

BIODYNAMIC CARDIOVASCULAR THERAPY

AN ADVANCED TRAINING SERIES WITH MICHAEL J. SHEA, PHD

Biodynamic Cardiovascular Therapy (BCVT) is the application of biodynamic craniosacral therapy principles of Primary Respiration (PR) and stillness to the heart and cardiovascular system. This exploration was begun by the founder of Osteopathy, Andrew Taylor Still in the 19th century when he said “the rule of the artery is supreme”. Primary Respiration is defined as a category of generative and creative movement phenomena in and around the body. The perception of Primary Respiration and dynamic stillness in their various forms awaken the instinct for healing.

The intention is for the therapist and client to experience embodied wholeness and compassion through conscious perception of the heart and vascular system. The focus is on exploring these qualities first in the therapist and then offering them to the client through the therapeutic presence of the therapist and how kindness is expressed through his or her hands when in contact with the client. This intention is based on the therapist’s perception of Primary Respiration (sometimes called the Long Tide) and dynamic stillness (sometimes called a stillpoint) while gently contacting the arteries of the client. The potency of Primary Respiration is the health already in the body.

Students will learn, understand and sense the cellular metabolism of the client via the cardiovascular system and its relationship with what is called the Fluid Body. Water makes up more than 70% of the blood and the body as a whole. New research indicates that the Fluid Body and its water moves under its own direction. This involves learning new information on the crucial role of the vascular endothelium (the inner lining of the arteries and veins) in regulating body homeostasis. In the BCVT approach, students learn how to positively influence the body’s metabolism via the blood and the endothelium. The heart-blood-endothelium complex is explored via the therapeutic activity of Primary Respiration and stillness already functioning in it at a structural and biological level.

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.

The purpose of the whole training is:

1. To learn new palpation skills and protocols in each class that bridge between the craniosacral system, the Fluid Body and the cardiovascular system. The intention is to help stabilize and improve the cellular metabolism of the contemporary client.
2. To learn important new aspects of prenatal development and the cellular metabolism of the cardiovascular system. Human embryology from the point of view of morphology (wholistic movement) will be taught in many classes. This will inform the palpation skills being taught.
3. To maintain a Heart to Heart connection. The electromagnetic field of the heart extends 15 inches around the body and constantly interacts with other heart fields seeking coherence. PR moves within the heart field to generate safety, healing and embodied wholeness. This sensory awareness can be applied in all life situations. Numerous skills will be taught to experience this state especially interoceptive awareness of the movement of the heart.

In these classes, students will learn how and when to blend current and previous learning in all forms of craniosacral therapy and manual therapy in general for the most effective treatment for the client. Each year the curriculum of all courses is updated with new research information on the Fluid Body, 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 make minor changes of the curriculum based on new research.

PRIMARY RESPIRATION AND FLUID BODY

Course 1 (A1): May 1st – 5th, 2019 (Badenweiler)

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 will also learn about the Fluid Body being the sum of all the different types of fluids in the body especially new research on water. The Fluid Body is an expression of the natural world. Students will then 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 will be taught. An introduction to the dynamic morphology of the human embryo as it relates to the Fluid Body will be explored theoretically and with new table exploration.

Students will learn to move their attention through a cycle of attunement, which is the basic work of all biodynamic sessions. This starts with orienting to the shape of the practitioner's Fluid Body, the movement of the breath and heart, the space immediately around their body that is also part of the Fluid Body, the office space and the natural world outside the office as it relates to the Fluid Body. 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.

