



# Hari Core Program (2)

## 2016 HARI PROGRAM, BOSTON

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

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**SATURDAY, December 17th, 2016**

1:00 pm - 1:30 pm	Hari Kototama, Meditation Practice			
1:30 pm - 2:00 pm	HARI PROGRAM (2)	Q and A form last month the Hari study		
2:00 pm - 3:00 pm		L-1	Meaning of Jaki/evil-ki and Seiki/correct-ki, Cause of Yin and Yang disease and its symptom, Jaki jitsu and Oki jitsu	
3:00 pm-3:15 pm		Breathing Ex. (Furu furu Taiso)		
3:15 pm - 4:30 pm		L-2	General dispersion/Shaho (Yo jitsu and Yin jitsu) Technique Dispersion within tonification with their associated pulse	Fu, Gen jitsu and Ko, Ken
4:30 pm - 6:30 pm		P-1	Practice: Yin, Yo-jitsu and Ko, Ken	

**SUNDAY, December 18th, 2016**

7:00 am - 8:00 am	KOTOTAMA MEDITATION + Ki Ex.		
8:00 am - 8:30 am	HARI PROGRAM (2)	Ki Ex. +Tea	
8:30 am - 10:00 pm		4	Futomani Shinpo: Basic Technique and Fu, Gen and Ko, Ken
10:00 pm - 10:15 pm		Ki Exercise and Tea	
10:15 am - 12:00 pm		5	Abdominal dx. and Sho Practice; Abdominal dx. with Sesshin/Ki contact determination
12:00 pm - 1:00 pm		Lunch Break	
1:00 pm - 3:00pm		6	Tonification (HO) Depth, Ki arrival and Obtaining Ki Checking by Ki feedback methods
3:00 pm - 3:15 pm		Ki Exercise and Tea	
3:15 pm - 4:50 pm			Root tx. Step1-3 & Kototama (Step 1.2.3) with Ki feedback
4:50 pm - 5:00 pm		Q & A + Closing Ceremony	