



心意識全人學苑 Heartfulness Education Ltd.

2F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City, Taiwan (R.O.C.)

07-5581026

Visceral Manipulation : THE THORAX (VM4)

內臟筋膜鬆動術：胸腔 (第四階段)

日期 Date: 2025/06/07~2025/06/10

語言：中英文講義、英文演講、中文口譯

時間 Time : 9:00 a.m. to 5:00 p.m. Days 1-3

(中文口譯研習內容需時較長可能延至 p.m.6:00 下課)

9:00 a.m. to 3:30 p.m. Day 4

(中文口譯研習內容需時較長可能延至 p.m.4:30 下課)

一、研習會簡介 Course Description :

In this advanced level workshop students will enjoy an expanded look at the functional biomechanics of the thoracic cavity. They will also explore the relationship between the hard frame and soft frame with its countless articulations for respiration, circulatory requirements and upper body movement patterns. It includes lecture, demonstration, and practice for each technique presented.

此進階研習中，學員將對人體胸腔臟器系統的功能性生物力學有更廣闊的見解，並能夠探索在呼吸中本身有無數個關節面上軟、硬結構之間的關係、循環系統上必要元素以及人體上肢動作模式。四天研討會包括解說知識、示範及練習每個技巧的。

研習會重點 Course Highlight :

1. 認識頸椎及胸椎前側的內臟筋膜。
Identify visceral fascia of the anterior cervical and thoracic cavity.
2. 定位並描述胸腔各器官的解剖位置、生物力學和功能；以及與頸、胸椎，胸廓和肩關節之間的關係。
Locate and describe the anatomy, biomechanics and function of the thoracic organs; and relate it to biomechanics of the cervical, thorax, rib cage and shoulder girdle complex.
3. 練習釋放胸廓入口和舌骨組成的軟組織之技術。
Practice techniques to release the soft tissue components of the thoracic inlet and hyoid apparatus.
4. 練習胸腔的傾聽技巧
Practice listening techniques within the thoracic cavity.
5. 練習胸腔器官與全身相關的實際整合。
Practice practical integration of the thoracic cavity organs as it relates to the whole body.

6. 解釋並示範身體或內臟造成胸椎脊椎問題的檢別診斷技巧。

Explain and demonstrate techniques for differentiating between somatic and visceral causes for thoracic and spinal problems.

■**報名資格 Prerequisite**：已修畢 VM2(Abdomen 2) 內臟筋膜鬆動術-腹部第二階段

研習會前參考資料 Required Advance Reading：

The Thorax, 作者 Jean-Pierre Barral, PRT, DO (本書**心意識全人學苑**有販售，歡迎洽詢)

■**講師介紹 Instructor**：Annabel Mackenzie R.S.T.



Annabel Mackenzie 是一位加拿大的註冊指壓按摩治療師。

自 1990 年起於溫哥華擁有私人工作室。她輕巧的雙手幫助了許許多多的人經驗整體健康。

Annabel 的治療手法包括指壓(Shiatsu)、內臟筋膜鬆動術(Visceral Manipulation)、顱薦椎治療(CranioSacral Therapy)、自然療法以及徒手關節技術(Manual Articular techniques)。臨床之外， Annabel 樂於在加拿大以及其他國家的繼續教育講座巡迴授課。

研習表 Class Outline：

第一天 Day One

09:00 - 10:30	Thoracic Pressure Systems
10:30 - 10:45	Mechanics of Breathing; normal and forced
10:45 - 12:30	Break
	Anatomy, Biomechanics and Function of Cervical Fascia
	Thyroid, superior trachea;
	Vascularization, Innervation, Motility, Associated Skeletal Restrictions
12:30 - 14:00	Lunch
14:00 - 17:00	Hard Frame Relationship to Cervical Fascia System
	Demonstration/Lab
(15 min. break)	

第二天 Day Two

09:00 - 9:30	Review from previous day
09:30 - 10:30	Anatomy, Biomechanics and Function of Shoulder girdle complex, sternum
10:30 - 10:45	Break
10:45 - 12:30	Clavicular relationship to fascia
12:30 - 14:00	Lunch
14:00 - 17:00	Anatomy, Biomechanics, and Function of the Rib Cage
	<u>Demonstration/Lab</u>
	Intercostals
	Local Listening
	A/P compression/decompression test
	Longitudinal compression
	Transverse thoracis muscle
	Sternochondral joints (shown later)
(15 min. break)	

