



# Hari Program (1)

2019 PROGRAM, NM

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Seminar Location: Santa Fe, NM

Thursday 10<sup>th</sup> of October 2019

9:00 – 9:30 am	Introduction to the complete Hari system	
9:30 -10:45 am	<ul style="list-style-type: none"> <li>* Hari, Definition, Characteristics 1, 2, 3</li> <li>* SHO and Root, Local treatment</li> <li>* Spirit, Ki (mind), Physical Body and Hari Kototama</li> <li>* Classification of basic needling technique</li> <li>* Ki feedback methods</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>	
10:45 -11:15 am	Demo: diagnosis Model treatment	
11:15 -12:00 am	Basic pulse quality and Six-position comparative pulse dx.	
12:00– 1:30 pm	Lunch Break	
1:30 - 3:00 pm	(1) Steps to form the primary SHO with Principles of Treatment	Ki feedback methods by pulse Form the primary SHO w/ Basic pulse Dx.
3:00– 3:15pm	Ki Practice (Tree Ki Ex.)	
3:15– 4:00pm	Futomani Shinpo: Tonification Quality Ki and (Body/Mind Posture)	
4:00 – 5:15 pm	Hari Basic Technique (Ho)	Practice with UTT on Primary SHO
5:15– 5:30 pm	Q & A	

Friday 11<sup>th</sup> of October 2019

9:00-10:00am	KOTOTAMA MEDITATION + KI PRCTICE	
10:00-10:30am	Q and A form Saturday	
10:30 -11:30am	(2) Steps to form the primary and secondary SHO with Cold/ Heat pattern	SHO Demo. Practice: 4 examination/Shin Dx.,
10:30 -12:30am	Abdominal dx. and Sho	Practice Hara, Pulse Dx.
12:30-1:30pm	Lunch	
1:30- 2:45pm	Tonification Technique with Futomani	* Depth, Ki arrival and Obtaining Ki
2:45-3:15pm	Breathing Ex.	* Needling Practice on the apple *
3:15-3:30pm	Breathing Exercises and Tea Break	
3:30-4:15pm	Point Selection and find alive point	Point Selection w/pulse feedback
4:15-5:15pm	Hari Tx. Step 1.2	Practice Step 1.2 with Ki feedback
5:15-5:30pm	Q & A	