



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

## New Manual Articular Approach – Upper Extremity (MAUE)

### 新徒手關節手法：上肢關節

日期 Date: 2026/8/24~2026/8/26

語言：中英文講義、英文演講、中文口譯

時間 Time : 8/24-8/25 9:00 a.m. to 5:00 p.m. Days 1-2

(中文口譯及研習內容操作需時較長可能延至 p.m.6:00 下課)

8/23 9:00 a.m. to 5:00 p.m. Day 3

(中文口譯研習內容操作需時較長可能延至 p.m.5:30 下課)

#### 一、研習會簡介 Course Description :

新徒手關節手法 (New Manual Articular Approach, NMAA) , 前身為「全身關節治療術 (Global Joint Treatment) 」, 是一種對關節治療採取全面性評估與處理的徒手治療模式。

「關節 (Articular) 」意指身體的接合處, 它們是體內所有其他結構之間相互聯繫的關鍵節點。關節會與身體其他部位接收及發送訊息, 同時也與我們的情緒相連。NMAA 整合了關節的所有面向, 包括神經、動脈、骨骼、關節囊和韌帶, 以及內臟與情緒的連結。NMAA 以前所未有的深度探索關節技術, 它檢視每個關節的神經分布、動脈、韌帶、關節囊附著點及其摺襞; 並結合相關骨骼的軟組織鬆動術, 同時探究身體骨骼之間直接與間接的關連性。內臟與關節之間的關係尚未被廣泛理解, 而 NMAA 展示了兩者之間是如何緊密相連, 若不處理這些內臟聯繫, 許多關節問題可能無法完全解決。透過施作溫和的 NMAA 技術, 能提升身體的自癒能力, 使其恢復到最佳健康狀態。

關節的複雜程度遠超過「骨骼交會處」的定義。它由多個組件構成—包括骨骼、軟骨、肌肉、肌腱、神經和滑液—當這些組件運作正常時, 關節才能平滑且無痛地滑動。一旦其中一個組件出現問題, 整個關節就會開始產生補償作用, 導致功能失調, 其影響範圍

從暫時性疼痛到長期損傷不等。身體內的所有部位與系統都是相互關聯的（包括關節在內），當一處出現功能障礙時，其他區域也會受到負面影響。一名受過專業訓練的 NMAA 實務工作者，能正確評估關節與身體間的相互運作，進而協助恢復正常功能。

## 二、研討會重點 Course Highlights

◆深入研究每個關節的神經分布，並整合動脈、半月板、韌帶、關節囊附著點及其摺襞的評估。

Delve into the joints like never before. Examine the nerves of each joint, along with the arteries, meniscus, ligaments, capsule attachments and folds.

◆施作相關骨骼的軟組織鬆動技術，同時探討身體骨骼之間直接與間接的關連性。

Work with soft tissue mobilization of the associated bones, while looking at direct and indirect relationships between the bones of the body.

◆探究內臟與關節的關聯探索內臟器官與關節功能之間的相互影響。

Explore the relationship between the viscera and the joints.

◆發現關節如何與身體其他部位接收及發送訊息，並探索其背後的情緒連結。

Discover how the joints receive and emit messages with other parts of the body, as well as the emotional connections.

◆學習如何針對上肢各個主要關節，從解剖或生理系統的角度找出導致其功能障礙的主因，並進行評估與治療。

Learn how to evaluate and treat each major joint of the upper extremity for its primary dysfunction from the anatomical or physiological systems that contribute to it.

◆以全新的視角與技術，處理臨床疼痛、扭傷、關節退化及發炎等問題。

Explore such indications as clinical pain, sprains, arthrosis, and inflammation in a brand new way.

## 三、學習目標 Learner Objectives:

□了解肩帶與手肘的解剖與生物力學特性

• Identify in detail the anatomy and biomechanics of the shoulder and elbow.

□描述上述關節功能障礙所引發的典型的疼痛模式，並說明其與神經系統、血管系統、內臟系統與肌肉及結締組織系統的關聯性

• Describe typical pain patterns that arise from dysfunction of these joints, and how they relate to the nerves, vascular system, viscera, muscles, and connective tissue.

□能夠清楚地執行評估與治療技術進而誘發組織功能的正常化

Demonstrate evaluation methods and treatment techniques to facilitate normal functioning of these areas.

□描述並實作如何評估各主要關節以判定其原發性功能障礙，以及導致該障礙之解剖或生理系統因素

- Describe and demonstrate how to evaluate each major joint to determine its primary dysfunction, as well as the anatomical or physiological systems that are contributing to the dysfunction.

