



Ignition

**Empowerment for metabolic health, a stable
digestion and immune defense**

A biodynamic approach

with

Dr. Michael Shea (USA)

Postgraduate Training in Craniosacral Biodynamics

English with German translation

We are happy to welcome you to Dr. Michael Shea's very first seminar in Vienna. Michael Shea has been teaching Craniosacral Biodynamics for 40 years and is a recognized author in this field (<https://www.sheaheart.com>).

Event:	4-day workshop for practitioners of Craniosacral Biodynamics
Date:	2 nd – 5 th May 2024
Venue:	Feldenkrais Institute Vienna (1020, Taborstrasse 71)
Cost:	€690,00 <i>early bird price if you book until 5th Nov 2023</i>)
<u>After Nov 5th2023:</u>	€720,00

Included in the fee:

- **Introductory zoom to prepare for the seminar:** 15th April 2024 from 7-8.30pm
- The complete seminar will be recorded; the **recordings** are also **included** and will be sent to all attending students after the course
- coffee break snacks & Certificate of Attendance

Booking & Enquiries: Wiener Schule für Craniosacrale Biodynamik
office@craniosacralschule.at

Course description:

A well-functioning metabolism is a requirement for a stable health and a good immune defense. The majority of clients nowadays have metabolic issues, which can be expressed in many ways, such as digestive problems, fatigue, food intolerance, depression and more. Biodynamic Health causes an increase of the Potency of Primary Respiration (PR)/Longtide leading to improved strength and a better immune system.

In this seminar we will learn **to enhance the health of the viscera and the immune system** in order to support happiness and wellbeing in body, mind and spirit.

Three unique protocols will be taught:

1. Balancing the liver, stomach and spleen and pancreas
2. Empowering the function of the immune system of the small and large intestine
3. Building coherence between the enteric nervous system and pelvic viscera

There will be an introduction to Dr. Rau's three-step model of Swiss Biological Medicine:

1. Understanding and treating the nature of toxicity in the body's metabolism
2. Understanding and treating dysbiosis and the relationship of the gut microbiome with the brain and psychology
3. The cellular repair of the epithelial lining of the intestines

Stillness & Longtide will be our guide:

This course is **focused on the perception of PR and stillness** to ignite metabolic health through the vascular system in the gut and is based on Michael's new book: The Biodynamics of the Immune System.

Each protocol contains multiple palpatory steps beginning with the cycle of attunement to synchronize our mind and body with the Tide of PR.

In general Michael Shea's postgrad trainings have the following purpose:

- Each class contains **mindfulness based guided meditations** linking compassion, kindness and gentle care with the experience of Primary Respiration and stillness in and around the body. This is the essence of each course.
- To maintain a **Heart-to-Heart connection**. The electromagnetic field of the heart extends 15 feet around the body and constantly interacts with other heart fields. Primary Respiration moves within the heart field to generate safety, healing and embodied wholeness.
-

Translation:



Mag. Beate Kircher-Hasler

Beate is a certified physiotherapist and certified craniosacral therapist. For over 20 years she has worked as a translator for professional courses in the craniosacral field and is an assistant tutor in craniosacral therapy trainings at the Da Sein Institute in Winterthur, CH and in Michael Shea's training courses.

FACTS & how to reserve your place:

Course hours:

The course starts on Thursday, 2nd May 2024, 14.00 hours until 19.00 hours
Friday 09.00 – 18.30 hours (lunch break 13.00 – 15.00 hours)
Saturday 09.00 – 18.30 hours (lunch break 13.00 – 15.00 hours)
Sunday 9.00 – 13.00 hours

Accommodation: We are happy to provide a list with accommodation suggestions nearby.

Requirements: Experience in Biodynamic Craniosacral Therapy.

Organizer: Wiener Schule für Craniosacrale Biodynamik www.craniosacralschule.at

Registration: Please send an Email to office@craniosacralschule.at

You will then receive a registration form that you need to fill in and return as soon as possible.

Please transfer your deposit of €300,00 to the following account in order to secure your place:

Recipient: Wiener Schule für Craniosacrale Biodynamik
IBAN: AT06 3200 0000 1381 0932
BIC: RLNWATWWXXX

Please arrange your 2nd bank transfer for: 31st March 2024
early bird price: €390,00 // normal price: €420,00.

If you do not live in the Euro Zone, please contact us before making a bank transfer – we will suggest an alternative transfer possibility in order to avoid additional currency exchange costs.

In case of cancellation up to 2 weeks prior to the seminar, you are eligible for a refund if someone from the **waiting list can take your place**. In this case we will only charge **€50,00 administrative fee**.

Due to popular demand, we kindly ask you to register as soon as possible.

Warm regards,

Nora Wisiak and Susanna Herrgesell
Wiener Schule für Craniosacrale Biodynamik
Viennese School of Craniosacral Biodynamics