



Hari Program (1)

2010 HARI PROGRAM, NEW MEXICO

Track 1	Subject of study
Track 2	Contents of Lecture
Track 3	Hari Practice
Track 4	# of Handouts, Fundamentals, Keyword and Resources

Instructor: T. Koei Kuwahara, Lic.Ac. Japan President of the Hari Society
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 Organizer/Instructor: Ehrland Truitt DOM. 505-820-8786 President of the High Desert Hari Society
 Location: The Dreamcatcher Ranchito 31 Calle Estevan, Santa Fe, NM 87507 Ph.505-474-4007

(1) SATURDAY, OCTOBER 1st, 2016

8:55 am - 9:00p am	Registration			
9:00 am - 9:20 am	Opening words: Ehrland Truitt T. Koei Kuwahara, Introduction to the complete Hari system			
9:20 am - 10:30 am	Lecture I	*Introduction to Japanese Meridian Therapy Definition, Characteristics 1, 2, 3 * SHO, Root and Local treatment * Deficiency-tonification and Excess-Dispersion * Spirit/Kototama, Ki/Meridian(TJM), And Physical Body (TCM) * Yin - Yang and five phases with Kototama * Classification of basic needling technique * Futomani Shinpo * Ki feedback methods by pulse		What is Hari?
10:30 am - 11:15 am	Practice I	Model treatment by Hari	from Instructor with student.	Flow Chart
11:15 am - 12:30 pm	Lecture Practice II :	* SHO/Pattern and Sho determination with * Pulse: Middle/stomach Ki pulse and yin/yang.	Posture for Pulse take and Pulse Dx: Finding the middle/stomach Ki pulse and determining yin/yang pulses	Secrets of Pulse
12:30 pm - 2:00 pm	Lunch Break			
2:00 pm - 2:45 pm	Lecture III :	* Supplementation and Draining of the points * Point selection (Nanjing Chp. 69) and Location		
2:45 pm - 3:15 pm	Practice III :	Ki feedback methods * The feeling of the points which are or aren't presently alive".	Main treatment points point locations	
3:15 pm-3:30 pm	Tea Break and Breathing ex.			
3:30 pm - 4:00 pm	Lecture Practice IV :	Five phases theory and Kototama	Kototama Chanting	
4:00 pm - 5:00 pm	Lecture Practice V :	Futomani Shinpo * Spirit/ Mind /Body Posture, Oshide, Sashide	Basic techniques in Hari	
5:00 pm-5:00 pm	Q & A Closing			

SUNDAY, OCTOBER 2nd, 2016

9:00 am – 9:10 am	Mantra			
9:10 am – 9:30 am	Ki breathing			
9:30 am - 10:00 pm	Lecture VI:	*Causes of diseases and symptoms Classification of Seiki and Jaki, Kyo and Jitsu *Difference in the Generation Mechanism of Cold and Heat		
10:00 am - 11:00 pm	Lecture VI:	The three steps to form the primary SHO with Principles of Treatment		Basic Principle
11:00 am – 11:15 am	Tea Break and Breathing EX.			
11:15 am – 12:00 pm	Practice V:		Demo: SHO determination	
12:00 pm – 1:30 pm	Lunch Break			
1:30 pm – 2:30 pm	Practice VI:	SHO determination and Pulse diagnosis	Pulse diagnosis finding middle pulse and six-position comparative pulse diagnosis for SHO	
2:30 pm – 3:30 pm	Practice VII:	Futomani Shinpo Tonification	Tonification technique * Practice on the apple	
3:30 pm – 3:45 pm	Tea Break			
3:45 pm – 4:45 pm	Practice VIII:	Futomani Shinpo	Tonification Technique and Sesshin * Depth, Obtain the Qi, Qi arrives * Checking by Ki feedback methods and practice	Essences of Acupuncture
4:45 pm – 5:00 pm	Q&A			
Assignments	Read TJA: Fundamentals Review your notebook and handouts. Read Assignment was indicated in next month schedule.		Practice: middle pulse reading, basic technique on your body or friends and floating apple, point location	

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