- 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
- Introduction to Biodynamic Cardiovascular Therapy

IGNITION OF THE HEART AND MIDLINE

Course 3 (A2): May 29th – June 2nd, 2019 (Haus Ebersberg)

Ignition is the point at which a client transitions to a higher level of functioning and thus healing. This course will detail the perception of a five-step ignition process within PR: spark, ignition, permeation, augmentation and disengagement. These functions of the biodynamic ignition process bring order and organization to all growth and development of the human body throughout the life span. This will be demonstrated through lecture, audiovisual presentation, perceptual explorations and session exchanges. Various hand positions around the face, neck and sacrum will be taught to observe the ignition of PR and dynamic stillness in the cardiovascular system and heart. The following arteries will be explored: facial, transverse facial, occipital and posterior tibial arteries. Of special interest will be the relationship of PR to breathing for igniting embodied wholeness. A unique skill of synchronizing PR and breathing will be practiced.

The midline is the experience of order and organization in the body as a perception of stillness. Its center is the heart. It is established with the perception of the ignition process and experienced as a central stillness in the heart and cardiovascular system. This stillness expands outside the body and contracts. This course includes how the embryo develops from biological stillness and is maintained through the life span. In this way the midline when it is perceived can ignite compassion for the pain and suffering that both therapists and clients experience. Six levels of midline will be explored in this course.

- Deepen into the biodynamic experience of stillness and the heart
- Learn the five-step process of ignition related to a midline
- Practice synchronizing Primary Respiration and breathing
- Palpate ignition of the face and heart

CVS 1: HEAD-FACE-CARDIAC CONNECTION

This course (B1) will not be offered in 2019!

This course will focus on new research in the embryonic development of the heart and its implications for biodynamic practice. The heart grows around a profound stillness located in its inner tissues. The relationship of the developing face to the brain in back of it and the heart attached to the front of it will be a specific focus of this class. The heart is ignited by growth factors from the face and the movement of the Fluid Body. As the face and brain grow up, the heart grows down within the trunk cavity of the embryo. This links the heart, brain, face and gut together as one unit of function. The following arteries will be taught and palpated biodynamically: lateral subclavian, common carotid, facial and posterior auricular arteries. In addition, a new palpation skill called the Heart Fulcrum will be taught. Included in this class will be more information on the Polyvagal System and Social Nervous System. Heart Rate Variability will be taught with a specific breathing practice called coherent breathing. This stabilizes the autonomic nervous system above and below the diaphragm.

Of special interest in this course will be the four types of circulatory systems present in the embryo, fetus and infant. The relationship of the therapist and client is considered an interconnected circulatory system in biodynamic practice. Meditations and cardiovascular explorations will also be taught to bring conscious awareness of the movement of the heart and blood in the therapist's body and then in the client. Research shows that this changes the brain and develops empathy and compassion for the client.

- Introduction to the facial arteries
- Perform the skills of balancing the head, neck and heart with Primary Respiration
- Exploration with the fluid fields of face
- Deepen an understanding of biodynamic practice being a two-person circulatory system

CVS 2: PERIPHERAL ARTERIES AND FLUID BODY

Course 4 (B2): September 11th – 15th, 2019 (Edersee)

This course continues to build the framework of Biodynamic Cardiovascular Therapy. A basic understanding of metabolic syndromes will be presented in relationship to the cardiovascular system. Students will cultivate the perceptual touch necessary for sensing both embryonic metabolism and cardiovascular physiology. Palpation will include new research on the critical importance of the endothelium of the artery as it relates to metabolic syndromes. We will focus on exploring the arteries with PR and stillness. Further teachings on the biodynamic Fluid Body will be given, specifically the therapeutic connection of the therapist's and client's two fluid bodies. This allows for deeper stabilization of the autonomic nervous system.

The following arteries will be taught and palpated biodynamically: inferior thyroid, iliac, femoral and common carotid arteries. The principle of practice with the cardiovascular system is to explore the peripheral arteries first before contact with the heart at the center. A specific protocol will be taught to integrate into the practitioner's clinical practice. As a general principle of BCVT, exploration of the cardiovascular system is always preceded by biodynamic exploration with the Fluid Body. Palpation will focus on new research on the critical importance of the endothelium of the artery.