□描述與實做如何針對導致各關節原發性功能障礙的解剖或生理系統進行治療

- Describe and demonstrate how to treat the anatomical or physiological systems that contribute to the primary dysfunction of each joint.

□討論如何整合課堂所學的技术於正規療程之中

- Discuss practical integration into treatment sessions.

※人數上限: 32 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.

## 時間表

### Day One

9:00 – 12:00    *15 minute break mid-way through*

The Shoulder

Labrum

Capsule

Cartilage

Passive Ligaments

- gleno-humeral ligaments
- coraco-humeral ligament
- coraco-acromial ligament
- conoid ligament
- trapezoid ligament

Active Ligaments

Muscular connections: capsula, the labrum or the intra-articular pressure

- supraspinatus
- infraspinatus
- teres minor
- teres major
- triceps brachii

- latissimus dorsi
- biceps brachii
- bicipital tendon in the intertubercularis sulcus
- coracobrachialis
- pectoralis minor
- serratus anterior
- levator scapulae
- rhomboids minor and major
- omohyoidiu
- subscapularis
- subclavius

12:00 – 1:30 Lunch

1:30 – 5:00 *15 minute break mid-way through*

Rotator cuff treatment

TISS (teres minor, infraspinatus, supraspinatus and subscapularis)

Nerve treatment

- brachial plexus
- suscapularis
- axillary

Nerves and arteries

- lateral and medial spaces
- omotricipital space
- triangular space

Arteries

- subclavian
- axillary
- circumflexes

Treatment integration into a session for condition such as peri-arthritis, frozen shoulder, subluxation and luxation, and fracture sequellae.

Visceral connection

Emotional connection

## **Day Two**

9:00 – 12:00 *15 minute break mid-way through*  
The Elbow

Articular surfaces

- humerus
- radius
- ulna

Passive ligaments

- collateral radial
- collateral ulnar
- radial annular
- capsula
- oblique chord (radio-ulnar interosseous membrane)

Active ligaments

12:00 – 1:30 Lunch

1:30 – 5:00 *15 minute break mid-way through*

All the muscles having a direct or indirect action on the elbow joint

- biceps brachii, with the lacertus fibrosus expansion
- brachialis
- triceps brachii
- anconeus
- pronator teres
- brachioradialis

- flexor digitorum group
- flexor carpi ulnaris
- extensor radialis (brevis and longus)
- extensor digitorum

Treatment session for lateral or medial epicondylitis

Nervous system

- median
- ulnar
- radial

Vascular system

- brachial
- basilic vein

Visceral connections

Emotional connections

Question and Answer

### **Day Three**

9:00 – 12:00

*15 minute break mid-way through*  
The Wrist and Hand

Distal radio-ulnar joint

- capsula
- cartilage
- passive ligaments

Radio-carpal joints

Mobilization of the scaphoid, lunate, triquetrum, trapezium, trapezoid, capitate and hamate

