



Heart Ignition

This Power Remains Throughout Life

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 second 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: 30th Oct – 2nd Nov 2025
Venue: Feldenkrais Institute Vienna (1020, Taborstrasse 71)
Cost: **€720,00**

Included in the fee:

- Meditation with Michael Shea about „The Heart“ per Video (English, with german translation)
- Preparation Video with lots of information about your course
- 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:

Heart Ignition is the essence of biodynamic practice. We learn the embryological development of the first system of the body, the cardiovascular system. We palpate the metabolic fields of the vascular tree for biodynamic Health. The power of the ignition of the heart remains throughout life. Physiology and spirituality unfold from this potency. We learn how to support the potency and Health of the cardiovascular system as the Tree of Life.

The endothelium regulates homeostasis in the human body. We learn to release trauma in the vascular tree and increase the efficiency of the heart as the center of emotional safety. Five protocols are taught for the cardiovascular system especially the heart, aorta, subclavian, axillary, brachial, radial, carotid, and vertebral arteries.

- We sense Primary Respiration connecting with heart ignition and the movement of the blood.
- We perceive the dynamic stillness which centers the blood and heart.
- We visualize the Breath of Life, a light radiating from the heart as Dr. Sutherland saw it.

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.
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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, 30th Oct 2025, 13.00 hours until 17.30 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 – 13.30 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 August 2025
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