



# Hari Core Program (2) 2019 Santa Fe, NM

Instructor: Takayuki Koei Kuwahara, Lic.Ac. e-mail: [info@culia.net](mailto:info@culia.net) [kuahara@msn.com](mailto:kuahara@msn.com)  
 Ehrland Truitt, DOM. e-mail: [ehrland@cybermesa.com](mailto:ehrland@cybermesa.com) Ph:505-231-2872  
 Location: The Santa Fe Women's Club 1616 Old Pecos Trail Santa Fe, NM 87505

**Thursday 12th of December 2019**

9:00-9:30	HARI PROGRAM (3)	Kototama Chanting, Practice for concentrating one's consciousness and unifying	
9:30-10:15		<b>Futomani-Shimpo</b>	Review and Practice: Ho / Tonification
10:15-10:30		<b>Jaki</b> , its effect on our body and pulse	
10:30-11:15		<b>Jitsu</b> : Fu & Gen, Ko & Ken, their associate Pulse and Kototama	Dispersion: Fu and Gen. Draining within tonification (Ko, Ken)
11:15-12:00		<b>Wa-Ho</b> and <b>Yusha</b>	Practice: Wa-Ho
12:00-1:30		Lunch Break	
1:30-3:00		<b>Volcano/Tornado</b> point? <b>Three</b> level of its skin condition	To find and work on Volcano pt. /w its tx. methods. (Waho, Ken, Ko, Moxa, Lancet)
3:00-3:15		Breathing Exercises and Tea Break	
3:15-3:45		<b>Sanshin</b> Hifushin	Practice
3:45-5:00		<b>Hari</b> Step 1-2-3.	Root treatment with Ki feedback method by pulse

**Friday 13th of December 2019**

9:00-9:30	HARI PROGRAM (4)	Gassho and Chanting and Study for KOTOTAMA	
9:30-10:30		<b>L Advance pulse quality Dx.</b> : Understand and recognize the crucial attributes of pulse: time, seasonal influences, constitutional assessments, lifestyle, internal pernicious attacks. Also, appropriate pulse quality in 6 positions.	
10:30-10:45		Ki breathing exercise	
10:45-12:00		<b>P Pulse and feedback</b>	Point selection and w/ adjusted needle tech. according to pulse quality dx w/ understanding of pathological effects on the pulse.
12:00-1:30		Lunch Break	
1:30-2:45		<b>L P Five tastes, seasons</b>	Pulse Quality Dx. with Five tastes for selection and needling on 5 phase points and feedback method.
2:45-3:00		Ki breathing exercise	
3:00-3:30		<b>Hari</b>	Whole tx. demo: Determining which technique is the most appropriate to use with the Pulse-Quality dx. with function of the organ and meridian.
3:00-4:45		<b>P Tx. practice</b>	Tx. Practice + with detailed pulse dx. and Ki feedback.
4:45-5:00		Q & A	