- Learning the stages of metabolic syndromes
- Palpating and treating the cardiovascular system
- Treating the baroreceptors of the autonomic nervous system
- Refining orientation to the cycle of attunement

CVS 3: HEART AND CEREBROVASCULAR CIRCULATION

This course (B3) will not be offered in 2019!

This course will explore the deep development of the central structures of the cardiovascular system, especially the heart-brain connection. Students will learn a new cerebrovascular circulation protocol. This protocol is based on research showing decreased blood flow to the brain following a mild traumatic brain injury. This is combined specifically with exploring the carotid sinus via PR. Palpation skills will include deeper exploration of the vertebral artery, the sagittal sinus and jugular vein. Specific hand positions for sensing PR in the myocardium of the heart will be explored. These skills are vital in the experience of embodied wholeness as it relates to the metabolism of the central, autonomic and cardiovascular systems.

The vertebral artery will be explored by sensing the developmental anatomy of the occiput and traditional approaches to the atlanto-occipital joint. The vertebral artery supplies 20% of blood to the brain and the carotid arteries supply the remaining 80% of blood to the brain. These arteries are implicated in many types of challenges from headaches to Post Traumatic Stress Disorder (PTSD). It is the intention of BCVT to support the felt sense of wholeness in and around the body. Attention on the cardiovascular system and Fluid Body changes brain function, especially the way deep emotions are processed.

- Learning to balance the heart-brain connection
- Contacting Primary Respiration in the myocardium of the heart
- Practicing a new cerebrovascular circulation protocol
- A new protocol with the A-O Joint and vertebral artery

CVS 4: OPHTHALMIC AND INTERNAL CAROTID ARTERIES

Course 4 (C1): October 30th – November 3rd, 2019 (Badenweiler)

This course will give students new cardiovascular skills for exploration of the deeper arteries of the face and cranium. A new functional approach to balancing the cardiovascular system of the face will be taught differentiating the derivatives of the internal and external carotid arteries. The eyes are of special importance in this course because of their overuse in contemporary society. Specific explorations of the derivatives of the ophthalmic artery, the supraorbital and supratrochlear arteries will be taught to influence the Circle of Willis and cerebrovascular circulation in general. The internal carotid arteries located in the temporal bones will be detailed along with the maxillary arteries.

The embryology of facial development will be taught. Skills will include exploration of the deeper arterial system in the face and around the cranial base of the temporal bones in order to stabilize and transform the autonomic nervous system, brain and heart connections. Biodynamic practitioners will deepen their knowledge of the cardiovascular system in the brain, specifically the Circle of Willis and how to influence it. A review of the Polyvagal System and the Social Nervous System will be given.

- New exploration for balancing the Circle of Willis
- Learn to blend biodynamic exploration of the temporal bones and internal carotid arteries
- Differentiate the derivatives of the internal and external carotid arteries
- The fluid fields of the face will be explored from a developmental point of view

CVS 5: MICROBIOME AND MESENTERIC ARTERIES

This course (C2) will not be offered in 2019!

This course will deepen practitioner's cardiovascular skills related to the abdominal arteries. Students will deepen their understanding of metabolic syndromes and how they originate in the gut. New research on the microbiome will be presented, especially its relationship with the vagus nerve. Distinctions will be made between the heart, brain and gut metabolic pathways through the vagus nerve. Students will learn important skills to balance this connection. Included in this class will be contact with the abdominal aorta, coeliac trunk, superior mesenteric artery and right colic arteries to balance the vagus nerve in the intestines.

Included in this class will be more information on the structure and function of the vagus nerve above and below the diaphragm. The vagus has many functions, and its connection in the gut provides the brain information about the microbiome and the immune system. The vagus nerve is critical in fighting inflammatory conditions in the gut and cardiovascular system. Students will continue learning how the endothelium of the vascular system is related to all other endothelium in the body, especially the gut.