第三天 Day Three

09:00 - 09:30	Review from previous day
09:30 - 10:30	Anatomy, Biomechanics and Function of the Pleura and Lungs
10:30 - 10:45	Break
10:45 - 12:00	<u>Demonstration/Lab</u> Pleural dome/cervicopleural suspensory apparatus Pleural dome ligament techniques Mediastinal recess Diaphragmatic recess (lower recess of pleura)
12:00 - 13:30	Lunch
13:30 - 17:00	Anatomy, Biomechanics, and Function of the Pericardium and Heart <u>Demonstration/Lab</u> Pericardial ligaments Superior sternal compression/decompression test for superior pericardial ligament Inferior sternal compression/decompression test for inferior pericardial ligament Vertebropericardial ligament Phrenopericardial ligament
(15 min. break)	

第四天 Day Four

08:00 - 08:30	Review from previous day
08:30 - 10:30	Anatomy, Biomechanics, and Function of Mediastinum, Diaphragm, esophagus, trachea, Thoracic plexus
10:30 - 10:45	Break
10:45 - 12:00	<u>Demonstration/Lab</u> Superior and Inferior Sternopericardial Ligament Treatment Vertebropericardial Ligament Test/Treatment Heart Motility Thymus Trachea-Inferior End Test/Treatment Bronchi Test/Treatment Bronchus Viscoelastic Treatment Esophagus Test/Treatment Diaphragm Induction Thoracic Inlet Induction
12:00 - 13:00	Lunch
13:00 - 15:30	Listening techniques within the thoracic cavity Practical integration of the thoracic cavity Techniques to include lines of tension stacking

(15 min. break)

二、主辦單位 The Organizer：心意識全人學苑 Heartfulness Education Ltd.

三、協辦單位 The Co-organizer：嘉衡健康研究中心、心一空間

四、研習地點 Meeting Site：

心意識全人學苑：高雄市左營區自由二路 230 號 2 樓

Heartfulness Education Ltd.：2F., No.230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.)

五、人數上限: 30 人(含複訓 2 名)

Maximum number of class student: 30 people (including 2 people of refresher training)

※複訓者：請填寫資料在備註欄裡註明<複訓,以及第一次上課的年月份>。

※For those who are returning training to the class: Please fill in your information and indicate < refresher training, and the year /month of the first class> in the remarks column.

六、報名方式與費用 The way to register and fee

■研習費用 34000 元

費用不包括午餐，課間休息時間提供茶水及小點心。

■Course fee: NT\$ 34000

The fee does not include lunch. Tea、water and snacks available during breaks.

◆匯款資料如下:

國內匯款帳號如下: 台新銀行代號:(812)北高雄分行

帳號: 2046-01-0002601-0

戶名: 心光塾有限公司

國外匯款如下:

一、受款人資料 (Beneficiary Information) :

受款銀行(A/C with Bank)	Taishin International Bank (SWIFT Code : TSIBTWTP)
受款銀行地址(Bank Address)	No. 360, Bo-ai 2nd Rd, Zuoying District, Kaohsiung City, 813
分行別(Branch)	North Kaohsiung Branch
受款人姓名(Beneficiary's Name)	Heartfulness Education Ltd.
受款人帳號(Beneficiary's A/C No.)★	<u>2046-01-0002601-0</u>
受款人電話(Beneficiary's Tel No.)	07-5581026
受款人地址(Beneficiary's Address)	2F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 81358, Taiwan (R.O.C.)

**國外報名學員:

請於七天內匯款並傳送匯款資訊單的照片及匯款日期，傳送至我們的 Email :

wellbalanced0001@gmail.com 經核對款項後，您的名字進入已匯款名單並完成報名。

**國外匯款帳號，可匯入美金或台幣，依照每堂研習費用不同，會有匯差，我們採<多退少補>，差額的費用請於研習中洽詢櫃台人員。

Please make the transfer within seven days and send a photo of the remittance slip and the remittance date to our email: wellbalanced0001@gmail.com. After verifying

the funds, your name will be added to the list of completed payments and your registration will be finalized.

****Important Note for International Participants:**

This account is designated for course payments and accepts both USD and NT\$. Due to varying course fees, there may be exchange rate differences. We will adjust the balance accordingly, and any remaining fees can be settled at the registration desk during the course.

七、報名流程：sign-up procedure

◇登入報名連結系統→填寫報名表後，名字會在報名名單中，請於7天內完成匯款。經系統確認入帳，名字進入錄取名單，即完成報名。

■報名順序:

依照繳費完成之順序進行排序，若逾期未完成繳費程序，請先至報名系統內確認是否仍在報名名單，如仍在名單中，請盡速繳費；若無在報名名單，請重新登入報名並繳費。

-如報名額滿，系統會從候補名單中通知，若有其它事項會公告在心意識全人學苑網站，若有疑問，可傳訊息在心意識全人學苑網站 <https://www.facebook.com/wellbalanced01>

◇ Log in to the registration link system → After filling out the registration form, your name will appear on the registration list. Please complete the payment within seven days. Once the system confirms the payment, your name will be added to the admitted list, completing the registration.

