

Heartfulness Education Ltd.

高雄市左營區自由二路 230 號 2 樓,台灣

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

Tel : 886 75581026

UI 顱薦椎療法之傾聽第二大腦-腸神經系統(小腸)

CranioSacral Therapy: Listening to the Second Brain – The Enteric Nervous System

日期：2026/11/07~2026/11/10

語言Language：中英文講義、英文演講English speech、中文逐步口譯
Consecutive interpreting

時間Time: 9:00 a.m. to 5:30 p.m. Days 1-3

(中文口譯研習內容需時較長可能延至p.m.6:30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、 研習簡介 Course Description：

此進階研習完全聚焦於腸神經系統 (enteric nervous system) 的最新資訊、如何觸診其不同部位以及探討它與中樞神經系統的連結，並研究其在臨床實務中的廣泛應用。部分我們已經在使用的技術，例如透過顱薦律(CSR)進行評估，將在腸神經系統各組成部分的脈絡下進行探討，並運用關鍵偵測點 (SD) 來協助我們將焦點集中在此區域，以及視情況引導能量與筋膜滑動的方向。內容包含針對每項呈現的技術進行講課、示範與實作。

This advanced level workshop is entirely focused on new information on the enteric nervous system and how to palpate the different parts of this as well as

exploring its connection to the central nervous system, and looking at the vast range of clinical applications in practice. Some techniques we already use such as evaluation using the craniosacral rhythm (CSR) will be explored in terms of the components of the Enteric Nervous System, using the Significance Detector (SD) to help us focus in this area and direction of energy and fascial glide as appropriate. . It includes lecture, demonstration, and practice for each technique presented.

■ 研習重點 Course Highlight :

學習目標：

- 描述關於腸道與腸神經系統的新資訊
- 將現有的技術與工具應用於身體的這個部位（註：原文文法為動詞原形 "Demonstration" 應為動詞或動名詞，此處採意譯處理）。
- 示範新技術及其應用方式。
- 解釋操作腸道與腸道神經系統在臨床應用上的廣泛範圍。
- 展現專屬於腸道各組成部分，特別是腸道神經系統的傾聽 / 觸診技巧。
- 描述組織記憶的概念，包含此領域的新研究，以及學員可應用於此領域的跨代反應（transgenerational responses）。
- 解釋關於腸神經系統中膠質細胞（glial cells）新的學術與實務經驗知識，以互補 Tad 課程中關於膠質細胞的內容。

- Describe the new information about the gut and the enteric nervous system.
- Demonstration existing techniques and tools to this part of the body.
- Demonstration new techniques and how to apply them.
- Explain the wide range of clinical applications of working with gut and ENS.
- Demonstrate listening/palpation skills specific to the components of the gut and particularly the enteric nervous system.
- Describe the concept of tissue memory including new research in this area and transgenerational responses that they can apply to this area.
- Explain the new academic and experiential knowledge about glial cells in the ENS complementing the content on glial cells in Tad' s courses.

■**報名資格 Prerequisite** :已修畢 **SER1** 身體情緒釋放 - 第一階
SOMATOEMOTIONAL RELEASE 1(SER1) WORKSHOP completed.

■**人數限制 Maximum number of participate** : 30 人

Maximum number of class student: 30 people

◆**研習前參考資料 Required Advance Reading**:

《Overcoming Chronic Digestive Conditions》· 作者 Nikki Kenward CST-D · 網址：<https://shop.iahe.com/Product-List/Consumer-Information-brochures/Overcoming-Chronic-Digestive-Conditions>

■**講師介紹 Instructor: Nikki Kenward , CST-D, MCSS**



Nikki Kenward 為英國 Upledger Institute International 國際認證講師，擁有超過 25 年臨床經驗，專精於顱薦椎療法、腸神經系統（第二大腦）、腦震盪、PTSD 及兒科治療。她結合舞蹈治療背景、神經科學與徒手治療，長年於世界各地授課，致力於推廣腸道、神經系統與情緒健康的整合觀點。身為《Overcoming Chronic Digestive Issues》作者，Nikki 持續將最新研究轉化為臨床實務，帶領治療師深入理解身體的自我調節智慧，培養更全面且富有深度的臨床思維。