- Learn the signaling system of the ANS between the heart and brain
- Learn new bridging skills between the Fluid Body and 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): May 8th – 12th, 2019 (Badenweiler)

This class is about the deep vascular structures of the abdomen and pelvis. We will explore the consequences of inflammatory processes in the endothelium of the gut, which are now epidemic in our society. Students will learn specific explorations to contact the inferior mesenteric and left colic arteries, the renal arteries, the abdominal aorta and the internal iliac arteries. This helps deeper stabilization of the cardiovascular and subdiaphragmatic vagal system in the pelvic viscera. Differentiating the common iliac, internal iliac and external iliac arteries will be taught.

This class will look at the entire continuity of the subdiaphragmatic vagus between the viscera, intestines, ovaries and prostate. A new model of the polyvagal system will be presented. This will combine: a. the social nervous system of the face, b. heart rate variability (HRV), c. vagal relationships with the microbiome and immune system in the gut, and finally d. the vagus in the ovaries and prostate gland. New research on the autonomic nervous system in the pelvis will be presented. This will include the connection of the vagus to the sacral outflow of the autonomic nervous system and its palpation.

- Learn about the subdiaphragmatic vagal system as a metabolic regulator
- Bridge between the craniosacral system and cardiovascular system
- Learn to balance the Fluid Body and cardiovascular system
- Learn how to increase blood circulation in the pelvic viscera

CVS 7: PREGNANCY AND THE CARDIOVASCULAR SYSTEM

This course (D1) will not be offered in 2019!

A compassion-based model of pregnancy will be presented in this course. The blood volume in a mother's body almost doubles during pregnancy and will be a focus of palpation to enhance her wellbeing and that of her child. This compassion base includes one set of palpation skills that focus on how to support both the hearts of the mother and her baby for birth and long-term positive health outcomes. Another set of compassion-based skills will focus on balancing the prenatal health of the mother. Students will learn how the fetal heart develops and synchronizes with the mother's heart for optimal health. Sensing PR and dynamic stillness within the blood itself during pregnancy and life will be taught as a compassion practice. In addition, new information on fetal placental development, the effects of hypoxia and fetal programming will be presented from the new field of behavioral perinatology. During the class a pregnant mother will be coming in for a demonstration of learning.

This course will offer new research regarding prenatal Heart Rate Variability (HRV) and its use as a long-term therapeutic marker during pregnancy for the mother, infant and also for the adult population. HRV is a measure of the flexibility of the autonomic nervous system of the heart. More flexibility means healthier hearts, especially during pregnancy. HRV will be taught through a skill called coherent breathing and embodied heart meditations. These explorations will be integrated with PR to balance the autonomic nervous system of heart, lungs and brain of moms and their babies during pregnancy.

- Learn to breath with the fundamental quiescent rhythm of coherent breathing
- Learn a new compassion-based model of pregnancy
- Learn new approaches to palpation of vascular tree with Primary Respiration
- New cardiovascular and breathing protocols for pregnant moms

CVS 8: NEONATAL CARDIOVASCULAR PHYSIOLOGY

This course (D2) will not be offered in 2019!

This course will focus on physiological events taking place in the infant who is transitioning from aquatic breathing to air breathing before, during and after birth. New palpation skills will orient to stabilizing cardio-pulmonary respiration and the gastrointestinal system in newborn babies. Several cardiovascular protocols will be taught and practiced. This includes a new neonatal-metabolic protocol with the brachial, renal, temporal, tibial and femoral arteries. During the class an infant with the mother will be coming in for a demonstration of learning.

Specific skills will be taught to evaluate the stress level of an infant and to help repair the infant-caregiver relationship if necessary through specific communication skills. We will learn a sequence of evaluation and palpation skills for an infant based on balancing the cardiovascular and nervous systems before considering the membrane and osseous systems of the baby. A review of traditional craniosacral therapy approaches for working with babies will be given. This includes skills for stabilizing the cranial base and suck-swallow-breath reflex in infants.

