



Hari Core Program (1) 2018

AOMA GRADUATE SCHOOL OF INTEGRATIVE MEDICINE

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9:00 am – 10:00 am	FRIDAY, MAY 18, 2018 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		L2P2	Six comparative Dx. Stomach Ki pulse	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	
4:45 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

9:00 am – 10:30 am	SATURDAY, MAY 19, 2018 KOTOTAMA, Ki Exercise +Tea.			
10:30 am -10:00 am	HARI PROGRAM (2)	L.5	Five elements in Pulse. Basic, Six-position comparative pulse dx.	
10:00 am - 12:30 pm		L6 P4	Six-position comparative pulse dx. Feedback	Form the primary SHO w/pulse 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		L8 P5	(HO)Technique * Body/Mind Posture, Oshide, Sashide	Needling with Teishin
4:30 pm – 6:00pm			* Depth, Ki arrival and Obtaining Ki	Needling with UTT

8:00 am – 9:00 am	SUNDAY, MAY 20, 2018 Hari Kototama, +Tea.			
9:00 am – 12:00 pm	HARI PROGRAM (3)	L9 P6	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		L10 P7	Tx. Step 1-3	Primary SHO w/pulse Dx.
2:30 pm - 4:00 pm		L11 P7	Tx. Step 1-3 and Q & A	Treatment Practice with SHO