



SATURDAY

# Hari Program (5) 2020 Fundamentals PROGRAM, Portland OR

9:00 – 9:30	Gassho, Aoum Mantra, Kototama Practice		
9:30 - 11:00		<b>Pulse Quality and Pulse Quality in each Six position Diagnosis.</b> How to detect abnormal and correct pulse. ST quality pulse, date and 5 season, individual, and appropriate pulse quality in positions etc.	Powerful yet very gentle
11:00 - 11:15	HARI PROGRAM (5)	Breathing Exercises and Tea Break	
11:15 - 12:00		Demo. and Pulse-Position/ Pulse-Quality DX.	
12:00 – 1:30		Lunch Break	
1:30 – 2:15		Five season and taste: effective points and Hari technique.	
2:15 – 2:45		Point selection Tx . idea with Ki feedback methods	
2:45 – 3:00	Ki breathing exercise and Tea		
3:00 – 3:30		Model Hari treatment w/pulse quality Dx.	Hari
3:30 – 5:00	Step 1-3	Diagnosis and Treatment practice	

SUNDAY, MAY 23rd, 2020

9:00–9:30	Gassho and Chanting			
9:30–10:00		Q&A, and clinical experience	Hari	
10:00–10:30	Live-P.	Live-Point location for Root tx. with Sesshin/Ki contact		
10:30–11:15	Hari	Review: Ho (Kototama Shimpo) Waho, Ko, Ken and Other		
11:15–12:00	Pulse	Practice: Pulse Quality Dx. in each position		
12:00–1:00	Lunch Break			
1:00–1:30	HARI PROGRAM (5)	Pulse diagnosis and Tx. methods. Location of abnormal pulse with Jaki		
1:30–2:30		D. tx.	Touch Diagnosis to Determine Proper Tx. Technique.	
2:30–2:45		Ki breathing exercise and Tea		
2:45–4:45		Step 0-5	Complete Hari Root + Local treatment with Sesshin (Kototama)	
4:45–5:00		Q & A		
<b>Assignments</b>	Good Luck! Review your notebook and handouts. Kototama Study.		Practice: Pulse-Position/ pulse-quality DX and Disease (Jaki) in pulse with Sesshin. Only the unification of knowledge and doing contains truth.	