- Learn skills to support the respiratory and cardiovascular systems of infant and caregiver
- Develop specific evaluation skills for determining normal heart-brain development
- Advance your understanding of how the infant heart develops
- Apply communication skills for optimal bonding with mom and her baby

CVS 9: NINE PULSES AND FIVE SUBTLE WINDS

This course (D3) will not be offered in 2019!

This course will look at the Fluid Body from a cellular metabolic and traditional elemental point of view. A new view of the human body will be presented with Biodynamic Cardiovascular Therapy (BCVT) skills derived from both Traditional Chinese Medicine (TCM) and Tibetan Medicine. These skills will be integrated into a clinical method for working with the contemporary client who suffers from metabolic disorders. There is a pandemic of metabolic disorders in almost all countries globally requiring a new understanding of the human body for healing. Nine pulses refers to the more ancient locations and meaning for taking a pulse in TCM. Each of these pulses is associated with an artery, an organ system as well as the flow of PR. These primary pulses will be differentiated from secondary pulses when exploring the client's cardiovascular system for a more effective treatment.

An understanding of the Fluid Body as the home of all the traditional elements will be presented especially the wind. The five subtle winds of Tibetan Medicine will be taught and sensed via the perception of PR. These five winds arise from fulcrums located near the third ventricle, heart, respiratory diaphragm, duodenum and kidneys. They are all associated with a specific direction of PR in its maintenance and repair

of all body functions. Together the nine primary pulses and five winds represent an advanced understanding of the Ignition process in BCVT. These new Ignition skills work for clients who have metabolic challenges and those seeking to prevent such challenges. This new view of the Fluid Body is centered in the gut as the source of change process metabolically and elementally.

- Learn to differentiate the nine pulses of TCM with the secondary pulses
- Refine the skill of perceiving the therapeutic direction and effects of PR in the Fluid Body
- Learn the new metabolism of the body
- Deepen skills with the Ignition process in the cardiovascular system

CVS 10: THE MULTIVAGAL SYSTEM IN BCST

Course 5 (D4): September 18th – 22nd, 2019 (Edersee)

Course 7 (D4): November 6th – 10th, 2019 (Badenweiler)

This new advanced biodynamic training will deepen the practitioner's work with Vagus nerve and cardiovascular system between the four embryonic bodies of the pelvis, gut, heart and the brain. A new paradigm is presented on the metabolism of the Vagus nerve above and below the respiratory diaphragm called the Multivagal System. Students will learn important biodynamic skills to balance the vagal metabolism of the body based on Primary Respiration. Included in this class is contact with the Vagus nerve in the head and neck, abdominal viscera, the six abdominal-pelvic ANS plexi, the large intestine-sacrum, the ovarian/prostatic artery and pudendal artery. A new understanding of the Social Engagement System of Stephan Porges will be given and integrated more deeply into student's clinical practice.

The gut-heart-brain metabolic pathways of the immune and endocrine systems will be detailed as they are co-regulated by the Vagus nerve. Students will deepen their understanding of how Metabolic Syndromes originate in the gut and inflammatory processes are coregulated by the Vagus nerve. Metabolic Syndrome is a worldwide pandemic (cancer, type 2 diabetes, obesity, autoimmune disorders, cardiovascular disease, dementia). New vagus research information on inflammatory processes in the cardiovascular system, liver-spleen and gut microbiome will be taught. The intention of this class is to help students know and balance the human body from a metabolic point of view.

- Learn the new Multivagal System between the gut, heart and brain
- Learn how the Vagus nerve functions above and below the respiratory diaphragm
- Understand the role of the immune and endocrine systems in the entire gut
- Begin to balance the body metabolically in biodynamic practice

COSTS AND COURSE ORGANIZATION 2019

Please read our „Terms and Conditions“ document (on our website www.michaelsheateaching.de/AGB as 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 with the organizer directly.

Course Costs

The tuition for each course is:
Euro 550,00

Costs for Food and Lodging

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

Bank Account

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