12:00 – 1:30 Lunch

1:30 – 5:00 *15 minute break mid-way through*  
Antebrachial fascia

Superficial palmaris aponeurosis

Carpal tunnel

- carpal syndrome
- carpal content

Nervous system

- Median and ulnar nerves

Vascular system

- Median and ulnar arteries

Emotional connection

第一天	
09:00-12:00 (含 15 分鐘休息時間)	<ol style="list-style-type: none"> <li>1. 肩帶:肩盂唇、關節囊、關節軟骨</li> <li>2. 被動韌帶技術: 肱盂韌帶、喙肱韌帶、喙突肩峰韌帶、鎖骨韌帶、三角韌帶</li> <li>3. 主動韌帶</li> <li>4. 肌肉附著處調整: 關節囊、肩盂唇或是關節內壓平衡 ·棘上肌、棘下肌、小圓肌、大圓肌、三頭肌、闊背肌、二頭肌、位於大小結節縫隙的二頭肌肌腱、喙肱肌、胸小肌、前鉅肌、提肩胛肌、大/小菱形肌、舌骨下肌群、肩胛下肌、鎖骨下肌</li> </ol>
12:00-13:30	午餐
13:30-17:00 (含 15 分鐘休息時間)	<ol style="list-style-type: none"> <li>1. 旋轉肌袖治療: TISS(小圓肌、脊下肌、脊上肌、肩胛下肌)</li> <li>2. 神經治療: 臂神經叢、肩胛下神經、腋神經</li> <li>3. 神經與動脈: 內外空間、腋下動脈空間、腋下三角空間</li> <li>4. 動脈手法: 鎖骨下動脈、腋動脈、動脈迴轉肢</li> <li>5. 整合上述所有手法於特定症狀處置: 肩膀周邊關節炎、五十肩、關節脫臼/脫位、骨折後遺症</li> <li>6. 內臟筋膜連結</li> <li>7. 情緒連結</li> </ol>
第二天	
09:00-12:00 (含 15 分鐘休息時間)	<ol style="list-style-type: none"> <li>1. 手肘</li> <li>2. 關節區域: 肱骨、橈骨、尺骨</li> <li>3. 被動韌帶技巧: 橈側副韌帶、尺側副韌帶、橈側環狀韌帶、關節囊、斜鎖(橈骨-尺骨間骨間膜)</li> <li>4. 主動韌帶技巧</li> </ol>
12:00-13:30	午餐
13:30-17:00 (含 15 分鐘休息時間)	<ol style="list-style-type: none"> <li>1. 所有對手肘有直接/間接影響的肌肉: 肱二頭肌與二頭肌腱膜、肱肌、三頭肌、肘肌、旋前圓肌、肱橈肌、屈指肌群、尺側屈腕肌、橈側短/長伸肌、伸指肌</li> <li>2. 內、外側上髌發炎症候群治療</li> <li>3. 神經系統: 正中神經、尺神經、橈神經</li> <li>4. 血管系統: 臂動脈、貴要靜脈</li> <li>5. 內臟筋膜連結</li> </ol>

	6. 情緒連結 7. 問題與討論
第三天	
09:00-12:00 (含 15 分鐘休息時間)	1. 手腕與手部 2. 遠端橈尺關節:關節囊、軟骨、被動韌帶 3. 橈骨腕部關節 4. 舟狀骨、月狀骨、三角骨、多角骨、頭狀骨、鉤狀骨關節鬆動術
12:00-13:30	午餐
13:30-17:00 (含 15 分鐘休息時間)	1. 前臂筋膜 2. 掌腱膜 3. 腕隧道:腕隧道症候群、腕隧道其他相關組織 4. 神經系統:正中神經與尺神經 5. 血管系統:正中動脈與尺動脈 6. 情緒連結

## 2. 先決條件 Pre-Requisite:

※講師介紹 Instructor: Pierre Vey, DO, PT



- 專業背景：

Pierre Vey 是一位法籍骨病學醫師 ( DO ) 同時也是物理治療師 ( PT ) 。  
 擁有超過 30 年的臨床經驗，目前在法國 BRON 的私人診所執業

- 教學資歷：

自 1999 年起便投入骨病學派系統及相關技術的教學。

曾在法國多家骨病學院教授課程。

加入 Barral Institute 成為講師後，活躍於歐洲及亞洲各地進行專業教學。

• 教學風格與專長：

Barral Institute 的資深國際講師，專精於內臟鬆動術 (VM)、神經操作技術 (NM) 以及新徒手關節操作術 (MAA)。

以精準的解剖學教學風格著稱，擅長將複雜的概念簡化，讓學生更容易理解。

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

五、協辦單位 The Co-organizer：嘉衡健康研究中心

六、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.)

七、報名方式與費用 Course Fee - Regulations：

■ 研習費用 **29500 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\$ 29500

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

付款方式有以下方式:

支付方式：採線上刷卡/ATM 轉帳/匯款(需在指定 5 個工作天內完成)

★Payment methods: Online card payment/ATM transfer/bank transfer (must be completed within 5 business days)

◆ 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

→ 國外匯款指引：International Payment Instructions

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 (For International Applicants):**

請於 5 個工作天內完成匯款，並將匯款單照片（或憑證截圖）及匯款日期，發送至我們的電子信箱：wellbalanced0001@gmail.com。經核對款項後，您的名字將進入「已匯款名單」，即代表完成報名。

Please complete your payment within 5 working days. Once paid, email a photo of your remittance receipt and the payment date to: wellbalanced0001@gmail.com. Upon verification, your name will be updated to the "Paid" list, finalizing your registration.

◎ **國外匯款帳號與匯差說明 (Payment Accounts & Exchange Rate Policy):**

**匯款幣別 (Accepted Currencies):**

我們接受美金 (USD) 或 台幣 (TWD) 匯款。

We accept payments in both USD and TWD.

