



# Illuminated Herbalism Certification Program™

## Full Schedule

January 30, 2024 to March 11, 2025

**Live Sessions** - Tuesdays at 1:00pm Pacific (90 mins) 3x per month

**Class & Integration Recordings** - Available on the Program Homepage on Wednesdays

Add live sessions to your calendar:

- [Click here to add to your Google calendar](#)
- [Click here to download to your device](#)

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

Tues Jan 30, 2024	Live Welcome & Overview with David
Wed Jan 31 2024	Unit 1, Class 1 with David Recording Available
Wed Feb 7, 2024	Unit 1, Class 2 with David Recording Available
Tues Feb 13, 2024	Live Integration Session with David
Wed Feb 14, 2024	Unit 1, Class 3 with David Recording Available
Wed Feb 14, 2024	Integration Session with K.P. Khalsa Recording Available
Tues Feb 20, 2024	Live Integration Session with K.P. Khalsa

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

Wed Feb 21, 2024	Unit 2, Class 1 with David Recording Available
Wed Feb 21, 2024	Integration Session with K.P. Khalsa Recording Available
Tues Feb 27, 2024	Live Integration Session with David
Wed Feb 28, 2024	Unit 2, Class 2 with David Recording Available
Wed Feb 28, 2024	Workshop with Guest Adriana Ayales Pre-Recorded Teaching Available
Tues March 5, 2024	Live Integration Session with David
Wed March 6, 2024	Unit 2, Class 3 with David Recording Available
Wed March 6, 2024	Integration Session with K.P. Khalsa Recording Available
Tues March 12, 2024	Live Integration Session with K.P. Khalsa
Wed March 13, 2024	Unit 2, Class 4 with David Recording Available

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

Wed March 20, 2024	Unit 3, Class 1 with David Recording Available
Wed March 20, 2024	Integration Session with K.P. Khalsa Recording Available
Tues March 26, 2024	Live Integration Session with David
Wed March 27, 2024	Unit 3, Class 2 with David Recording Available
Wed March 27, 2024	Workshop with Guest Puma Fredy Quispe Singona Recording Available
Tues April 2, 2024	Live Integration Session with David
Wed April 3, 2024	Unit 3, Class 3 with David Recording Available
Wed April 3, 2024	Integration Session with K.P. Khalsa Recording Available

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

Wed April 10, 2024	Unit 4, Class 1 with David Recording Available
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Tues April 16, 2024	Live Integration Session with Puma Fredy Quispe Singona
Wed April 17, 2024	Unit 4, Class 2 with David Recording Available
Wed April 17, 2024	Integration Session with K.P. Khalsa Recording Available
Tues April 23, 2024	Live Integration Session with David
Wed April 24, 2024	Unit 4, Class 3 with David Recording Available
Wed April 24, 2024	Workshop with Guest Dr. John Douillard Recording Available
Wed May 1, 2024	Unit 4, Class 4 with David Recording Available
Wed May 1, 2024	Integration Session with K.P. Khalsa Recording Available
Tues May 7, 2024	Live Integration Session with David
Wed May 8, 2024	Unit 4, Class 5 with David Recording Available
Tues May 14, 2024	Live Integration Session with Dr. John Douillard

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

Wed May 15, 2024	Unit 5, Class 1 with David Recording Available
Wed May 15, 2024	Integration with K.P. Khalsa Recording Available
Tues May 21, 2024	Live Integration Session with David
Wed May 22, 2024	Unit 5, Class 2 with David Recording Available
Wed May 22, 2024	Workshop with Guest Rosita Arvigo Recording Available
Wed May 29, 2024	Unit 5, Class 3 with David Recording Available
Wed May 29, 2024	Integration with K.P. Khalsa Recording Available
Tues June 4, 2024	Live Integration Session with David
Wed June 5, 2024	Unit 5, Class 4 with David Recording Available
Tues June 11, 2024	Live Integration Session with K.P. Khalsa

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

Wed June 12, 2024	Unit 6, Class 1 with David Recording Available
Wed June 12, 2024	Integration with K.P. Khalsa Recording Available
Wed June 19, 2024	Unit 6, Class 2 with David Recording Available
Wed June 19, 2024	Integration with K.P. Khalsa Recording Available
Tues June 25, 2024	Live Integration Session with David
Wed June 26, 2024	Unit 6, Class 3 with David Recording Available
Wed July 3, 2024	Unit 6, Class 4 with David Recording Available
Tues July 9, 2024	Live Integration Session with David
Wed July 10, 2024	Unit 6, Class 5 with David Recording Available
Wed July 10, 2024	Integration with K.P. Khalsa Recording Available
Tues July 16, 2024	Live Integration Session with K.P. Khalsa
Wed July 17, 2024	Unit 6, Class 6 with David Recording Available
Wed July 17, 2024	Integration with K.P. Khalsa Recording Available
Tues July 23, 2024	Live Integration Session with David
	<b>SUMMER BREAK</b>

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

Wed Aug 21, 2024	Unit 7, Class 1 with David Recording Available
Wed Aug 21, 2024	Workshop with Guest Karen Wang Diggs Recording Available
Wed Aug 28, 2024	Unit 7, Class 2 with David Recording Available
Tues Sept 3, 2024	Live Integration Session with David

