

— Welcome to —

VITA™ SACRED SEXUALITY

An experiential initiation into Sacred Sexuality...
Where you get to activate outrageous energy and power...
...profoundly heal your old wounds...
and awaken your purest sexual magnificence in a sacred community.





**In VITA™ Sacred Sexuality, you'll find
daily lifestyle support for becoming your
highest, most fully expressed self.**

You'll receive the most potent tools, live classes, and practices so that you can deep-dive into sacred sexuality and completely transform your life.

Each month, you'll delve into a specific theme, totally revamp your beliefs, and reach epic levels of empowerment.

This is how you'll unlock your deepest desires and ignite your inner power to make them a reality.



By exploring extraordinary levels of pleasure and transcendental orgasmic states, you'll expand your consciousness and find radical liberation.

You'll experience profound safety that supports you in embracing total self-love and discovering your truest nature.

Along with an incredible community and a nourishing healing space, you'll explore, celebrate, and stay committed to your upleveling journey, together.

You'll have access to an amazing, living portal that's jam-packed with resources for as long as you are active in the program.

Are you ready for an incredibly deep initiation into the magic and beauty of Tantra?

Do you want to expand your understanding of what life on this earth has to offer?

And do you want to experience phenomenal sexual pleasure and ecstasy?

Then come make your grandest desires a reality with fellow Queens and Non-Binary Royalty in VITA™ Sacred Sexuality!

Core Tools You'll Learn

These are some of the sexy skills you'll learn in this initiation. You'll embody these deep teachings and carry them with you throughout your life.



Jade Egg - Unlock your greatest orgasmic capacity, heal deep wounds, and awaken profound power with the Jade Egg. Each practice is like a portal to your truest essence.



Sex Magic - use Sex Magic to chart your destiny and to manifest your desires. You'll learn how to harness your full sexual energy and power to create the life you crave.



Full-Body Orgasm - unleash ecstatic pleasure with breath, sound, and no limits on the freedom of expression in your body, your energy, your voice, and your orgasmic experience!



Sensual Breathwork - learn how to explosively grow your pleasure, have outrageously good sex, and breathe yourself into a surrendered, mind-blowing orgasm through your breath.



Goddess Initiations - become a living, breathing Sex Goddess through our monthly initiations into Goddess consciousness.



Crystal Dildo - become highly orgasmic during sex and during self-pleasure by unlocking the magic of your deep vagina, cervix, and womb with a Crystal Dildo.



Heart-Opening Practices - at the heart of all of this is a radical claiming of self-love, self-compassion, and self-acceptance.



Monthly Programming

We go above and beyond to deliver you life-changing classes, valuable tools, and exquisite live experiences.

Each month you'll receive four Key Classes, nine Playshops, and several additional audio practices.

**VITA™ Sacred Sexuality is structured to
*become a part of your lifestyle as you grow
through the years.***

Each month has a core theme so that you can explore and utilize sacred sexuality teachings in every area of life.

Whether you need a quick pick-me-up, a slow and sensual deep dive, or anything in between, you'll find it in your portal.

Every single offering will leave you feeling empowered and fully alive.

The Key Classes are the heart and soul of the teachings that offer profound wisdom and transformation.

The Playshops allow you to more deeply explore and embody specific aspects of that month's theme.

And the longer and shorter audio practices keep you centered and on-track, day after day.

Below you'll find a little sneak peek at some of our most popular Playshops along with a couple of the main tools you'll learn each month.

Let's dive in!





January

MANIFESTATION

Discover how you can harness the power of your sexual energy to manifest your highest desires. Sexual healing and inner child work will transform underlying unworthiness to total empowerment. You'll focus on elevating your nervous system and activating high-vibration energy states to create your best life.



Featured Playshops

Fierce Visions: Use breathwork to activate your pussy's desires and your visionary capacity in your 3rd eye. Imagine and manifest the life you crave!

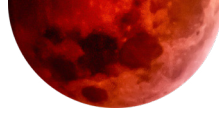
20 Desires: Start the New Year by listing out your top 20 desires for 2021. You'll make them playful and inspiring, while being clear and achievable!



Top Tools You'll Learn

Sex Magic: Learn to use the ultimate sex witch tool. Activate and utilize your sexual energy to create the life of your deepest desires. Side effects include: outrageous power, full-body orgasms, and massive amounts of ecstasy.

5-senses Reality: Articulate what you desire the most in your sexuality, body, confidence, play, and so much more! Step into a 5-senses reality process that guides you in manifesting your visions.



February

SEX GODDESS/GODDEX

Awaken your inner Sex Goddess/Goddex and claim your sexual freedom! By embodying your most pleasure-loving, sexually liberated, shameless and empowered self, you'll shine brighter in every area of your life. You'll heal what's holding you back from complete sexual sovereignty and step into your most pleasurable, divine sexuality.



