



Hari Core Program (1) 2019 PROGRAM, BOSTON

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Seminar Location: CULIA KI CLINIC INC.

SATURDAY, 9th NOVEMBER 2019

8:00 am – 12:00 pm	Free Hari study by observation in CULIA with Mr. K. (for whole Hari program student)		
1:30 pm – 1:30 pm	Gassho Ceremony		
1:30 pm – 3:00 pm	HARI PROGRAM (1)	Introduction to the complete Hari system (Hari step 0-5) * Hari, Definition, Characteristics 1, 2, 3 * SHO and Root treatment, Local treatment * Spirit, Ki (mind), Physical Body and Hari Kototama * Yin/Yang, five phases and Meridian * Classification of basic needling technique * Ki feedback methods by pulse	
3:00 pm-3:30 pm		Ki and Breathing practice	
3:30 pm - 4:30 pm		Steps to form the primary SHO with Principles of Tx.	Demo; diagnosis
4:30 pm-5:15 pm		Complete Hari system Step 0-5	Model tx. from Mr. K
5:15 pm – 6:00 pm		Finding the middle/stomach Ki pulse and determining yin/yang pulses.	Pulse Dx. and Q & A

SUNDAY, 10th NOVEMBER 2019

8:00 am – 8:30 am	KOTOTAMA MEDITATION + KI PRCTICE		
8:30 am -10:00 am	HARI PROGRAM (1)	* Causes of diseases (Yin and Yang disease) and symptoms * Seiki and Jaki, Kyo and Jitsu (Oki-jitsu and Jaki-jitsu) * Difference in the Generation Mechanism of Cold and Heat	
10:00 am - 10:30 am		Basic pulse quality and Six-position comparative pulse dx.	
10:30 am - 10:45 am		Ki and Breathing practice	
10:45 am - 12:00 pm		Primary SHO	Ki feedback methods by pulse Form the primary SHO w/ Basic pulse Dx.
12:00 pm – 1:00 pm		Lunch Break	
1:00 pm – 2:00pm		Futomani Shinpo: Quality Ki and (Body/Mind Posture)	
2:00 pm – 2:30 pm		Ki Practice (Tree Ki Ex.)	
2:30 pm – 3:30pm		Hari Basic Technique (Ho) Oshide, Sashide and DEMO	
3:30 pm – 4:45pm		Needling practice with UTT on Primary SHO points	
4:45 pm – 5:00 pm		Q & A + Closing Ceremony	