Nikki Kenward, CST-D, is an International Certified Instructor for the Upledger Institute International (UI) in the United Kingdom, with more than 25 years of clinical experience. She specializes in CranioSacral Therapy, the Enteric Nervous System (the "Second Brain"), concussion rehabilitation, post-traumatic stress disorder (PTSD), and pediatric care. Drawing on her background in dance therapy, neuroscience, and manual therapy, Nikki has taught extensively around the world, promoting an integrative understanding of the gut, nervous system, and emotional health. As the author of Overcoming Chronic Digestive Issues, she is dedicated to translating the latest scientific research into clinical practice, inspiring healthcare

professionals to deepen their understanding of the body's innate self-regulatory capacity while fostering comprehensive clinical reasoning and therapeutic insight.

研習表 Class Outline :

Day One 第一天

9:00 - 10:30

Introductions: (grounding and listening to each other from your gut) including something significant about their own gut history. TA introductions, Facilitator introductions, Instructor introductions – all including something significant about their gut history.

Present Overview

Lecture: History of discovery of enteric nervous system – key moments relevant to course up to current understanding of Second Brain and why it is called the Second Brain

建立接地 (Grounding) 從自己的腸道開始傾聽彼此 (Listening from your gut) 及學員分享自身重要的腸道經驗。助教、課程引導者與講師介紹 (分享各自的重要腸道經驗) 。

課程總覽

腸神經系統的發現歷史

包括：ENS 的重要發展歷程/「第二大腦 (Second Brain) 」概念的形成/為何 ENS 被稱為第二大腦

10:30 - 10:45 Break 休息時間

10:45 - 11:30 Lecture: Anatomy of gut and where enteric nervous system fits in
腸道解剖學 包括：腸道各層結構 / ENS 在腸道中的位置與功能

11:30 - 12:30 Demo and Trade: Experiential palpating layers one at a time,
noting characteristics in terms of texture, density etc of each layer.

示範與實作:逐層觸診腸道組織 各組織層的質地 (Texture) 密度 (Density) 與

組織特性

12:30 – 1:30 Lunch 午餐

1:30 – 2:00 Lecture: Deeper into anatomy - enteric glial cells
深入腸道解剖：腸神經膠質細胞 (Enteric Glial Cells)

2:00 – 2:45 Demo and Trade: Experiential - palpating enteric glial cells
示範與實作：觸診腸神經膠質細胞

Enteric Glial Cells 神經膠細胞如何作為：免疫系統和腸神經元之間的重要橋樑

2:45 – 3:15 Lecture: Enteric Glia as connection between immune system and enteric neurons

3:15 - 3:30 Break 休息時間

3:30 - 4:00 Demo and Trade: Palpating that connection
示範與實作：觸診上述連結

4:00 - 5:00

Lecture: Introduction of Serotonin as major neurotransmitter in gut How it changes our view of ANS and many chronic disease processes e.g. parkinsons, dementia, eating disorders, depression, anxiety, ptsd etc.

血清素 (Serotonin)

探討：血清素作為腸道最重要神經傳導物質及如何重新理解自主神經系統 (ANS) 與慢性疾病的關聯，包括：巴金森氏症/失智症/飲食障礙/憂鬱症/焦慮症/PTSD 創傷後壓力症候群 等

Day Two 第二天

9:00 - 9:30 Review: Day One and Q&A 回顧第一天 問題討論 Q&A

9:30 - 10:15

Lecture: Tissue memory - review concept in Upledger CST Tissue memory at cellular level: Cell Danger Response - SSPE, Slow sustained postsynaptic excitation Trauma, both physical and emotional, in our cells. – Transgenerational responses.

組織記憶 (Tissue Memory) · 內容包括：Upledger CST 的組織記憶理論

細胞層級的組織記憶/細胞危險反應 (Cell Danger Response) /緩慢持續性突觸後興奮 (SSPE) /身體與情緒創傷如何留存在細胞中/跨世代創傷反應 (Transgenerational Responses)

10:15 – 10:30 Break 休息時間

10:30 - 11:15

Demos and Trades: Palpation of above - palpating with intention into cells and feeling them like a network rather than solid organs and tissue.

