



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

傾聽手法：全身整合評估技巧(第一階段)

Listening Techniques(LT1): An Integrative Approach to Evaluation

日期 Date: 2026/8/28~2026/8/30

語言：中英文講義、英文演講、中文口譯

時間 Time : 8/28-8/29 9:00 a.m. to 5:30 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)

8/30 9:00 a.m. to 3:30 p.m. Day 3

(中文口譯研習內容操作需時較長可能延至 p.m.4:30 下課)

一、研習簡介 Course Description :

提升內臟筋膜鬆弛技術到最佳境界，您必須繼續學習以及經驗人體動態解剖與內臟運動之更深層的理論。不像其他人體系統，內臟系統的解剖與生物力學機制會因為內、外在諸多影響而變化萬千。

在傾聽手法研習中，您將洗鍊先前在內臟筋膜鬆動研習中學到的「強大的傾聽技巧」。觸診過程將引領您到最適切的下手部位、指引您病灶相關身體結構，並以恰到好處的力道作最精準的介入。

您也將練習傾聽身體系統，身體會對您的治療做出反應。完成課程後，您會更熟知如何在治療的同時跟隨身體反應。

To properly perform Visceral Manipulation, you need to continually acknowledge and experience dynamic anatomy and develop a deeper understanding of the theories and principles of visceral motion. Unlike many other body systems, the anatomy and biomechanics of the visceral system can vary due to numerous possible internal and external influences. In Visceral Listening Techniques, you'll reinforce the powerful "Listening" skills you learned in the Visceral Manipulation core classes. These palpation procedures help guide you to the proper manipulation site, indicate which body structures are involved, and identify the correct approach with the correct amount of force.

You' ll also practice Listening to the body systems as they respond to your manipulations. This allows you to better understand how to apply corrective forces and follow the body' s responses.

◆研習重點 Course Highlights :

- 練習「傾聽技巧」(觸診過程) , 引領您到治療核心部位。
Practice a new "listening skill" (palpation procedure) that helps guide you to the proper manipulation site.
- 解讀身體傳達的失衡、功能障礙訊息。
Explain how to interpret the information the body is offering regarding imbalances and dysfunctions.
- 示範如何透過傾聽法 , 找出身體結構的問題核心 , 以達最佳治療效果。
Demonstrate through listening how to determine which body structures are involved, and identify the best approach for treatment results.
- 傾聽身體系統 , 身體會對您的治療做出回應。
Practice listening to the body systems, as they respond to your treatments.
- 解釋並示範正確的介入方式 , 以及在不同患者、不同身體部位所需的適切治療力道。
Explain and demonstrate the correct approach and amount of force when working on different parts of the body and with different clients.

◆報名資格 Pre-requisite :

已修畢 [VM1\(Abdomen 1\)](#) 內臟筋膜鬆動術：腹部第一階段

■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。

◆時間表 Class Outline：

第一天 Day One

9:00 - 10:30	Introduction; General Listening
10:30-10:45	Break
10:45 - 12:00	General Listening including the upper and lower extremities -Finding dominance via inhibition -Standing position -Seated position -Supine and Prone positions
12:00 - 1:30	Lunch
1:30 - 3:00	Different Approaches 1. Passive listening 2. Active listening
3:00 - 3:15	Break
3:15- 5:00	Qualities of perception 1. Local listening to abdomen 2. Exercises to enhance palpation skills 3. Tracking to terminal areas

第二天 Day Two

9:00 - 10:30	Review/Question and Answer Session Local Listening to posterior spine, pelvis, rib cage
10:30-10:45	Break
10:45-12:00	Local listening to differential diagnosis 1. Osteopenia, osteoporosis 2. Fractures 3. Scar tissues 4. Chronic illnesses
12:00 - 1:30	Lunch
1:30 - 3:00	Feldenkrais lesson to enhance listening skills
3:00-3:15	Break
3:15-5:00	1. Listening throughout your treatment 2. Listening to results 3. Listening through the thorax

第三天 Day Three

8:00-10:30	Review/Question and Answer Session Exercises in relationships
10:30-10:45	Break

10:45-12:00	Tissue tendencies Systems of commonalities
12:00 - 1:00	Lunch
1:00 - 3:30	Release in broader context of patterns 1. direct and Indirect 2. switching focus 3. combining the two

Listening to the cranium

Listening to various tissues in all cranial structures

Identify a restriction

Integration of lines of force

Relate cranium with body lines of force

第一天 Day One

09:00 - 10:30

Introduction; General Listening 研習介紹；全身傾聽技術

10:30 - 10:45 Break 中場休息

10:45 - 12:00

General Listening including the upper and lower extremities 全身傾聽技術 (含上下肢)

Finding dominance via inhibition 透過抑制法尋找主要受限處

Standing position 站姿評估

Seated position 坐姿評估

Supine and Prone positions 仰臥與俯臥位評估

12:00 - 13:30 Lunch 午餐

13:30 - 15:00

Different Approaches 不同的評估方法

Passive listening 被動傾聽

Active listening 主動傾聽

15:00 - 15:15 Break 中場休息

15:15 - 17:00

Qualities of perception 感知的特質

Local listening to abdomen 腹部局部傾聽

Exercises to enhance palpation skills 提升觸診技巧練習

Tracking to terminal areas 追蹤至末端區域

第二天 Day Two

09:00 - 10:30

Review/Question and Answer Session 複習與問答時間

Local Listening to posterior spine, pelvis, rib cage 後側脊椎、骨盆、肋廓的局部傾聽

10:30 - 10:45 Break 中場休息

10:45 - 12:00

Local listening to differential diagnosis 鑑別診斷的局部傾聽

Osteopenia, osteoporosis 骨質缺乏、骨質疏鬆

Fractures 骨折

Scar tissues 疤痕組織

Chronic illnesses 慢性疾病

12:00 - 13:30 Lunch 午餐

13:30 - 15:00

Feldenkrais lesson to enhance listening skills 費登奎斯課程：提升傾聽技巧

15:00 - 15:15 Break 中場休息

15:15 - 17:00

Listening throughout your treatment 治療過程中的持續傾聽

Listening to results 對治療結果的傾聽（回饋）

Listening through the thorax 跨越胸腔的傾聽技術

第三天 Day Three

08:00 - 10:30

Review/Question and Answer Session 複習與問答時間

Exercises in relationships 身體關連性練習

10:30 - 10:45 Break 中場休息

10:45 - 12:00

Tissue tendencies 組織趨向性

Systems of commonalities 共同性系統

12:00 - 13:00 Lunch 午餐

13:00 - 15:30

Release in broader context of patterns 廣義張力模式下的釋放技術

Direct and Indirect 直接與間接法

Switching focus 切換焦點

Combining the two 兩者結合應用

Listening to the cranium 顱骨傾聽技術

listening to various tissues in all cranial structures 傾聽各類顱骨結構中的組織

Identify a restriction 辨識受限處

Integration of lines of force 力線整合

Relate cranium with body lines of force 建立顱骨與身體力線的關連

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

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、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)
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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)

請於獲選進入錄取名單後 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.