



Lavinia Plonka's Somatic Healing Certification

Day	Date		
12-month program			
Unit 1: Your Physical Body: Discovering and Activating Your Personal GPS			
Tues	November 29, 2022	Orientation Community Gathering	Color key
Thurs	December 1, 2022	Unit 1, Class 1	Weekly Classes (120mins): Thursdays at 10am Pacific
Tues	December 6, 2022	Integration Session with Candy	Integration Sessions (90mins): Tuesdays at 10am Pacific
Thurs	December 8, 2022	Unit 1, Class 2	Elective Sessions (90mins): select Tuesdays at 10am Pacific
Tues	December 13, 2022	Integration Session with Lavinia	Holidays / Vacations / No class
Thurs	December 15, 2022	Unit 1, Class 3	Collabs: 2nd full week & 4th week of the month
Tues	December 20, 2022	Integration Session with Candy	
Thurs	December 22, 2022	Unit 1, Class 4	
Tues	December 27, 2022	No class	
Thurs	December 29, 2022	No class	
Tues	January 3, 2023	Integration Session with Lavinia & Candy	
Unit 2: Your Emotional Body			
Thurs	January 5, 2023	Unit 2, Class 1	
Tues	January 10, 2023	Integration Session with Lavinia	
Thurs	January 12, 2023	Unit 2, Class 2	
Tues	January 17, 2023	Elective with Donna Ray	
Thurs	January 19, 2023	Unit 2, Class 3	
Tues	January 24, 2023	No class	
Thurs	January 26, 2023	Unit 2, Class 4	
Tues	January 31, 2023	Integration Session with Lavinia & Candy	
Unit 3: The Mental Body			
Thurs	February 2, 2023	Unit 3, Class 1	
Tues	February 7, 2023	Integration Session with Lavinia	
Thurs	February 9, 2023	Unit 3, Class 2	
Tues	February 14, 2023	Integration Session with Candy	
Thurs	February 16, 2023	Unit 3, Class 3	
Tues	February 21, 2023	Elective with Stephen Nachmanovitch	
Unit 4: The Creative Body: Spontaneity, Reversibility & Just Plain Old Ability			
Thurs	February 23, 2023	Unit 4, Class 1	
Tues	February 28, 2023	Integration Session with Candy	
Thurs	March 2, 2023	Unit 4, Class 2	
Tues	March 7, 2023	Integration Session with Candy	
Thurs	March 9, 2023	Unit 4, Class 3	
Tues	March 14, 2023	No Class	
Thurs	March 16, 2023	No Class	
Tues	March 21, 2023	Integration Session with Lavinia & Candy	
Unit 5: The Archetypal Body: Embodying the Four Meta Archetypes for Power, Compassion, Healing & Vision			
Thurs	March 23, 2023	Unit 5, Class 1	
Tues	March 28, 2023	Integration Session with Candy	
Thurs	March 30, 2023	Unit 5, Class 2	
Tues	April 4, 2023	Integration Session with Lavinia	
Thurs	April 6, 2023	Unit 5, Class 3	
Tues	April 11, 2023	Integration Session with Candy	
Thurs	April 13, 2023	Unit 5, Class 4	
Unit 6: Your Energy Body: Prana, Chi, Spiritus, Ruach			
Tues	April 18, 2023	Integration Session with Lavinia & Candy	
Thurs	April 20, 2023	Unit 6, Class 1	
Tues	April 25, 2023	Elective with Andoea Judith	



