



Hari Program (3)

2017 BOSTON

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Track 1	Subject of study
Track 2	Contents of Lecture
Track 3	Hari Practice
Track 4	Keyword and Resources

Saturday, January 14th 2017

Subject	Point selection (Nan Jing chapter 68, 69, 75) and Practice HO, KEN and KO and WA-HO			
	Kototama Chanting	Practice for concentrating one's consciousness and unifying		
1:00 am - 1:45 am	L- I	Q and Answer, Jaki with its effect on the pulse		
1:45 am - 2:45 pm	L- II. P- I	YU-SHA WA-HO	WA-HO and from lecture I and II	
2:45 pm - 3:45 pm	P- II:	HO	Tonification / Ho technique in Kototama Meditation	
3:45 pm - 4:30 pm	P- III	KO and KEN	Draining within tonification techniques (KO, KEN) with their associated pulse quality diagnosis	
4:30 pm - 4:45 pm	Breathing Exercises and Tea Break			
4:45 pm - 5:15 pm	LP-III/ IV	Gassho	Word and Ki DX.	"Message from water". /Masaru Emoto.
5:15 pm - 6:15 pm	P- V	Step 1,2,3.	Root treatment with Ki feedback method by pulse	
6:15 pm-6:30 pm	Q & A			

Sunday, January 15th 2017

Subject	Pulse Quality Diagnosis and Ki			
7:00 am - 8:00 am	Gassho	Aoum Mantra, Kototama Practice		
8:00 am-8:30 am	Tea Break			
8:30 am - 11:00 am	L- I	Abnormal and correct pulse: (ST quality and Jaki) pulse, Sho and Five taste and Five element: appropriate for tx. points		247-251
11:00 am - 11:15 am	Breathing Exercises and Tea Break			
11:15 am - 12:00 pm	P- I	Demo and Pulse-Position/ Pulse-Quality DX.		245-246 251-263
12:00 pm - 1:00 pm	Lunch Break			
1:00 pm - 2:30 pm	L- III	Point selection (Nan Jing Chp. 49, 68, 75 and other Blood Stasis)		105-121
2:30 pm - 2:45 pm	Tea break	Ki breathing exercise		
2:45 pm - 3:00 pm	L- IV	Ki feedback methods with Sesshin		Powerful yet
3:00 pm - 4:50 pm	P- II	Step 1-3	Model tx. and Practice Diagnosis and Treatment	very gentle
4:50 pm - 5:00 pm	Q&A			