Trade 1 - palpate network

Trade 2 - palpate network with intention into transgenerational responses

示範與實作：以意念深入細胞網絡進行觸診：

第一輪：感受細胞網絡

第二輪：感受跨世代反應

11:15 – 11:45 Lecture: Intestinal Epithelial Barrier, its structure and function and how it is damaged and repaired

腸道上皮屏障 (Intestinal Epithelial Barrier) 包括：結構 功能 損傷機制 修復過程

11:45 - 12:45 Demo and Trade; Palpate Intestinal Epithelial Barrier

示範與實作：觸診腸道屏障

12:45 – 2:00 Lunch 午餐

2:00 – 2:30 Lecture: Look briefly at BBB structure and function, how it is damaged and repaired.

介紹：血腦屏障 (BBB) 包括：結構 功能 損傷 修復

2:30 - 3:00 Demo and Trade: Palpate BBB in pairs 示範與實作：雙人觸診 BBB (血腦屏障)

3:00 – 3:15 Break 休息時間

3:15 - 3:45 Lecture: Similarities between two barriers, cells and functions. Possible pathways between the two as currently understood.

比較：腸道屏障與血腦屏障，兩者的：細胞、功能與已知連結路徑

3:45 - 5:00 Demo and Trade: Explore these connections experientially

示範與實作：實際探索 BBB 與腸道屏障之間的互動

Day Three 第三天

9:00 - 9:30 Review: Day Two and Q&A 回顧第二天 Q&A

9:30 - 10:00 Lecture: Microbes and bacteria in the gut especially in relationship with enteric nervous system

腸道微生物群 (Microbiome 指微生物與細菌) 探討：腸道菌相與腸神經系統之間的關係

10:00 - 10:15 Break 休息時間

10:15 - 10:45 Demo and Trade: To palpate the microbes and bacteria as a network

示範與實作：觸診微生物網絡

10:45 - 11:15 Lecture: Brief review of use of CSR and SD as evaluation tools

複習：CSR 顱薦律/SD 關鍵偵測點 作為評估工具

11:15 - 12:00 Demo and Trade: Explore CSR and significance detector in gut and its components experientially

示範與實作運用：CSR 顱薦律/SD 關鍵偵測點 評估腸神經系統。

12:00 - 12:30 Lecture: RAS - look at/review its anatomy and its connections to gut

RAS (網狀活化系統) 介紹：解剖與腸道的連結

12:30 - 1:00 Demo and Trade: To feel level of RAS in each other –

one hand on the RAS and one hand on the gut.

示範與實作：一手放於 RAS，另一手放於腸道，感受兩者互動。

1:00 - 2:30 Lunch 午餐

2:30 - 5:00 15-minute break halfway through

Trades in 3s bringing it all together.

三人一組整合練習：將前三天所有技巧整合應用於完整治療流程。

Day Four 第四天

9:00 - 9:30 Review: Review Day Three

Unpick sessions from Day Three afternoon 回顧第三天下午治療經驗

9:30 - 11:45 Clinical Applications: PTSD, IBS, Autism, Sensory Processing Dysfunction, Parkinsons, Alzheimers, dementia, eating disorders, ME, MS, depression, anxiety, Crohns, Coeliacs

臨床應用：探討 ENS 在下列疾病中的應用

創傷後壓力症候群 (PTSD) / 腸躁症 (IBS) / 自閉症/感覺統合失調/帕金森氏症/阿茲海默症/失智症/飲食障礙/肌痛性腦脊髓炎 / 慢性疲勞症候群 (ME/CFS) / 多發性硬化症 (MS) / 憂鬱症/焦慮症/克隆氏症 (Crohn's Disease) / 乳糜瀉 (Coeliac Disease)

11:45 - 12:45 Small groups to discuss what this all means for them in their practice, with their patients and how they might use it.

Will have flip chart paper and specific questions to answer

Feedback from small groups to the whole group

小組討論：這些知識如何應用於自己的臨床工作？

如何整合到目前的治療方式？對患者將帶來哪些改變？最後全班分享

12:45 – 1:30 Lunch 午餐

1:30 – 2:30 Final Trades: Still points, joint compressions, chakras, vectors whatever the body needs to enable them to leave the course in a functional way!

