



# Hari Program (2)

## 2016 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

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### SATURDAY, NVENBER 5th, 2016

9:00 am - 9:30 am	Opening Ceremonies Gassho and Chanting		
9:30 am - 11:00 pm	Lecture I	Selection of the primary and secondary SHO with Principles of Treatment. Generating and Controlling Cycle of the Phases. Cold and Heat Sho	279-298
11:00 am - 11:45 pm	Lecture II	Abdominal diagnoses and Sho	(H) Hara
11:45 am - 12:30 pm	Practice I	Abdominal diagnoses with Sesshin/Ki contact	222-226
12:30 pm - 2:00 pm	Lunch Break		
2:00 pm - 3:00 pm	Practice II:	Tonification Technique: Futomani Shinpo * Body/Mind Posture, Oshide, Sashide	312-324
3:00 pm - 3:30 pm	Lecture and Practice III	Tonification Technique * Depth, Obtain the Qi, Qi arrives with Checking by Ki feedback methods and practice	Demo
3:30 pm - 4:45 pm	Practice IV	Root treatment (Step 1.2.) Hoho for Sho points with Ki feedback methods by pulse	
4:45 pm-5:00 pm	Q & A		

## SUNDAY, NOVEMBER 6th, 2016

9:00 am - 9:10 am	<b>Mantra</b>			
9:10 am - 9:30 am	<b>Ki breathing</b>			
9:30 am - 10:00 pm	<b>Lecture V</b>	Meaning of <i>Ja-Ki/evil Ki</i> and <i>Seiki/correct Ki</i> , * Yang disease: Causes of diseases and symptoms		123-162 Powerful yet
10:00 am - 11:00 pm	<b>Lecture VI</b>	General-draining/ <i>Shaho</i> techniques ( <i>Yojitsu, Yinjitsu</i> ). Draining within tonification techniques with their associated pulse	Demo	Very gentle HARI Style
11:00 am - 12:00 pm	<b>Practice V</b>		Lecture VI: <i>Yojitsu, Yinjitsu, Ho-chu-no-Sha</i>	of acupuncture.
12:00 pm - 1:30 pm	<b>Lunch Break</b>			
1:30 pm - 2:30 pm	<b>Practice VI</b>	What is the Alive point?	Confirmation of the main treatment points * The feeling of points which are or aren't presently alive" and point locations	307-311
2:30 pm - 3:30 pm	<b>Practice VII</b>		Pulse diagnosis finding middle pulse, SHO and <i>Ja-Ki/evil Ki</i>	235-251
3:30 pm - 3:45 pm	<b>Tea Break</b>			
3:45 pm - 4:15 pm	<b>Practice VIII</b>		Model treatment by Hari	
4:15 pm - 4:50 pm	<b>Practice IX</b>		Treatment practice (Step 1.2.3)	279-286
4:50 pm - 5:00 pm	<b>Q&amp;A</b>			
<b>Assignments</b>	Read TJA: Fundamentals Review your notebook and handouts. Read Assignment was indicated in next month schedule.		Practice: Basic needle technique and Hara DX, find middle pulse and jaki in pulse	