



Hari

Core Program (2) 2019 HARI PROGRAM, BOSTON

Instructor: Takayuki Koei Kuwahara, Lic.Ac.
 (617) 926-6986(w): e-mail: info@culia.net www.culia.net

SATURDAY, DECEMBER 7th, 2019

1:30 pm	Hari Kototama, Meditation Practice Q and A form last month the Hari study		
1:45 2:45pm	HARI PROGRAM	Abdominal dx. and Sho	Practice Hara Dx.
2:45 4:00pm		Selection of the primary and secondary SHO with Cold and Heat pattern	SHO Demo. Practice: 4 examination/Shin Dx., Pulse, Hara
4:15pm		Breathing Ex. * Needling Practice on the apple *	
4:15 4:45pm		Tonification Technique with Futomani Ex. * Depth, Ki arrival and Obtaining Ki	Practice Basic needling/ Tonification and Sesshin Practice
4:45pm 6:00pm		Ki feedback w/pulse Point Selection and find alive point Hari tx. Step 1.2 with	Hari Tx. Practice Step 1.2 with Ki feedback

SUNDAY, DECEMBER 8th, 2019

8:00 8:15am	KOTOTAMA and Ki Exercise		
8:15 8:45am	HARI PROGRAM	EV and Shigo An ultimate constituent in Hari (finding most Df. phases) Its secrets, effects and Cross Tx. and Dx. methods with EV+ Shigo and Hari root tx.	
8:45 9:45am		EV& Shigo and Hari root Tx.	Demo: Cross methods with EV and Shigo
10:00am		Breathing Ex.	
10:00 12:00pm		Order of EV Tx. Pathway, Symptomology and Hara Dx. and How to use magnet tester and moxa	Demo and Practice: Hara Dx. EV Dx., point location and EV tx.
12:00 1:00pm		Lunch Break	
1:00 2:30pm		Shigo Tx. Its mechanisms and Practice: Point selection and Gold needle Technique.	Demo and Practice: to find the most effective points and /with appropriate techniques. and Shigo Tx.
2:45pm		Ki Breathing ex.	
2:45 4:45pm		EV& Shigo and Hari Tx. Whole Hari Treatment flow and its practice	Tx. practice
5:00 pm		Q & A	