



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

內臟筋膜鬆動術：腹部第二階段

Visceral Manipulation : Abdomen 2 (VM2)

日期 Date: 2025/12/18~2025/12/21

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、研討會簡介 Course Description :

在內臟筋膜鬆動術(腹部第二階段)課程中，您將可以延伸在第一階段所學到的功能解剖概念、手位和操作技巧，並且對腹腔、顱部及胸腔之間的相互關係有更深層的了解。

Synopsis : In Visceral Manipulation : Abdomen 2 you will expand on the functional anatomy, hand placements and techniques you learned in Visceral Manipulation : Abdomen 1 to give you a deeper understanding of the abdominal cavity and its relationship to the cranial and thoracic cavities.

◇研討會重點 Course Highlight :

- 探索腹腔內更深層的結構，著重在腎臟、胰臟、脾臟、大網膜、腹膜和他們的結締組織或支持組織。

Explore the deeper structures within the abdominal cavity, focusing on the kidneys, pancreas, spleen, greater omentum, peritoneum, and their connective or suspensory tissues.

- 深度了解受限平面、活動度及蠕動的相關概念。

Learn about the concept of restriction planes, mobility and motility.

- 在原有的內臟筋膜鬆動技術上，增加多種長槓桿技術。

Begin to incorporate multiple long-lever techniques into your VM work.

- 學員在指導下完成練習，指導您完成定位和評估每個器官的特定技術，以及效果和禁忌症。
Participate in supervised, hand-on sessions that guide you through specific techniques for locating and evaluating each organ, along with the effects and contraindications.

◇報名資格 Prerequisite :

已修畢 VM1(Abdomen 1) 內臟筋膜鬆動術-腹部第一階段

◇研討會前參考資料 Required Advance Reading: :

Visceral ManipulationII, 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:Instructor : Rita Benamor



Rita Benamor,DO,CST-D,BI-D，在英國牛津布魯克斯大學學習骨病學，並於 Upledger 機構和歐洲及美國 Barral 機構研究神經、人工關節手術及顱薦椎手法。她在葡萄牙里斯本的私人診所工作,並在里斯本的骨病學大學 IMT 教授解剖生理學。Rita Benamor 是國際 Barral Institute 的 Visceral Manipulation 第一階到第四階，以及 Neural Manipulation 第一階的認證講師;並同時是 Upledger Institute International 的 CST12 認證講師。她擅長各國語言,以英語、葡萄牙語、西班牙語、法語、意大利語、俄文於世界各地教授國際認證課程。

◇課程表 Class Outline :

第一天 Day One

09:00 - 12:00	Review of Visceral Manipulation: Abdomen 1 materialOpen discussion for problem solving
10:15 - 10:30	Break
10:30 - 12:00	Question and answersLiver, long lever techniques
12:00 - 13:30	Lunch
13:30 - 15:00	Stomach, hiatal hernias, long levers Duodenum, long lever techniques

15:00 - 15:15 Break

15:15 - 17:00 Small intestine, long lever techniques

第二天 Day Two

09:00 - 10:15 Large intestine, long lever techniques

10:15 - 10:30 Break

10:30 - 12:00 Kidney anatomy and physiology

12:00 - 13:30 Lunch

13:30 - 15:15 Kidney techniques

15:15 - 15:30: Break

15:30 - 17:00 Kidney techniques

第三天 Day Three

09:00 - 10:15 Pancreas anatomy and physiology

10:15 - 10:30 Break

10:30 - 12:00 Pancreas techniques

12:00 - 13:30 Lunch

13:30 - 15:15 Spleen anatomy and physiology

 Spleen techniques

15:15 - 15:30 Break

15:30 - 17:00 Peritoneum anatomy and physiology

第四天 Day Four

08:00 - 10:00	Peritoneum techniques
10:00 - 10:15	Break
10:15 - 12:00	Omentum techniques
12:00 - 13:00	Lunch
13:00 - 15:30	Integration of new organs into body relationships

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, Ziyu 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: 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 **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.

◆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](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：地址： 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.