



Hari Core Program (1)

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SATURDAY, 19th 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	HARI PROGRAM (1)	Class 1	<ul style="list-style-type: none"> * 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 and + Tea.		
3:30 pm - 4:30 pm		Class 2	Steps to form the primary SHO with Principles of Treatment	Model diagnosis
4:30 pm-5:15 pm		Class 3	Complete Hari system Step 0-5	from Mr. K Model treatment
5:15 pm - 6:30 pm		Class 4	Finding the middle/stomach Ki pulse and determining yin/yang pulses.	Pulse Dx. and Q & A

SUNDAY, 20th 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	HARI PROGRAM (1)	Class 5	<ul style="list-style-type: none"> * 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 pm		Class 6	Basic pulse quality and Six-position comparative pulse dx.	
10:30 am - 12:00 pm		Class 7	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		Class 8	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	Class 9	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			