

# **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 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](http://www.michaelsheateaching.de). There you will also find further organizational information as well as [audio](#) and [video](#) material to prepare yourself.

# **PRIMARY RESPIRATION AND FLUID BODY**

**Course 3 (A1): May 13<sup>th</sup> – 17<sup>th</sup>, 2020 (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

# **IGNITION OF THE HEART AND MIDLINE**

**Course 1 (A2): April 15<sup>th</sup> – 19<sup>th</sup>, 2020 (Badenweiler)**

Biodynamic Ignition is the point at which a client transitions to healing. This course details the perception of a five-step ignition process within PR: spark, ignition, permeation, augmentation and stillpoint as experienced in the third ventricle of the brain. These functions of the biodynamic ignition process bring order and organization to all growth and development of the human body throughout the life span. Various hand positions around the face, neck and sacrum are taught to observe the ignition of PR and dynamic stillness in the nervous, cardiovascular systems and heart. The following arteries are explored: subclavian, carotid and posterior tibial arteries. A unique skill of synchronizing PR and breathing is practiced.

The midline is the 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 course includes sensing the midline of the spinal cord. Additional levels of midline is 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 brain and heart

# **CVS 1: HEAD-FACE-CARDIAC CONNECTION**

**Course 5 (B1): September 16<sup>th</sup> – 20<sup>th</sup>, 2020 (Badenweiler)**

This course is focused on new research in the embryonic development of the heart and its implications for biodynamic practice. The relationship of the developing face to the brain and the heart is a focus of this class. The heart is ignited by growth factors from the face and the movement of the Fluid Body. This links the heart, brain, face and gut together as one unit of function. The following arteries are taught and palpated biodynamically: facial, transverse facial and maxillary arteries. Heart Rate Variability is taught with a specific breathing practice called coherent breathing essential for stabilizing the heart.

The four types of prenatal circulatory systems are presented. The relationship of the therapist and client is an interconnected circulatory system. Meditations and cardiovascular explorations are taught to bring conscious awareness to the movement of the heart and blood in the therapist's body and then in the client. Research shows that this develops empathy and compassion in the therapist and the client.

- Introduction to the facial arteries
- Perform the skills of balancing the head, neck and heart with PR
- Exploration with the fluid fields of the cranium
- Deepen an understanding of biodynamic practice being a two-person biology

# **CVS 2: PERIPHERAL ARTERIES AND FLUID BODY**

**This course (B2) will not be offered in 2020!**

This course builds more framework of Biodynamic Cardiovascular Therapy. A basic understanding of Metabolic syndrome is presented. Students cultivate the palpation of sensing embryonic metabolism and cardiovascular physiology. Palpation includes new research on the critical importance of the endothelium of the artery as it relates to Metabolic syndrome. We focus on exploring the arteries with PR and stillness.

The following arteries are taught and palpated biodynamically: inferior thyroid, iliac, femoral and common carotid arteries. This includes a deeper understanding of the autonomic nervous system (ANS) metabolically and physiologically. A principle of practice with BCVT is to explore the peripheral arteries first before contact with the heart at the center. Exploration of the cardiovascular system is always preceded by biodynamic exploration with the Fluid Body.

- Learning the types and stages of Metabolic syndrome
- Palpating and treating the whole cardiovascular system
- Treating the chemoreceptors and baroreceptors of the ANS
- Refining orientation to the cycle of attunement

# **CVS 3: HEART AND CEREBROVASCULAR CIRCULATION**

**Course 7 (B3): November 11<sup>th</sup> – 15<sup>th</sup>, 2020 (Seminarhaus Fünfseenblick, Edersee)**

This course explores the deep development of the central structures of the cardiovascular system, especially the heart-brain connection. Students learn a new cerebrovascular circulation protocol including the veins. 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 include: the vertebral artery, the sagittal sinus and jugular vein. Palpating PR in the myocardium of the heart is explored.

The vertebral artery is explored by sensing the developmental anatomy of the occiput and traditional approaches to the atlanto-occipital joint (AOJ). 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).

- Learning to balance the heart-brain connection
- Contacting PR in the myocardium of the heart
- Practicing a new cerebrovascular circulation protocol
- A new protocol with the AOJ and vertebral artery

## **CVS 4: OPHTHALMIC AND INTERNAL CAROTID ARTERIES**

**This course (C1) will not be offered in 2020!**

This course explores the deeper arteries of the face and cranium. A new approach to balancing the derivatives of the internal and external carotid arteries is presented. Specific explorations of the derivatives of the ophthalmic artery, the supraorbital and supratrochlear arteries are taught to influence the Circle of Willis and treat the eyes.

