



Hari Core Program (1) 2016

AOMA GRADUATE SCHOOL OF INTEGRATIVE MEDICINE

Continuing Education

4701 West Gate Blvd, Austin, TX 78745

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

Ass. Instructor: Aaron Rubinstein, LAc., President of the Hill Country Hari Society
Gabriel Govendo, LAc., CULIA Ki clinic Inc. MA

FRIDAY, MAY 20, 2016

9:00 am - 10:00 am	Introduction to the complete Hari system			
10:00 am - 11:30 am	HARI PROGRAM (1)	L.1	Hari, Definition, Characteristics 1, 2, 3 * SHO and Root treatment, Local treatment * Spirit, Ki (mind), Physical Body * Hari Kototama and Yin/Yang, five phases * Classification of basic needling technique * Ki feedback methods by pulse	
11:30 am -12:30 pm		P.1	Demo. whole Hari treatment	
12:30 pm - 1:30 pm		Lunch Break		
1:30 pm - 3:00 pm		L.2 P.2	Finding the middle/stomach Ki pulse Six comparative Dx.	Pulse Dx.
3:00 pm-3:30 pm		Ki and Breathing practice		
3:30 pm - 4:30 pm		L.3	Three steps to form the primary SHO with Principles of Treatment	
4:30 pm - 4:45 pm		Ki Ex. +Tea.		
4:45 pm - 6:00 pm		L.4 P. 3	Types of needles and techniques and Sesshin (Spirit/ Mind /Body Posture), Oshide, Sashide	Practice Oshide and Sashide and Q & A

SATURDAY, MAY 21, 2016

9:00 am - 10:00 am	KOTOTAMA MEDITATION		
10:00 am - 10:30 am	Ki Exercise (on strength of the Tanden and better Body Posture) +Tea.		
10:30 am -10:00 am	L.5	Five elements in Pulse. Basic, Six-position comparative pulse dx.	
10:00 am - 12:30 pm	L.6 P.4	Six-position comparative pulse dx. Feedback (Self-phone P. Dx.)	Form the primary SHO w/pulse Dx. and Ki feedback methods by pulse (Self-phone P. Dx.)
12:30 pm - 1:30 pm	Lunch Break		
1:30 pm - 3:00pm	L.7	* Classification of Seiki and Jaki, Kyo and Jitsu * Difference in the Generation Mechanism of Cold and Heat	
3:00 pm - 3:30 pm	Tea and Ki Practice * Needling Practice on the apple		
3:30 pm - 4:30pm	L.8 P.5	Hari Basic Technique (HO) * Body/Mind Posture, Oshide, Sashide	Needling practice with Teishin
4:30 pm - 5:30pm		Tonification Technique * Depth, Ki arrival and Obtaining Ki	Needling practice with UTT
5:30 pm - 6:00pm	Q & A		

SUNDAY, MAY 22, 2016

8:00 am - 8:30 am	Hari Kototama, Meditation Practice		
8:30 am - 9:00 am	Ki Exercise (on strength of the Tanden and better Body Posture) +Tea.		
9:00 am - 12:00 pm	L.9+P.6	Selection of the primary and secondary SHO with Cold and Heat pattern	Tonification and Sesshin Practice with UTT
12:00 pm-1:00 pm	Lunch Break		
1:00 pm - 2:30 pm	L.10+P.7	Tx. Step 1-3	Form the primary SHO w/pulse Dx. Practice Step 1-2
2:30 pm - 2:45 pm	Tea and Ki Ex.		
2:45 pm - 3:45 pm	L.11+P.7	Tx. Step 1-3	Treatment Practice with SHO
3:45 pm - 4:00 pm	Q & A		