



Illuminated Herbalism Certification Program™

Full Schedule

February 17, 2022 - March 23, 2023

Weekly Classes - Thursdays at 10:00am Pacific (2 hours)

Integration Sessions - Tuesdays at 10:00am Pacific (90 mins)

Guest Faculty Electives - Tuesdays that do not have Integration Sessions (90 mins)

Unit 1: Beginning the Journey of Rejuvenation — Understanding the Goal of Illumination

Thurs 2/17/22	Welcome & Overview
Tues 2/22/22	<i>Orientation Community Gathering</i>
Thurs 2/24/22	Unit 1, Class 1
Tues 3/1/22	<i>Integration Session with David</i>
Thurs 3/3/22	Unit 1, Class 2
Thurs 3/10/22	Unit 1, Class 3
Tues 3/15/22	<i>Integration Session with K.P. Khalsa</i>

Unit 2: The Illuminated Herbal Pharmacy — Botanical Intelligence & the Energies, Elements & Compounds of Plant Medicines

Thurs 3/17/22	Unit 2, Class 1
Tues 3/22/22	<i>Integration Session with K.P. Khalsa</i>
Thurs 3/24/22	Unit 2, Class 2

<u>Tues 3/29/22</u>	<u>Elective with Guest Adriana Ayales</u>
Thurs 3/31	Unit 2, Class 3
<i>Tues 4/5</i>	<i>Integration Session with K.P. Khalsa</i>
Thurs 4/7	Unit 2, Class 4
<i>Tues 4/12</i>	<i>Integration Session with David</i>

Unit 3: Aromatherapy, Sacred Scents & Deepening the Exploration of the Self

Thurs 4/14	Unit 3, Class 1
<i>Tues 4/19</i>	<i>Integration Session with K.P. Khalsa</i>
Thurs 4/21	Unit 3, Class 2
<u>Tues 4/26</u>	<u>Elective with Guest Puma Fredy Quispe Singona</u>
Thurs 4/28	Unit 3, Class 3
<i>Tues 5/3</i>	<i>Integration Session with K.P. Khalsa</i>

Unit 4: Illuminated Herbalism & the Inner & Outer Dimensions of the Respiratory System

Thurs 5/5	Unit 4, Class 1
<i>Tues 5/10</i>	<i>Integration Session with David</i>
Thurs 5/12	Unit 4, Class 2
<i>Tues 5/17</i>	<i>Integration Session with K.P. Khalsa</i>
Thurs 5/19	Unit 4, Class 3
<u>Tues 5/24</u>	<u>Elective with Guest Dr. John Douillard</u>
Thurs 5/26	Unit 4, Class 4
Week of May 30	Holiday Break

<i>Tues 6/7</i>	<i>Integration Session with K.P. Khalsa</i>
Thurs 6/9	Unit 4, Class 5
<i>Tues 6/14</i>	<i>Integration Session with David</i>

Unit 5: Illuminated Herbalism & the Inner & Outer Dimensions of the Cardiovascular System

Thurs 6/16	Unit 5, Class 1
<i>Tues 6/21</i>	<i>Integration with K.P. Khalsa</i>
Thurs 6/23	Unit 5, Class 2
<u>Tues 6/28</u>	<u>Elective with Guest Rosita Arvigo</u>
Thurs 6/30	Unit 5, Class 3
Week of July 4	Holiday Break
<i>Tues 7/12</i>	<i>Integration with K.P. Khalsa</i>
Thurs 7/14	Unit 5, Class 4
<i>Tues 7/19</i>	<i>Integration with David</i>

Unit 6: Illuminated Herbalism & the Inner & Outer Dimensions of the Nervous System

Thurs 7/21	Unit 6, Class 1
<i>Tues 7/26</i>	<i>Integration with K.P. Khalsa</i>
Thurs 7/28	Unit 6, Class 2
<i>Tues 8/2</i>	<i>Integration with K.P. Khalsa</i>
Thurs 8/4	Unit 6, Class 3
<i>Tues 8/9</i>	<i>Integration with David</i>
Thurs 8/11	Unit 6, Class 4