Wed Sept 4, 2024	Unit 7, Class 3 with David Recording Available
Wed Sept 4, 2024	Integration with K.P. Khalsa Recording Available
Tues Sept 10, 2024	Live Integration Session with David
Wed Sept 11, 2024	Unit 7, Class 4 with David Recording Available
Wed Sept 18, 2024	Unit 7, Class 5 with David Recording Available
Wed Sept 18, 2024	Integration with K.P. Khalsa Recording Available
Tues Sept 24, 2024	Live Integration Session with K.P. Khalsa
Wed Oct 2, 2024	Unit 7, Class 6 with David Recording Available
Tues Oct 8, 2024	Live Integration Session with David
Wed Oct 9, 2024	Unit 7, Class 7 with David Recording Available
Wed Oct 9, 2024	Integration with K.P. Khalsa Recording Available
Tues Oct 15, 2024	Live Integration Session with David

## Unit 8: The Medical & Spiritual Dimensions of Detoxification

Wed Oct 16, 2024	Unit 8, Class 1 Recording Available
Wed Oct 16, 2024	Workshop with Guest Dr. Marc Halpern Recording Available
Tues Oct 22, 2024	Live Integration Session with KP Khalsa
Wed Oct 23, 2024	Unit 8, Class 2 Recording Available
Wed Oct 23, 2024	Integration with K.P. Khalsa Recording Available
Tues, Oct 29, 2024	Live Integration Session with Dr. Marc Halpern
Wed Oct 30, 2024	Unit 8, Class 3 Recording Available
Wed Nov 6, 2024	Unit 8, Class 4 Recording Available
Wed Nov 6, 2024	Integration with K.P. Khalsa Recording Available
Tues Nov 12, 2024	Live Integration Session with David

Wed Nov 13, 2024	Unit 8, Class 5 Recording Available
Wed Nov 13, 2024	Workshop with Guest Dr. Nashalla Nyinda Recording Available
Tues Nov 19, 2024	Live Integration Session with David
Wed Nov 20, 2024	Unit 8, Class 6 Recording Available
Wed Nov 20, 2024	Integration with K.P. Khalsa Recording Available
Wed Nov 27, 2024	Unit 8, Class 7 Recording Available
	<b><i>US THANKSGIVING BREAK</i></b>
Tues Dec 3, 2024	Live Integration Session with Dr. Nashalla Nyinda

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

Wed Dec 4, 2024	Unit 9, Class 1 Recording Available
Tues Dec 10, 2024	Live Integration Session with David
Wed Dec 11, 2024	Integration with K.P. Khalsa Recording Available
Wed Dec 11, 2024	Unit 9, Class 2 Recording Available
Tues Dec 17, 2024	Live Integration Session with David
Wed, Dec 18, 2024	Unit 9, Class 3 Recording Available
	<b><i>HOLIDAY BREAK</i></b>

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

Tues Jan 7, 2025	Live Integration Session with David
Wed Jan 8, 2025	Unit 10, Class 1 Recording Available
Wed Jan 8, 2025	Integration with K.P. Khalsa Recording Available
Tues Jan 14, 2025	Live Integration Session with K.P. Khalsa

Wed Jan 15, 2025	Unit 10, Class 2 Recording Available
Wed Jan 15, 2025	Workshop with Guest Daisy Lee Recording Available
Wed Jan 22, 2025	Unit 10, Class 3 Recording Available
Wed Jan 22, 2025	Integration with K.P. Khalsa Recording Available
Tues Jan 28, 2025	Live Integration Session with David
Wed Jan 29, 2025	Unit 10, Class 4 Recording Available
Tues Feb 4, 2025	Live Integration Session with David
Wed Feb 5, 2025	Unit 10, Class 5 Recording Available
Tues Feb 11, 2025	Live Integration Session with K.P. Khalsa
Wed Feb 12, 2025	Unit 10, Class 6 Recording Available
Wed Feb 12, 2025	Workshop with Guest Dr. Marisa Jackson-Kinman Recording Available

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

Tues Feb 18, 2025	Live Integration Session with David
Wed Feb 19, 2025	Unit 11, Class 1 Recording Available
Wed Feb 19, 2025	Integration with K.P. Khalsa Recording Available
Wed Feb 26, 2025	Unit 11, Class 2 Recording Available
Tues March 4, 2025	Live Integration Session with David
Wed March 5, 2025	Unit 11, Class 3 Recording Available
Wed March 5, 2025	Integration with K.P. Khalsa Recording Available
Tues March 11, 2025	Live session Unit 11, Class 4 & Conclusion with David

### **Total # of Recorded Sessions: 84**

Total # of Recorded Classes with David: 51

Total # of Recorded Integrations with KP: 24

Total # of Recorded Workshops with Guests: 9

**Total # of Live Sessions: 39**

Total # of Live Sessions with David: 27

Total # of Live Sessions with KP: 8

Total # of Live Sessions with Guests: 4

**Final Total of All Sessions in Program: 123**