

VITA™ SACRED SEXUALITY

Want to take your sex, love, and empowerment journey to the next level? What would change in your life if you did?

The Coaching Upgrade offers you 1:1 personalized support to supplement your VSS experience. With expert and customized support, you'll apply the tools and practices to your specific desires and goals.



What this Upgrade Will Offer You:

- **Personalized Transformational Coaching:** So you can move past your unique stopping points on your way to epicness with expert guidance!
- **Clarity:** On your deepest desires in the program and in life, through personalized goal setting and mapping your desires.
- **Ease:** Customize the program tools and practices to apply to your unique body and life!
- **Motivation:** Find your willingness and courage to meet your edges with renewed energy, pleasure, and hope.
- **Confidence:** Take steps on those precious gems you care most about with stellar support and encouragement!

What You Get With the Coaching Upgrade:

- **Sessions:** FOUR 1-hour sessions per month on Zoom
- **Personalized tools and practices** for your daily life
- **Email support** in between sessions

How Coaching is Distinct

- **Therapy** focuses on healing the past; Coaching focuses on you making changes today.
- **Teaching** focuses on learning objectives and tools from others; Coaching clarifies your own learning objectives.
- **Mentoring** offers you wisdom from others; Coaching taps you into your own wisdom.

Why Coaching:

Coaching takes you past your stopping points.
Coaching looks at everything that is right with you!
Coaching supports you to find your own answers.

Our Coaches

Our rockstar coaches are here to help you reach your full potential so you can be a happy, healthy, and thriving being for the rest of your life!!! You are able to choose which coach resonates with you most, and sign up from there.



Sonali Deepika

Dr. Sonali Deepika is a holistic and integrative physician with a passion for guiding people to honor the sacred nature of their bodies and to connect to the deep wisdom which lies within.

Her path of sensual sovereignty led to her leaving a comfortable lifestyle in downtown Chicago working as a child psychiatrist in order to follow her body's wisdom on a path of holistic healing...

[LEARN MORE ABOUT SONALI](#)

(and see her in action!)



Erika Alsborn

Erika is a sex and birth coach, sexuality and jade egg teacher, registered nurse, laughter yoga facilitator, avid heavy weight lifter, retired clown actress, and mother.

Please note: Erika is only available for sessions between 9am-6pm CET.

[LEARN MORE ABOUT ERIKA](#)

(and see her in action!)



Approach

You get to decide what being a fully embodied being looks like for *YOU*.

There is no one-size-fits-all. That's where coaching comes into place! Imagine someone right there by your side, who sees you for who you truly are, helps you clear the dust and the fog, and transform your life, one step at a time...

Session Key Focal Points

- **Ontological Principles:** Sounds serious, I know! Ontology is simply the study of being. *That means you'll get to focus on the *YOU* that's greater than your doubts.* When you see who you truly are, life gets easier! You'll no longer be endlessly "fixing" yourself and your next steps will shine forth.
- **Sensory Reclamation:** Your senses are portals to experiencing the potency of your life! You'll no longer need to look outside of you to fulfill your life, as those gems live within you, waiting to be claimed!
- **Authentic Wisdom:** You hold the map to your desires. Coaching sessions help you uncover that map, so the steps that you take are yours. Walk on your path with confidence as your authenticity is your gift to yourself and to the world.
- **Brain Science:** You can create new neural structures in your brain by shifting and practicing what you focus on. You'll learn mindfulness tools to help not only create actual changes in your life but changes in your brain!
- **Trauma Informed:** You are more than the things that have happened to you. You'll learn to work skillfully with your body's intelligence and your courageous heart to make sustainable changes.
- **Practical Tools & Daily Practice:** You'll learn to infuse the magic of who you are into your everyday life with ease and grace - long after the sparkle of an "aha" moment fades.
- **Compassionate Support:** You'll be seen for your courage and brilliance, and you'll be treated with unwavering dignity and respect for the wholeness of who you are.

Scheduling

Our coaches make it easy for you! When you sign up, you'll be sent the coaches booking link so you can go directly to their calendar.

All sessions will be booked upfront online, and are reschedulable with 24 hours' notice (can't find a time? Email your coach + they'll work with you!

Please note: Erika is only available for sessions between 9am-6pm CET.

Testimonials



Once I saw the coaching upgrade I knew it was for me (as scared as I was at the time to make that big of a commitment), but my heart never lies so I clicked submit with eyes closed and never looked back! Hands down one of THE best decisions of my life thus far! That is NO exaggeration!

I am so infinitely grateful for the experience and I still carry that heart-centered trust with me every day. I speak my truth with pizzazz!! This experience made growing fun!

The best part was the natural high I felt after every session! Like I had uncovered a new layer of myself and a self acceptance so deep and so filled with love I could wade in it forever! There was this natural sense of flow and trust that developed within these sessions and within me! I could finally trust that life would bring me what I needed and that I can safely speak my truth! I could honestly go on forever! If you're thinking about doing the coaching upgrade, DO IT! This experience was nothing short of a miracle, my coach was nothing short of a miracle! You are in for the treat of a lifetime!"