



# Hari Core Program (1)

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**SATURDAY, 19<sup>th</sup> NOVEMBER, 2016**

12:30 pm - 1:00 pm	Registration			
1:00 pm - 1:30 pm	Gassho Ceremony Introduction to the complete Hari system (Hari step 0-5)			
1:30 pm - 3:00 pm	<b>HARI PROGRAM (1)</b>	<b>Class 1</b>	<ul style="list-style-type: none"> <li>* Hari, Definition, Characteristics 1, 2, 3</li> <li>* SHO and Root treatment, Local treatment</li> <li>* Spirit, Ki (mind), Physical Body and Hari Kototama</li> <li>* Yin/Yang, five phases and Meridian</li> <li>* Classification of basic needling technique</li> <li>* Ki feedback methods by pulse</li> </ul>	
3:00 pm-3:30 pm		Ki and Breathing practice and + Tea.		
3:30 pm - 4:30 pm		<b>Class 2</b>	Steps to form the primary SHO with Principles of Treatment	Model diagnosis
4:30 pm-5:15 pm		<b>Class 3</b>	Complete Hari system Step 0-5	from Mr. K      Model treatment
5:15 pm - 6:30 pm		<b>Class 4</b>	Finding the middle/stomach Ki pulse and determining yin/yang pulses.	Pulse Dx. and Q & A

**SUNDAY, 20<sup>th</sup> NOVEMBER, 2016**

7:00 am - 8:00 am	KOTOTAMA MEDITATION + Ki PRCTICE (Oki-yoga Ki Ex.)			
8:00 am - 8:30 am	Tea Break			
8:30 am -10:00 am	<b>HARI PROGRAM (1)</b>	<b>Class 5</b>	<ul style="list-style-type: none"> <li>* Causes of diseases (Yin and Yang disease) and symptoms</li> <li>* Seiki and Jaki, Kyo and Jitsu (Oki-jitsu and Jaki-jitsu)</li> <li>* Difference in the Generation Mechanism of Cold and Heat</li> </ul>	
10:00 am - 10:30 pm		<b>Class 6</b>	Basic pulse quality and Six-position comparative pulse dx.	
10:30 am - 12:00 pm		<b>Class 7</b>	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		<b>Class 8</b>	Futomani Shinpo: Quality Ki and (Body/Mind Posture)	
2:00 pm - 2:30 pm	Ki Practice (Tree Ki Ex.) +Tea.			
2:30 pm - 3:30pm	<b>Class 9</b>	Hari Basic Technique (Ho) Oshide, Sashide		DEMO
3:30 pm - 4:45pm		Needling practice with UTT on Primary SHO points		
4:45 pm - 5:00 pm	Q & A + Closing Ceremony			