



# Hari Core Program (2)

2018 HARI PROGRAM, BOSTON  
and  
Sunday Open Hari Workshop  
Extra Ordinary Vessel Tx. and Shigo Tx.

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SATURDAY, NOVEMBER 17th, 2018

1:00 pm	Hari Kototama, Meditation Practice			
1:30pm	Q and A form last month the Hari study			
1:30 2:45pm	HARI PROGRAM (2)	C 1	Abdominal dx. and Sho	Practice Hara Dx.
2:45 4:00pm		C 2	Selection of the primary and secondary SHO with Cold and Heat pattern	SHO Demo. Practice: 4 examination/Shin Dx., Pulse, Hara
4:15pm		Breathing Ex. * Needling Practice on the apple *		
4:15 4:45pm		C 3	Tonification Technique with Futomani Ex. * Depth, Ki arrival and Obtaining Ki	Practice Basic needling/ Tonification and Sesshin Practice
4:45pm 6:00pm		C 4	Ki feedback w/pulse Point Selection and find alive point Hari tx. Step 1.2 with	Hari Tx. Practice Step 1.2 with Ki feedback

SUNDAY, NOVEMBER 18th, 2018

8:00 8:15am	KOTOTAMA and Ki Exercise			
8:15 8:45am	HARI PROGRAM (2)	Introduction to EV and Shigo An ultimate constituent in Hari (finding most Df. phases) Its secrets, effects and Cross Tx. and Dx. methods with EV+ Shigo and Hari root tx.		
8:45 9:45am		C 5	EV & Shigo and Hari root Tx.	Demo: Cross methods with EV and Shigo
10:00am		Breathing Ex.		
10:00 11:00am 12:00pm		C 6	Order of EV Tx. Pathway, Symptomology and Hara Dx. and How to use magnet tester and moxa	Demo and Practice: Hara Dx. EV Dx., point location and EV tx.
12:00 1:00pm		Lunch Break		
1:00 1:30pm 2:30pm		C 7	Shigo Tx. Its mechanisms and Practice: Point selection and Gold needle Technique.	Demo and Practice: to find the most effective points and /with appropriate techniques. and Shigo Tx.
2:45pm		Ki Breathing ex.		
2:45 4:45pm		C 8	EV & Shigo and Hari root Tx. Whole Hari Treatment flow and its practice	Tx. practice
5:00 pm		Q & A		