最後整合治療：依身體需求整合運用：Still Point/關節壓縮 (Joint Compression) /脈輪

(Chakras) /Vectors (向量手法) 或其他身體需要的技巧下協助個案在課程結束時達到最佳功能狀態。

2:30 – 3:00 Final Q&A: How is everyone feeling?

What did they get from the course?

How is their gut now?

最後 Q&A 共同回顧：現在的身體感受如何？

本課程最大的收穫是什麼？

此刻你的腸道有什麼改變？

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

三、協辦單位 Co-organiser：

嘉衡健康研究中心 Well Balanced Physiotherapy Clinic

四、研習地點 Study place：

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

Maximum number of class student:

六、報名方式與費用 The way to register and fee

■研習費用 **36000 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\$ 36000**

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

■匯款資料如下:

Remittance details are as follows :

→國內匯款資料:

Domestic remittance information :

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

→國外匯款資料如下:

The international payment details are as follows :

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 **7 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，若逾期末完成繳費程序，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，可傳訊息在臉書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 :

1. 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.

2. 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。

3. 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

4. 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.

5. 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1000公尺。

Royal Group Hotel - Ming Hua Branch No. 257, Minghua Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.)/+886 7 522 2658, 1000 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.

十、交通指引 Traffic Guide

- **地址：**高雄市左營區自由二路 230 號 2 樓(目前 Google map 建置中,請搜尋嘉衡健康研究中心，二樓即是學苑)
- **鄰近地標：**自由二路與裕誠路交叉口附近的大樓 (1 樓為伊根鍋物【綠色招牌】，隔壁為眼鏡行)
- **入口指引：**請由伊根鍋物旁的大樓進出口進入 (門口貼有海報指引)，可選擇搭乘電梯或走樓梯至 2 樓。

🚇 捷運 + 步行指引 (MRT & On Foot)

捷運巨蛋站

R14

🚶 步行 10-11 分

1. 從捷運紅線 巨蛋站 4 號出口 (聯上大飯店) 出站。
2. 出站後沿著**裕誠路**一路直行 (往東、自由二路方向)。
3. 沿途將會經過富民路、富國路，總共步行約 650 公尺。
4. 抵達自由二路路口轉角 (此轉角目前整修中)，請直走到對面 **便當店** 後右轉，繼續直走。
5. 沿自由二路直行一小段，將會看到 **海安牛肉湯餐廳**。再繼續直走，就會看見綠色裝潢的 **伊根鍋物** (隔壁是眼鏡行)。
6. 學苑入口即在伊根鍋物旁的 **大樓進出口**，門口會擺放 課程**海報** 介紹。進入後可搭乘電梯或走樓梯至 2 樓抵達學苑。

🚗 自行開車與停車指引 (By Car & Parking)

學苑鄰近左營核心商業區「自由二路與裕誠路交叉口」，南北向交通流暢便利，周邊亦有多個步行 1 ~ 3 分鐘即可抵達的收費停車場。

國道南下行車路線：

走 **國道 1 號** (鼎金系統交流道) ➡ 轉接 **國道 10 號** (高雄支線，往左營/自由路方向) ➡ 由 **自由路交流道** 下匝道。

下匝道後左轉接 **自由路** (**自由三路**直行接**自由二路**) 持續南下，過裕誠路口後不久，學苑大樓即在您的左側。

 停車場名稱	 位置說明	 步行至學苑時間
海安牛肉湯旁自費停車場	位於自由二路上，海安牛肉湯餐廳正隔壁，距離學苑僅數個店面。	約 1 分鐘 (最方便)
明華一路收費停車場	位於明華一路與自由二路交叉口附近，有多個民營平面收費停車場。	約 2 ~ 3 分鐘
自由二路停車場	鄰近裕誠路與自由二路交叉口旁，或富國路/富民路巷內平面停車場。	約 3 分鐘

 **溫馨提醒：**自由二路、明華一路、富國路周邊皆設有眾多「路邊收費停車格」，繁華時段車位較熱門，建議開車學員可提早前來。