**匯差與金額調整 (Exchange Rate & Balance Adjustment):**

因各課程研習費用不同，且受匯率波動影響，我們採「多退少補」原則。若匯入金額與實際課程費用有差額，請於研習期間洽詢櫃檯人員辦理。

Due to currency fluctuations and varying course fees, we operate on a "balance adjustment" policy. Any difference between the transferred amount and the actual tuition fee will be settled (refunded or collected) during the workshop. Please contact our reception desk on-site for assistance.

## \*報名流程指引:Registration Procedure

### ◎ 報名四步驟 (Step-by-Step Guide)

#### Step 1.→提交申請 (Submit Application)

登入系統並填寫報名表，您的名字將進入「審核名單」。

Log in to the registration system and fill out the form. Your name will be placed on the "Pending Review" list.

#### Step 2.→獲得錄取 (Receive Acceptance)

審核通過後，系統會將您列入「錄取名單」。

Once verified, the system will move your name to the "Accepted" list.

#### Step 3.→完成匯款 (Secure Your Spot)

進入錄取名單後 5 個工作天內完成匯款。

Please complete the bank transfer within 5 working days of being listed as "Accepted."

#### Step 4.→報名成功 (Registration Confirmed)

經系統確認入帳後，您的名字將進入「匯款完成」名單，即正式完成報名。

Once payment is confirmed by the system, your name will be moved to the "Paid/Confirmed" list, finalizing your registration.

## ※報名與繳費須知 | Registration & Payment Guidelines

### ■ 報名錄取順序 (Priority of Enrollment)

本課程依據完成繳費之時間順序錄取，額滿為止。

Enrollment is processed on a first-come, first-paid basis. Spaces are limited and granted based on the time of payment completion.

### ■ 逾期繳費處理 (Overdue Payments)

若您未於規定期限內 ( 5 個工作天 ) 完成繳費，請依照以下步驟處理：

If you fail to complete the payment within the required timeframe (5 working days), please follow these steps:

-確認名額 (Check Status)：登入系統確認您的名字是否仍在名單中。

Log in to the system to check if your name remains on the "Accepted" list.

-盡速補繳 (Immediate Payment)：若仍在名單內，請儘速完成匯款。

If your name is still listed, please complete the transfer immediately.

-重新報名 (Re-registration)：若名字已移出名單，則需重新登入報名，並於名額內完成繳費。

If your name has been removed, you must re-apply and complete the payment while vacancies are still available.

#### ■ 候補與公告 (Waiting List & Announcements)

→報名額滿 (Course Full) : **若名額已滿，系統將依序從候補名單中進行通知。**

If the course is full, the system will notify applicants from the waiting list in sequence.

→最新消息 (Latest Updates) : 課程相關異動將公告於「心意識全人學苑」官方網站。

Any updates or further announcements will be posted on the Heartfulness Integrated Health Academy official website.

#### ✉ 聯絡資訊(Contact Us)

若有任何疑問，請透過臉書粉專傳送訊息給我們：

For any inquiries, please message us via our Facebook page:

📍 心意識全人學苑 (Heartfulness Integrated Health Academy)

<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

(五) 御宿商旅 明華館：高雄市鼓山區明華路257號/電話：07 522 2658，步行1100公尺。Royal Group Hotel : NO.257, MINGHUA RD, GUSHAN DISTRICT, KAOHSIUNG, TAIWAN(R.O.C.)，1100 meters by walking distance

#### 八、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 | Refund Policy

若需取消報名，退費金額將根據提出申請的時間（以研習首日為基準）進行計算：

Refunds for cancellations will be processed according to the following schedule, based on the number of days prior to the course start date:

1. 研習 60 日前提出退費申請者，酌收行政作業費 NT\$2,000 元後退還餘額。

60 days or more prior: Full refund minus a NT\$2,000 administrative fee.

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。

30 to 59 days prior: 80% refund of the total tuition fee.

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。

7 to 29 days prior: 50% refund of the total tuition fee.

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。

1 to 6 days prior: 30% refund of the total tuition fee.

5. 實際研習第 1 日（包含第 1 日）後，恕不退費。

On or after the first day of the course: No refunds will be issued.

### 注意事項：Important Notes

銀行手續費：國際退款所產生之銀行手續費或匯費，需由申請人自行負擔。

Bank Fees: For international refunds, any applicable bank intermediary fees or wire transfer charges will be borne by the applicant.

(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.

