



Hari Core Program (2) 2019 Santa Fe, NM

Instructor: Takayuki Koei Kuwahara, Lic.Ac. e-mail: info@culia.net kuahara@msn.com
 Ehrland Truitt, DOM. e-mail: 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		Futomani-Shimpo	Review and Practice: Ho / Tonification
10:15-10:30		Jaki , its effect on our body and pulse	
10:30-11:15		Jitsu : Fu & Gen, Ko & Ken, their associate Pulse and Kototama	Dispersion: Fu and Gen. Draining within tonification (Ko, Ken)
11:15-12:00		Wa-Ho and Yusha	Practice: Wa-Ho
12:00-1:30		Lunch Break	
1:30-3:00		Volcano/Tornado point? Three 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		Sanshin Hifushin	Practice
3:45-5:00		Hari 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		L Advance pulse quality Dx.: 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		P Pulse and feedback	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		L P Five tastes, seasons	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		Hari	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		P Tx. practice	Tx. Practice + with detailed pulse dx. and Ki feedback.
4:45-5:00		Q & A	