■ Registration order: The order is based on the completion of the payment. If you fail to complete the payment within the given time, please check the registration system to see if your name is still on the registration list. If your name is still on the list, please make the payment as soon as possible; if your name is not on the list, please log in again to register and make the payment.

- If the registration is full, the system will notify you from the waiting list. Any other updates will be posted on the Heartfulness Education Academy website. If you have any questions, you can send a message on the Heartfulness Education Academy website: <https://www.facebook.com/wellbalanced01>.

If the registration quota is full, the system will notify you from the waiting list. If there are other matters, it will be announced on .

<https://www.facebook.com/wellbalanced01>

八、住宿資訊 Accommodation Information :

(一) 世奇商旅：高雄市左營區裕誠路 450 號 / 電話：07 557 2299，步行 500 公尺。

Shi Chi Hotel : No.450, Yucheng Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.) / +886 7 5572299。550 meters by walking distance.

(二)理歐 111 計時空間：地址：高雄市左營區立信路 111 號/ 電話：0982 170 885，步行 500 公尺。

(三)帕可麗酒店：高雄市鼓山區文信路 192 號/電話：07 962 8800，步行 750 公尺。

Park Lees Hotel : No.192, Wenxin Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.) / +886 7 962 8800, 750 meters by walking distance

(四)巨蛋旅店：高雄市鼓山區文忠路 1 號 / 電話：07 586 8388，步行 800 公尺。

Hotel R14: No. 1, Wenzhong Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.) /+886 7 586 8388, 800 meters by walking distance

九、注意事項 matters need attention

(一)主辦單位提供茶水及小點心，請自備環保杯；若遇天災達停課標準，以網站公告及 Line 群組為主，不另行個別通知。

The organizer will provide tea and snacks, please bring your own eco-friendly cups. If a natural disaster reaches the standard of suspending classes, announcements on the website and Line groups will be the main ones without any individual notification.

(二)退款機制:繳費後申請退費者，退費規定如下: Mechanism for refund:

The refund regulations are as follows:

1.研習 60 日前提出退費申請者，酌收行政作業費用 2000 元。

Those who apply for the refund 60 days before the start of the course，we will charge you administrative fee of NTD 2,000.

2.研習前第 59 日至 30 日提出退費申請者，退還當期開班約定繳納費用總額百分之 80。

Those who apply for the refund during the 59th to 30th day before the start of classes we will refund you 80% of total fees for the current class.

3.研習前第 30 日至第 7 日提出退費申請者，退還當期開班約定繳納費用總額百分之 50。

Those who apply for the refund from the 30th to the 7th day before the start of the class, we will refunded you 50% of total fee for the current class.

4.研習前第 6 天到前 1 天提出退費申請者，退還當期開班約定繳納費用總額百分之 30。

Those who apply for the refund from the 6th day to 1 day before the start of the course, we will refund you 30% of total fee for the current class.

5.實際研習第 1 日 (包含第 1 日) 後，恕不退費。

No refunds will be given after the first day of class (including the first day).

詳細辦法，請參考心意識全人學苑網站 <https://www.facebook.com/wellbalanced01>

For details, please refer to the website of Heartfulness Education Academy .

<https://www.facebook.com/wellbalanced01>

(三)研習開始前兩個月，若報名人數未達 6 成，主辦單位保留舉辦與否的權利;如遇特殊因素，以致研習停止舉辦，則全額退費。

If the number of registrants does not reach 60% two months before the start of the course, the organizer reserves the right to cancel the course. In case of special circumstances leading to the cancellation of the course, a full refund will be issued.

(四)錄取名單中，如遇取消報名者，則由候補名單者中依順序遞補。

In the admission list, if there is a cancellation of registration, the candidates will be admitted in order from the waiting list.

(五)為避免觸犯 BI 總部著作權之規定，研習進行中請勿拍照及錄影。

To avoid violating the copyright regulations of UI headquarters, please do not take photos or videos during the course.

(六)研習時間、地點如有更改，將另行通知，請務必填寫相關聯絡資訊。

If there are any changes of class time and location, we will notify you respectively. Please be sure to fill in the relevant contact information.

(七)請著舒適、寬鬆的衣服，便於研習中的操作練習。

Please wear comfortable, loose-fitting clothing to facilitate the practice during the course.