of PR is called a cycle of attunement and is crucial to the client's healing process. It is the way the whole client is reunified and renewed.

- Learn new hand positions to work with the Fluid Body
- See the four stages of embryonic morphology as applied to biodynamic practice
- Sense the relationship of the heart to the stillness
- Bridging skills into Biodynamic Cardiovascular Therapy

CVS 5: MICROBIOME AND MESENTERIC ARTERIES

Course 3 (C2): April 28th – May 2nd, 2021 (Haus Ebersberg, Bad Zwosten)

This course deepens understanding of Metabolic syndrome and how it originates in the gut. New research on the microbiome is presented. Distinctions are made between the heart, brain and gut metabolic pathways especially through the portal vein system and liver. Students learn important skills to balance these connections. Included in this class is contact with the abdominal aorta, coeliac trunk, superior mesenteric artery and right colic arteries to balance the five ANS plexi in the gut.

Included in this class is information on the structure and function of the epithelium of the gut. The majority of clients have "leaky gut" syndrome causing inflammation and Metabolic syndrome. Students learn how the endothelium of the vascular system becomes inflamed from "leaky gut" and is related to all other endothelium in the body, especially the liver.

- Learn the signaling system of the ANS between the heart, liver and brain
- Learn new bridging skills between the arteries, veins and ANS plexi in the vascular system
- Learn the embryological origins of the mesenteric arterial system
- Begin to heal the intestines through the superior mesenteric artery

CVS 6: SUBDIAPHRAGMATIC VAGUS NERVE AND PELVIC ARTERIES

Course 4 (C3): September 5th – 9th, 2021 (Haus Ebersberg, Bad Zwosten)

This class is on the deep vascular structures of the abdomen and pelvis. We explore the inflammatory processes in the endothelium of the gut and liver via the dorsal vagus. Students learn specific explorations to contact the inferior mesenteric and left colic arteries, the mesentery and the abdominal aorta. Differentiating the common iliac, internal iliac and external iliac arteries is taught.

We look at the entire continuity of the subdiaphragmatic vagus between the diaphragm and sacrum. The dorsal vagus nerve is critical in fighting inflammatory conditions in the gut and cardiovascular system. New research on the superior and inferior hypogastric plexi of ANS and sacral outflow of the PNS is presented including the importance of Cannon's Point.

- Learn about the subdiaphragmatic vagal system as a metabolic regulator
- Bridge between the abdominal viscera and pelvic viscera via cardiovascular system
- Learn to balance the vagus nerve and abdominopelvic organs
- Learn how to increase blood circulation in the pelvic viscera

NEW COURSES

CVS 11: THE DEEP FLUID BODY AND IMMUNE SYSTEM THE LYMPH AND THE BLOOD

Course 1 (D5): April 7th – 11th, 2021 (Kulturzentrum3Klang, Laufen b. Freiburg i. Breisgau)

Course 5 (D5): September 15th – 19th, 2021 (Seminarhaus Fünfseenblick, Edersee)

The lymphatic vessels are called water channels in Tibetan medicine. They are the deepest structural and functional part of the fluid body. This includes the bone marrow found throughout the skeleton. This new course expands our work with the cardiovascular system to include contact with the lymphatic vessels associated with the veins and arteries. We start the new protocol with the thoracic duct on both the left and right side of the neck and thoracic inlet, then the cisterna Chyli, embryonic kidneys and respiratory function in the abdomen. Breathing practices to move the lymph will be demonstrated.

Specific vascular-lymphatic wave work with the lower extremities, inguinal area and the bone marrow will be demonstrated. We follow the lymphatic pathway of the external iliac, femoral, popliteal and tibial arteries via the fascia. Finally, connecting the spleen and thymus gland with Primary Respiration will be taught in conjunction with their associated arteries and veins. A new perceptual process of stillpoint-neutral-heart ignition will be taught to apply with clients for improving the function of the lymphatic and immune systems. This course bridges functional and biodynamic practice for the contemporary client.

- Learn the 6 Levels of the Deep Fluid Body
- Connect the Fascia with the Fluid Body
- Free the Respiratory Diaphragm
- Sense the Deep River of Primary Respiration

CVS 12: BRIDGING THE CARDIOVASCULAR AND LYMPHATIC SYSTEMS UPPER EXTREMITIES

Course 6 (D6): September 22nd – 26th, 2021 (Seminarhaus Fünfseenblick, Edersee)

This new course will continue working with specific relationships of the arteries and veins with the lymphatic and immune system starting in the gut. Specific skills will be shown for treating these relationships in the mesenteries including a specific protocol for the umbilicus called the eight wind gates of Primary Respiration. A key factor for the movement of lymph in the body in general and especially the trunk and abdomen is the quality of movement in the respiratory diaphragm. Skills will be demonstrated to treat the respiratory diaphragm/transversus abdominus muscle to improve lymphatic flow and vagal function.

Finally, specific work will be shown for the upper extremities, the axillary channels, and the face and neck channels. This includes the interrelationship of the fascia and interstitium with the lymphatic system. The effects of inflammatory conditions in the body and especially the gut and liver will be discussed in relation to the immune system and lymphatic vessels. This course bridges functional and biodynamic practice for the contemporary client.

- Focus on the Embryonic Marrow
- Learn a Biodynamic Protocol for the Cranial Lymph
- Understand Metabolic Syndrome
- Enhance Immune Function

The following courses will not be offered any more:

Ignition of the Heart and Midline

CVS 1 through 4

CVS 7 through 10

COSTS AND COURSE ORGANIZATION 2021

Please read our „Terms and Conditions“-document (on our website www.michaelsheateaching.de/AGB as a pdf download) carefully. With your signature on your registration form you agree to all conditions stated.

Course Organization

The whole course organization is done by
Almut Althaus, Fohlenäckerweg 33, D-34130 Kassel
Tel.: +49 (0) 561 9885 0355
Email: almut@michaelsheateaching.de

If you have any further questions, special requests, etc. please make contact to the organizer directly.

Course Costs

The tuition for each course is:
Euro 600,00

Costs for Food and Lodging

The costs for food and lodging vary according to where the course takes place and include snacks during lectures, see registration form part 2.

Payment

There are 2 possibilities for your payment:

1. Bring the total amount cash to the course.
2. Pay via bank account upon receiving a letter from Almut stating that the course is definitely taking place.

Homepages

Michael Shea
www.michaelsheateaching.com
www.michaelsheateaching.de

Almut Althaus
www.praxis-althaus.de

Seminar Houses:

Seminarhaus Fünfseenblick, Edersee
www.seminarzentrum-fuenfseenblick.de
Seminarhaus Ebersberg, Bad Zwesten
www.haus-ebersberg.de

Lodging possibilities for course 1

www.kulturzentrum3klang.de
www.blauenwald.de
www.hotelritter.de
www.fini-resort-badelweiler.de

Check Gemeinde Laufen, Britzingen and Sulzburg for apartments.