Thurs 8/18	Unit 6, Class 5
<i>Tues 8/23</i>	<i>Integration with K.P. Khalsa</i>
Thurs 8/25	Unit 6, Class 6
<u>Tues 8/30</u>	<i>Integration with K.P. Khalsa</i>

Unit 7: Illuminated Herbalism & the Inner & Outer Dimensions of the Digestive System

Thurs 9/1	Unit 7, Class 1
<i>Tues 9/6</i>	<u>Elective with Guest Karen Wang Diggs</u>
Thurs 9/8	Unit 7, Class 2
<i>Tues 9/13</i>	<i>Integration with David</i>
Thurs 9/15	Unit 7, Class 3
<i>Tues 9/20</i>	<i>Integration with K.P. Khalsa</i>
Thurs 9/22	Unit 7, Class 4
Thurs 9/29	Unit 7, Class 5
<i>Tues 10/4</i>	<i>Integration with K.P. Khalsa</i>
Thurs 10/6	Unit 7, Class 6
<i>Tues 10/11</i>	<i>Integration with David</i>
Thurs 10/13	Unit 7, Class 7
<i>Tues 10/18</i>	<i>Integration with K.P. Khalsa</i>

Unit 8: The Medical & Spiritual Dimensions of Detoxification

Thurs 10/20	Unit 8, Class 1
<u>Tues 10/25</u>	<u>Elective with Guest Dr. Marc Halpern</u>
Thurs 10/27	Unit 8, Class 2

<i>Tues 11/1</i>	<i>Integration with K.P. Khalsa</i>
Thurs 11/3	Unit 8, Class 3
<i>Tues 11/8</i>	<i>Integration with David</i>
Thurs 11/10	Unit 8, Class 4
<i>Tues 11/15</i>	<i>Integration with K.P. Khalsa</i>
Thurs 11/17	Unit 8, Class 5
Week of 11/21	Holiday Break
<u>Tues 11/29</u>	<u>Elective with Guest Nashalla Nyinda</u>
Thurs 12/1	Unit 8, Class 6
<i>Tues 12/6</i>	<i>Integration with K.P. Khalsa</i>
Thurs 12/8	Unit 8, Class 7
<i>Tues 12/13</i>	<i>Integration with David</i>

Unit 9: Rejuvenation & Detoxification for Musculoskeletal Pain, Inflammation & Degeneration

Thurs 12/15	Unit 9, Class 1
Holiday break	Weeks of 12/19 & 12/26
<i>Tues 1/3/23</i>	<i>Integration with K.P. Khalsa</i>
Thurs 1/5	Unit 9, Class 2
<i>Tues 1/10</i>	<i>Integration with David</i>
Thurs 1/12	Unit 9, Class 3

Unit 10: Illuminated Herbalism & the Medical & Spiritual Dimensions of Rejuvenation

Thurs 1/19	Unit 10, Class 1
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<i>Tues 1/24</i>	<i>Integration with K.P. Khalsa</i>
Thurs 1/26	Unit 10, Class 2
<u>Tues 1/31</u>	<u>Elective with Guest Daisy Lee</u>
Thurs 2/2	Unit 10, Class 3
<i>Tues 2/7</i>	<i>Integration with K.P. Khalsa</i>
Thurs 2/9	Unit 10, Class 4
<i>Tues 2/14</i>	<i>Integration with David</i>
Thurs 2/16	Unit 10, Class 5
<i>Tues 2/21</i>	<i>Integration with K.P. Khalsa</i>
Thurs 2/23	Unit 10, Class 6
<u>Tues 2/28</u>	<u>Elective with Guest Dr. Marisa Jackson-Kinman</u>

Unit 11: Sexual Rejuvenation, Longevity & the River of Life

Thurs 3/2	Unit 11, Class 1
<i>Tues 3/7</i>	<i>Integration with K.P. Khalsa</i>
Thurs 3/9	Unit 11, Class 2
<i>Tues 3/14</i>	<i>Integration with David</i>
Thurs 3/16	Unit 11, Class 3
<i>Tues 3/21</i>	<i>Integration with K.P. Khalsa</i>
Thurs 3/23	Unit 11, Class 4 Conclusion - Last Day of Program

Total # of Classes: 53 (1 overview + 52)

Total # of Int Sessions: 38

Total # of Elective/Guest Sessions: 9