



Hari Program (4)

2020 Fundamentals Program
Portland OR

SATURDAY, APRIL 25th, 2020

Subject	How to find effective points and areas, and which techniques can be used for each point (Volcano, Tornado; I.II.III). Methods of tx. to be covered include Sanshin, Okyu, Chinetsu-Kyu and Three-edge needle.		
9:00-9:30	HARI PROGRAM (4)	Mantra: Hari Kototama	
9:30-10:00		Introduction to Touch dx. Touch needling and Moxa.	
10:00-10:45		What is Volcano, Tornado point? and its three level of skin/body condition and tx. tools and its methods	with Demo
10:45-11:00		Ki breathing Ex. and Tea	
11:00-12:00		Touch needling Direct Moxa, Chinetsu Kyu	How do we find the Volcano/ Tornado ? and its Stages I, II, III. Tx. practice. (including the Moxa, Three-edge needle)
12:00-1:30		Lunch Break	
1:30-2:30		Sanshin	Demo and Practice: Sanshin tx. (Hifushin, Piano touch etc.)
2:30-3:15		Harmony Points	How do we find the point and its tx. techniques.
3:15-3:30		Ki breathing Ex. and Tea	
3:30-5:00		Step 0-5	Root and Local tx. and its Evaluation of treatment

SUNDAY, APRIL 26th, 2020

9:00-9:30	HARI PROGRAM (4)	Kototama Mantra and Ki Ex.	
9:30 - 10:30		Ketsubon and Kigai : Systemized area used to regulate the Ki, whole body.	
10:30- 11:00		Points on the <i>Ketsubon</i> , <i>Kigai</i> Touch and/or Insertion: I, II, III.	Volcano and tornado pts. in the <i>Ketsubon</i> How do we read correlation of Ki condition
11:00 - 11:15		Ki breathing Ex. and Tea	
11:15 - 12:00		Demo:	Mapping Practice on the Ketsubon and Kigai area.
12:00 - 1:30		Lunch Break	
1:30-2:00		Demo:	Touch or/and Insertion.: stages I, II, III. on the Ketsubon and Kigai area.
2:00-3:15		Practice:	Dx. and tx. on the Kigai and Ketsubon
3:15-3:30		Ki breathing Ex. and Tea	
3:30-3:45		Q&A for whole tx.	
3:45 - 5:00	Practice:	Root tx. Steps 0.1.2.3.4. and on the Ketsubon and Kigai area	