



Hari Program (3) 2020 Fundamentals Program Portland OR

Saturday, March 14th, 2020

9:00 – 9:30	HARI PROGRAM (3)	Gassho and Kototama Chanting	As a practice for concentrating one's consciousness and unifying it with the universe	
9:30 – 11:00		L1	Fundamental principle of the Point selection and Tx. side (<i>Nan Jing</i> Chp. 49, 68, 69, 75 and other Blood Stasis)	
11:00 – 11:15		Breathing Exercises and Tea		
11:15 - 12:00		L2 P1	Hari Futomani	Tonification technique in Kototama Meditation
12:00 – 1:30		Lunch Break		
1:30 – 2:45		P2	Review: Sha-Ho	Fu, Gen, Ko, Ken, Jin and Waho
2:45 – 3:00		Breathing Exercises and Tea Break		
3:00 – 3:30		P3	Gassho Ceremony	20 minutes Gassho: Healing Ki in the space.
3:30 – 4:45		P4	Hari Tx. Step 1,2,3.	Root tx. with Ki feedback method by pulse
4:45-5:00		Q & A		

Sunday, March 15th, 2020

Subject	Extra Ordinary Vessel and Shigo Treatment			
9:00 – 9:15	HARI PROGRAM (3)	Mantra, Ki breathing exercise		
9:15 - 10:25		L3	* General principle of EV treatment Main and couple pts. and Extra EV points in Hari style of EV Magnet tester and Tx. method and tools Pulse Dx. for EV tx. EVs Symptomology and Flow of the EV vessels	
10:25 – 11:00		L4	Abdominal EV Dx.	How to do Hara EV-Dx.
11:00 – 11:30		L5	Demo	Hari style of EV. Tx.
11:30 – 12:30		P4	Practice EV	EV Sho determination and Tx.
12:30 – 2:00		Lunch Break		
2:00 – 2:45		P5	Shigo Treatment	Demo and Practice for Shigo
2:45-3:30		L6	Sho determination from EV and Shigo Dx.	
0:15		Breathing Ex. and Tea		
3:45 – 4:45		P6	Step 1,2,3. + EV, Shigo Tx.	SHO determination Root tx. and EV tx. with Ki feedback method by pulse
4:45-5:00	Q & A			