



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 第一階段(CS1) CRANIOSACRAL THERAPY I WORKSHOP

日期Date : 2025/09/06~2025/09/09

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

研習時間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 :

本入門研習將詳細介紹顱薦椎系統相關的解剖學與生理學知識及其與疾病、疼痛和功能失調之間的關係。學員將在研習中學習到一種觸感輕柔的肌筋膜釋放技術，藉以評估和改善疼痛與功能障礙。本次研習內容包括了講習、示範，並介紹每種技巧的臨床實踐方法。

This introductory workshop details the physiology and anatomy of the craniosacral system its function in health and its relationship to disease process. Participants will learn hands-on, fascial-release techniques to evaluate and affect pain and dysfunction. It includes lecture, demonstration, and practice for each technique presented.

■學習目標LEARNER OBJECTIVES:

- 解釋顱薦椎系統和學習此種技術所能帶來的變化

Explain the craniosacral system and study techniques to effect change

- 描述顱薦椎系統的解剖與生理學知識，及其與疾病、疼痛及功能障礙之間的關係

Describe the anatomy and physiology of the craniosacral system and its relationship to illness, pain and dysfunction

- 開發和提升您對顱骨、薦椎、顱薦節律與相關軟組織在體內的細微受限之輕柔觸診技術Develop and refine your light-touch palpation skills to access subtle restrictions in the body by focusing on the cranium, sacrum, craniosacral rhythm and related soft tissue
- 使用幻燈片介紹顱骨、顱縫、顱內膜處理前後之差異，以及硬腦膜系統及其相關的骨骼、解剖與神經系統

Describe a comparative-anatomy slide presentation focusing on cranial bones, their related sutures, and the difference between treated and untreated intracranial membranes, the dural membrane system and it' s relationship to the skeletal/anatomy & neurological

- 練習顱薦椎療法的十步曲，你將可以輕易的將其融入你現有的治療手法中

Practice a concise 10-step evaluation and procedure protocol you can easily integrate into your existing practice

◆講師介紹Instructor: Mariann Sisco ,PT,CST-D



Mariann Sisco於1978年畢業於美國科羅拉多大學獲得物理治療與心理學學位，接觸顱薦椎療法之後，許多年的時間便一直在Dr.Upledger 身邊學習並擔任助教。

Mariann善用顱薦椎療法、內臟筋膜鬆動術(VM)與Mechanical Link等等治療方法並熱衷於幫人們解決最為困擾的問題，1988年新墨西哥大學給了

他們第一個“ 年度臨床教育家” 的獎項給Mariann以表彰她在臨床的貢獻，2000年成為Upledger Institute的講師後便活躍於世界各地進行教學。

Mariann Sisco is passionate about helping people solve even the most puzzling issues. Once struggling with her own health challenges that didn't respond to conventional care, she discovered the guiding principles of CranioSacral Therapy and other osteopathic approaches...and finally experienced hope and healing.

Fueled by her personal belief that you cannot diagnose the power of the human spirit, Mariann now delights in sharing her skills with patients and students alike.

Mariann has enjoyed a long and celebrated career in hospitals, rehabilitation centers, orthopedic clinics and most recently at the Upledger Institute incorporating CranioSacral Therapy, Visceral Manipulation and Mechanical Link in her work to improve functional outcomes and relieve pain. In 1988, The University of New Mexico named her their first "Clinical Educator of the Year."

◆**研習參考資料Required Advance Reading:**

1. *CranioSacral Therapy, chapters 1-6, by John E. Upledger, DO, OMM, and Jon D. Vredevoogd, MFA;*
 2. *Your Inner Physician and You by Dr. John E. Upledger*
- (以上書籍現場均有販售)

■**研習表 Class Outline:**

第一天Day One

- | | |
|---------------|--|
| 9:00 - 10:30 | Introductions: Self, Study Guide, Participants
Teaching Assistants and Facilitator
History |
| 10:30-10:45 | Break |
| 10:45-11:30 | Discussion of palpation and Therapeutic Presence
Palpable Physiologic Motions |
| 11:30 - 12:30 | Lecture, Demonstration and Practice of CranioSacral palpation and
evaluation techniques |
| 12:30 – 1:15 | Lunch |
| 1:30– 2:30 | Fascia as a Body System |
| 2:30-2:45 | Break |
| 2:45-5:30 | Release of Fascial Restrictions
Demonstration and Practice
Question and Answer Period |

第二天Day Two

- | | |
|---------------|---|
| 9:00 - 9:30 | Question and Answer Session on Day 1& Preview Day 2 |
| 9:30 - 10:15 | Lecture on Cranial Base Release |
| 10:15– 10:30 | Break |
| 10:30-11:15 | Demonstration and Practice of Cranial Base Release |
| 11:15 – 11:45 | Lecture, Demonstration and Practice Sacral Techniques |

11:45-12:45	Lecture, Demo and Practice of Dural Tube Rock and Glide
12:45 – 2:00	Lunch
2:00 – 2:30	Pressurestat
2:30- 3:00	Lecture, StillPoint/CV-4/ Cranial Pumping
3:00 – 3:15	Break
3:15 - 3:45	Demo & Practice, StillPoint/CV-4/ Cranial Pumping
4:00 - 5:00	Lecture on Direction of Energy/V-Spread technique Demonstration and Practice Direction of Energy/V-Spread

第三天Day Three

9:00 - 9:30	Question and Answer Session on Day 2 / Preview Day 3
9:30 - 10:20	Lecture - Model C/S System, Overview of Cranial Bones and sutures and Slides
10:20 – 10:35	Break
10:35–10:45	Types of Restrictions and how to free them
10:45- 11:30	Frontal Lift Lecture, Demo and Practice
11:30 – 12:30	Parietal Lift: Lecture, Demo and Practice
12:30-2:00	Lunch
2:00 - 3:15	Sphenoid Lecture, Demo and Practice
3:15 – 3:30	Break
3:30- 4:45	Temporal Techniques: Lecture, Demo and Practice
4:45- 5:30	TMJ: Lecture, Demo and Practice

第四天Day Four

8:00 - 8:30	Question and Answer Session on Day 3 Preview Day 4
8:30 – 9:45	Closing Thoughts
9:45 – 10:00	Break
10:00 – 10:30	CranioSacral Therapy II Discussion Clinical Considerations, Mini Session discussion
10:30-11:00	Demo 10 Step
11:00-12:00	10 Step Talk through
12:00 – 1:30	Lunch

1:30 – 2:30 10-Step Walk through

2:30 – 3:30 Closing

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 / 心一空間

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: 32人(含複訓2名)

Maximum number of class student: 32people (including 2 people of refresher training)

本研習一般人可報名、同時歡迎所有相關醫事人員、身體工作者參與報名。

We open to the people who have interested with this course, all relevant medical personnel and physical workers are welcome to sign up as well.

※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**32000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\$ 32000**

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

六、匯款資料Remittance information

■國內匯款資料: 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.106, Bo' ai 2nd Rd. Zuoying Dist., Kaohsiung City
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.)★	2046-01-0002601-0
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 , 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。

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WB學苑網站，若有疑問，可傳訊息在WB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 WB Academy website. If you have any questions, you can send a message on the WB 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](tel:075572299)，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：高雄市左營區立信路111號/ 電話： [0982 170 885](tel:0982170885)，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](tel:079628800)，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](tel:075868388)，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WB學苑網站<https://www.facebook.com/wellbalanced01>

For details, please refer to the website of WELL BALANCED INSTITUTE.

<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UI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.