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Thurs	April 27, 2023	Unit 6, Class 2
Tues	May 2, 2023	Integration Session with Lavinia
Thurs	May 4, 2023	Unit 6, Class 3
Tues	May 9, 2023	Integration Session with Candy
Thurs	May 11, 2023	Unit 6, Class 4
Unit 7: Your Alchemical Body: Transforming Your Personal Lead Into Gold		
Tues	May 16, 2023	Integration Session with Lavinia & Candy
Thurs	May 18, 2023	Unit 7, Class 1
Tues	May 23, 2023	Elective with Zoran Kovich
Thurs	May 25, 2023	Unit 7, Class 2
Tues	May 30, 2023	Integration Session with Lavinia
Thurs	June 1, 2023	Unit 7, Class 3
Tues	June 6, 2023	Final Community Gathering for Immersion
		End of Immersion Sessions
		1 MONTH OFF between Part 1 & Part 2
Unit 8: Presence, Prayer, and Possibility — Linking Tradition and Neuroscience		
Thurs	July 6, 2023	Unit 8, Class 1
Tues	July 11, 2023	Integration Session with Candy
Thurs	July 13, 2023	Unit 8, Class 2
Tues	July 18, 2023	Elective Session with Russ Hudson
Thurs	July 20, 2023	Unit 8, Class 3
Tues	July 25, 2023	Integration Session with Candy
Thurs	July 27, 2023	Unit 8, Class 4
Unit 9: Emotional Fluency		
Tues	August 1, 2023	Integration Session with Candy
Thurs	August 3, 2023	Unit 9, Class 1
Tues	August 8, 2023	Integration Session with Lavinia
Thurs	August 10, 2023	Unit 9, Class 2
Tues	August 15, 2023	Elective Session with Laura Bond
Thurs	August 17, 2023	Unit 9, Class 3
Tues	August 22, 2023	No Class
Thurs	August 24, 2023	Unit 9, Class 4
Tues	August 29, 2023	Integration Session with Candy
Unit 10: The Art of Falling & Getting Up		
Tues	September 5, 2023	Elective Session with Cynthia Allen
Thurs	September 7, 2023	Unit 10, Class 1
Tues	September 12, 2023	Integration Session with Lavinia
Thurs	September 14, 2023	Unit 10, Class 2
Tues	September 19, 2023	Integration Session with Candy
Thurs	September 21, 2023	Unit 10, Class 3
Tues	September 26, 2023	Integration Session with Candy
Thurs	September 28, 2023	Unit 10, Class 4
Unit 11: The Kinēsa Process in Action — No Limits to Your Possibilities		
Tues	October 3, 2023	No Class - Fall Break
Thurs	October 5, 2023	No Class - Fall Break
Tues	October 10, 2023	Integration Session with Lavinia
Thurs	October 12, 2023	Unit 11, Class 1
Tues	October 17, 2023	Integration Session with Candy
Thurs	October 19, 2023	Unit 11, Class 2
Tues	October 24, 2023	Elective Session with Sharla Jacobs



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Thurs	October 26, 2023	Unit 11, Class 3	
Tues	October 31, 2023	Integration Session with Candy	
Thurs	November 2, 2023	Unit 11, Class 4	
Tues	November 7, 2023	Integration Session with Candy	
Unit 12: Stepping Up, Stepping Out — Applying Kinēsa Strategies to Practical Life Situations			
Thurs	November 9, 2023	Unit 12, Class 1	
Tues	November 14, 2023	Integration Session with Lavinia	
Thurs	November 16, 2023	Unit 12, Class 2	
Tues	November 21, 2023	Integration Session with Candy	
Thurs	November 23, 2023	No Class - Thanksgiving	
Tues	November 28, 2023	Elective Session with Tirzah Firestone	
Thurs	November 30, 2023	Unit 12, Class 3	
Tues	December 5, 2023	Integration Session with Candy	
Thurs	December 7, 2023	Unit 12, Class 4	
Tues	December 12, 2023	Integration Session with Lavinia	
Unit 13: Practicum			
Thurs	December 14, 2023	Unit 13, Class 1	
Tues	December 19, 2023	Integration Session with Candy	
Thurs	December 21, 2023	Unit 13, Class 2	
Tues	December 26, 2023	No Class	
Thurs	December 28, 2023	No Class	
Tues	January 2, 2024	Integration Session with Candy	
Thurs	January 4, 2024	Unit 13, Class 3	
Tues	January 9, 2024	Integration Session with Lavinia	
Thurs	January 11, 2024	Unit 13, Class 4 (Final Teaching)	
Tues	January 16, 2024	Final Gathering Lavinia and Candy	
		End of Certification Sessions	