



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

BI 內臟筋膜鬆動術：腹部第一階段

Visceral Manipulation : Abdomen 1 (VM1)

日期 Date: 2025/12/13~2025/12/16

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 :

「內臟筋膜鬆動術」是一種輕巧、精準的手療法，目的是將內臟、結締組織及生理運動之身體部位的活動度及張力正常化。「運動」是生命本身的象徵，宇宙中所有的東西都在運動。一切都在時間和空間中移動，人類也不例外。我們的身體需要運動來維持健康，同樣的原理可以運用在我們體內的所有結構上，包括臟器。臟器需要活動來維持健康與最佳功能。

Visceral Manipulation is a manual therapy consisting of gentle, specifically placed manual forces that encourage normal mobility, tone and inherent tissue motion of viscera, their connective tissue and other areas of the body where physiologic motion has been impaired. Motion is a sign of life itself. Everything in the universe is in motion. Everything moves in space and time and humans are no exception to this rule. Our bodies need movement to be healthy. This same principle applies to every structures in our bodies including the viscera. For an organ to be healthy and have optimal function there needs to be motion.

當組織發炎的時候會失去該有的正常運動。自然復原的過程中包含局部正常組織纖維崩解，並且被相對無彈性的顆粒組織取代。我們可以想成受影響的組織「乾掉」了，其中，許多因素會使組織發炎：感染、直接創傷、重複性動作、飲食、環境毒素及情緒壓力。

Tissues lose their normal motion when they become inflamed. The natural healing process involves local disruption of normal tissue fibers and their replacement with relatively inelastic granular tissue. It can be conceptualized as a localized drying-out of the affected tissue. Many factors can cause tissue inflammation including: infections, direct trauma, repetitious movement, diet, environmental toxins and emotional stress.

身為內臟筋膜鬆動術的學員，您將學會如何評估臟器的運動，運動主要分為兩種：一種是臟器被周圍組織推擠造成的運動，稱為「活動度(mobility)」，另一種則是臟器本身固有、主動的「蠕動度(motility)」。除此之外，您還會學到如何治療這些減少/改變的運動，使臟器恢復良好生理運動，進而達到內臟功能促進的效果。

As student of Visceral Manipulation you will learn tools for evaluating organ motion, in particular, two types of movement: one motion caused by the pushes and pulls of surrounding tissue(mobility) and the other, the organs own intrinsic, active motion(motility). You will also learn techniques to treat these areas of decreased/altered motion, thereby restoring better physiologic motion, which in turn will improve the function of the organ.

研討會重點 Course Highlight :

- 學會如何去定位、評估及正常化腹腔內主要功能障礙的部位。

Learn manual skills to locate, evaluate and normalize primary areas of dysfunction within the abdominal cavity.

- 探索臟器與相關支持系統、薄膜及韌帶之間的動態關係。

Explore the dynamics of motion and suspension in relation to organs, membranes and ligaments.

- 檢查臟器與結構(神經-肌肉-骨骼)功能障礙之間的關係

Examine the relationship of organs and structural or neuro-musculo-skeletal dysfunction.

- 評估功能性活動的品質和身體結構的狀態，因為這些都和整個人體息息相關。

Assess the quality of functional activity and somatic structures as they relate to an overall pattern.

□研討會前參考資料 Required Advance Reading: :

-*Visceral Manipulation*, 作者 Jean-Pierre Barral, PRT, DO

(此書心意識全人學苑有販售，歡迎洽詢)

-*Atlas of Human Anatomy*, 作者 Frank Netter, MD

-*A Regional Atlas of the Human Body*, 作者 Carmine Clemente

●講師介紹 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 第一階及第二階的認證講師；並同時是 Upledger Institute International 的 CST1&2 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。

研習表 Class Outline :

第一天 Day One

09:00 - 12:00

15 minute break mid-way through
Introduction, Concept and Theory

- The history and foundation of the visceral concept and its importance in manual therapy.
- The general anatomy and physiology of the thoracic and abdominal organs, their relationship to the musculoskeletal systems, the nervous systems, the vascular systems, the respiratory system and the digestive system.
- The principles of connective tissue (fascia) as the mechanical attachment system for the organs.
- The principles of visceral techniques - organ specific fascia mobilization. Discussion and explanation of contraindications.
- Present the latest research on internal body pressures and their effect upon visceral motion and subsequent soft tissue restrictions.

12:00 - 13:30

Lunch

13:30 - 17:00

15 minute break mid-way through
Liver

- Presentation of the liver, it' s attachments to the diaphragm and to other viscera.
- Anatomical landmarks
 - Sliding surfaces
 - Normal liver mobility in reference to the three anatomical planes
- Present hepatic fixations
Present concepts of mobility and motility
Present correction techniques for hepatic fixation and/or improper motion

第二天 Day Two

09:00 - 12:30

15 minute break mid-way through
Stomach

- Anatomical description
- General description of stomach mobility
- Manipulative techniques for the stomach
 1. Direct techniques
 2. Indirect techniques

Present stomach motility

Palpate and manually listen to the pylorus

Lunch

12:30 - 14:00

14:00 - 17:00

15 minute break mid-way through

Listening Skills:

1. General Listening
2. Local Listening
3. Inhibition

Stomach

1. Manual evaluation
2. Treatment

Stomach Ptosis

1. Manual evaluation
2. Treatment

Stomach Ulcer

1. Manual evaluation
2. Treatment

第三天 Day Three

09:00 - 12:30

15 minute break mid-way through

Iliocecal

- Duodenojejunal junction
- ODDI
- Pylorus
- Cardiac

Duodenum

Present (D1) and its relationship to the liver

Present (D2) and its relationship to the common bile duct and the sphincter of ODDI.

Sphincters

Present (D-3) and its relationship to mesenteric root of small intestine.

Duodenojejunal junction

1. Evaluation by palpation and manual listening
2. Treatment

Lunch

12:30 - 14:00

14:00 - 17:00

15 minute break mid-way through

Root of the Mesentery and Small Intestine

- Mobility testing and evaluation
- Treatment

Gall Bladder

Precise anatomical description of the gall bladder and its duct system including the common bile duct and the Sphincter of ODDI.

The three stages of gall bladder manipulation.

1. Gall bladder fundus/body, neck
2. Cystic duct
3. Common bile duct stretching

Evaluation by listening with the hands to the sphincter and to the body of the gall bladder.

Differentiating between the liver and the gall bladder.

第四天 Day Four

08:30 - 12:30

15 minute break mid-way through

Small Intestine

Large Intestine

• *Cecum*

12:30 - 13:30

Lunch

13:30 - 16:00

Large Intestine

• Ascending

• Descending

• Hepatic Flexure

• Splenic Flexure

• Transverse Colon

• Sigmoid Colon

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, 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: 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](tel:075572299)：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](tel:0982170885)：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](tel:079628800)：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](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 .

(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.