The embryology of facial development is taught. Skills 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 ANS, brain and heart connections. Biodynamic therapists 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 is given.

- New exploration for balancing the Circle of Willis
- Learn to blend biodynamic exploration of the temporal bones and internal carotid arteries
- Differentiate the internal and external carotid arteries
- The fluid fields of the face are explored prenatally

## **CVS 5: MICROBIOME AND MESENTERIC ARTERIES**

**Course 2 (C2): April 22<sup>nd</sup> – 26<sup>th</sup>, 2020 (Badenweiler)**

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**

**This course (C3) will not be offered in 2020!**

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

## **CVS 7: PREGNANCY AND THE CARDIOVASCULAR SYSTEM**

**This course (D1) will not be offered in 2020!**

## **CVS 8: NEONATAL CARDIOVASCULAR PHYSIOLOGY**

**This course (D2) will not be offered in 2020!**

## CVS 9: NINE PULSES AND FIVE VEINS

Course 4 (D3): May 20<sup>th</sup> – 24<sup>th</sup>, 2020 (Haus Ebersberg, Bad Zwosten)

Course 6 (D3): September 23<sup>rd</sup> – 27<sup>th</sup>, 2020 (Badenweiler)

This course explores the human body from a Tibetan Medicine point of view. An understanding of the body as the home of the five elements will be presented especially space and wind. Skills are integrated into a clinical method for working with both arteries and veins. There is a pandemic of Metabolic syndrome globally requiring a new understanding of the human body for healing at an elemental level. Nine pulses refer to the older locations for pulse diagnosis and for balancing body chi in classical Chinese medicine. Each of these pulses is associated with an artery, an organ (meridian) system as well as the flow of PR (chi) inside and outside the body.

Five veins refer to the embryonic veins that carry the incarnating consciousness into the heart. The five veins of incarnating consciousness of Tibetan Medicine will be taught and sensed via the perception of dynamic stillness in the umbilical, two subclavian and two jugular veins. They are associated with dynamic stillness as the element of space. Together the nine primary pulses and five veins represent an advanced understanding of the Ignition process in BCVT.

- Learn to differentiate the nine pulses of classical Chinese medicine to create cosmological balance
- Refine the skill of perceiving the therapeutic direction and effects of PR as Chi
- Learn the new metabolism of the body
- Deepen skills with dynamic stillness in the veins of cardiovascular system

## CVS 10: THE MULTIVAGAL SAFETY SYSTEM IN BCVT

Course 8 (D4): November 18<sup>th</sup> – 22<sup>nd</sup>, 2020 (Seminarhaus Fünfseenblick, Edersee)

A new paradigm is presented on the metabolism of the Vagus nerve above and below the respiratory diaphragm called the Multivagal Safety System. Students learn important biodynamic skills to balance the vagal metabolism of the body based on Primary Respiration and stillness. Included in this class is contact with the Vagus nerve in the cranium, face and neck, heart-aorta-heart meridian, abdominopelvic viscera and ANS plexi, the large intestine-sacrum-pudendal artery. A new understanding of the vagus nerve as a system of embodied safety is integrated into student's clinical practice.

Students deepen their understanding of how Metabolic syndrome is co-regulated by the Vagus nerve. Metabolic syndrome is a worldwide pandemic (cancer, type 2 diabetes, obesity, autoimmune disorders, cardiovascular disease, dementia). The intention of this class is to help students sense embodied safety in the body from a metabolic point of view.

- Learn the new Multivagal Safety System between the pelvis, gut, heart and brain
- Learn the four types of safety associated with the Vagus nerve
- Understand the metabolism of the Vagus nerve
- Learn to balance the ANS metabolically in biodynamic practice

### COSTS AND COURSE ORGANIZATION 2020

Please read our „Terms and Conditions“-document (on our website [www.michaelsheateaching.de/AGB](http://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](mailto: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 570,00

#### 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.

#### Bank Account

Almut Althaus

IBAN: DE68 5205 0353 1072 0000 37  
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#### Homepages

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#### Hotels and Seminar Houses:

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