



# Hari

## Core Program (5) 2020 HARI PROGRAM, BOSTON

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### SATURDAY, March 7<sup>th</sup>, 2020

1:30-1:35pm		Mantra: Hari Kototama	
1:35-2:00pm	L	Review from last month	
2:00-3:00pm	L	<b>Yu-Sha, Harmony Points</b>	Demo + Practice
3:00-3:45pm	P	Determining which technique is the most appropriate to use with the Pulse-Quality dx. with function of the organ and meridian.	Root and Local tx. and the Evaluation of treatment
3:45-4:00pm		Ki breathing	
4:00-4:30pm	L	How to detect the location of Jaki and how to treat with the appropriate needling techniques. How do we control it?	Finding Jaki from in each section and depth.
4:30-5:45pm	P	Practice step 0-5	Has the pulse changed with needling?
5:45-6:00pm		Q&A	

### SUNDAY, MARCH 8<sup>th</sup>, 2020

		<b>Shiraku/ Bloodletting and Cupping</b>	
8:00-8:30am		Hari Mantra and Ki Exercise	
8:30-10:15am	L	History of Shiraku and Kyukaku/Cupping: Classification and its purpose and effects. : dosages, and sterilization methods	
10:15-10:4 am	L	Important areas: Body Regions and their indication (Jing points and extremities) Purpose and methods and its effect of the Cupping methods Blood Stasis: Its cause and tx.	
10:45-11:0 am	P	Demo.: Hari with Shiraku treatment Preparations for STERILIZING & DISINFECTING	
11:00-12:3 pm	P	Practice on the Jing points and Other extremities (Mattan Shiraku)	
12:30-1:30pm		Lunch Break	
1:30-2:15pm	L	Important areas: Body Regions and their indication: Vascular spiders, (Sairaku Shiraku), other (Hifu Shiraku)	
2:15-3:15pm	P	Practice: Cupping and Bloodletting on vascular spiders and skin with Wet-Cupping	
3:15-3:30pm		Ki breathing Exercise	
3:30-4:00pm	P	Case study and Clinical applications: SP-LR and LU-LR Excess (Chp.75) Tonification by Kyutoshin and Chinetsukyu	
4:00-4:50pm	P	Demo from Mr. K: Practice: Hari tx. with SHIRAKU, Kyutoshin, Chinetsukyu.	
4:50-5:00pm		Q&A and Conclusion	