Featured Playshops

Freedom of Sex: Claim your sexual power and freedom by exploring different movements and poses that allow you to fully embody your sexuality.

Healing the Inner Goddess/Goddex: Work through inner blockages and fears around claiming your full sexual power and divinity!



Top Tools You'll Learn

Setting Ritual Space: Create a ritual space worthy of a Goddess/Goddex! Ritual space signals to your deeper mind that you are ready to be in contact with divine mystical forces.

Pussy Breathwork/Worship: Breathwork focused on listening to your pussy and her messages, wisdom, and insight. As you worship your pussy, you experience the Goddess/Goddex consciousness that is already IN your pussy!



March PLEASURE

Pleasure is your birthright! You'll explore the sensual pleasure of your body and awaken full-body orgasmic bliss. You'll learn that pleasure is a rich source of energy and you'll understand how to utilize it to enhance your everyday experience. Time to create your most pleasurable life by delighting in extraordinary ecstasy!



Featured Playshops

Penetration Reclamation: We grow up learning that in most sexual encounters there's a very strong focus on penetration. Penetration can feel exquisite, but for many vaginas, more often than not it doesn't. Reclaim penetration as something FOR YOU, BY YOU.

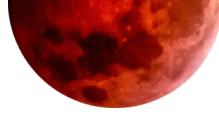
Awakening Full-Body Orgasmic Bliss: Pleasure is infinite and can be a full-bodied experience. In this class, you'll be guided to awaken your full-body pleasure, orgasm, and bliss. This is an invitation for your body to open and relax into its natural state.



Top Tools You'll Learn

Embodying your Experience: get back to who you REALLY ARE. Integrate pleasure in very deep ways so you can keep allowing more pleasure into your body, your pleasure temple!

Use Pleasure to Uplevel your Nervous System: Pleasure is energy that can fuel your body. Use pussy activation and pleasure as power to create safety and expansion in your nervous system.



April EMOTION

Discover how to accept and experience ALL emotions. You'll embody and express your full spectrum of emotions in a safe space, heal emotional patterns, and learn how to come back to your peaceful center. Self-compassion and emotional clearing will guide you to your truest self.



Featured Playshops

Calming the Emotional Storm: Ancient Taoist practices of the Jade Egg can help you learn to balance your emotions, stay centered in your body, and create a flow of healing and relaxation to nourish your entire body.

Unleashed & Unabashed: Your sexuality is a place you can go to express your full self, your full emotional spectrum. This class transforms sex from being goal-driven (pleasure, orgasm, "perfect") to being an open-ended exploration with infinite possibilities.



Top Tools You'll Learn

Work with your Emotions: Accept ALL of your emotions - not repress or deny any emotions, but come to peace with all your emotions and turn them into pleasurable energy.

Pendulation: Learn Peter Levine's teachings on being able to experience something like fear, sadness, or disgust and swing into love, pleasure, or peace instead. Then, we will go beyond to experience sadness and pleasure, fear and pleasure, and disgust and pleasure at the same time.



May SEX

Strip away layers of conditioning and unleash your authentic sexual desires! Connect with your pussy and your pleasure to create new, empowered ways of living. New techniques will guide you to ecstatic bliss. You'll dive deep into the orgasmic waters and experience sex as a portal to spiritual consciousness. It's time to unlearn and relearn what is sexy to you!



Featured Playshops

Queen of Sex: Ever felt a longing, a desire, to connect with your authentic pleasure and sexiness? Come embody your Queen of Sex. She who knows her worth, her pleasure, and her sexiness. Strip away layers of conditioning around what sex is and should look like.

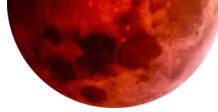
Your Sexy AF Boundaries: Owning your "Yes" and "No" sets the stage for truly authentic and ecstatic sex. Get intimately acquainted with your "Yes" and "No" as the beloved gatekeepers of your sexy being. Sparkle in the shimmering pulse of your "Yes" as you awaken the true voice of your desires.



Top Tools You'll Learn

5 Holistic Sex Tools: Master the tools of breath, sounding, movement, mindfulness, and energy to activate your sacred sexuality potential

Sex Magic for Singles + Couples: Grow in what you can do sexually: we mean... anal orgasms, squirting, orgasming faster, having full-body orgasms... or, it can be about growing into the Queen of your sexuality and having super healthy boundaries, listening to your body's yes and no, and knowing that your pleasure is a juicy gift and so powerful!



June BODY

Completely transform how you feel about your body! You'll come to learn that your body is unconditionally beautiful and is a holy map of the universe. Negative beliefs about the body will be replaced with celebration, worthiness, gratitude, and seeing beauty in all forms. You'll experience wild aliveness and epic pleasure in your own body.



Featured Playshops

Pussy Worship: So many women have deep (unconscious) beliefs that their vulva is ugly, disgusting, problematic, or weird-looking. Through a beautiful worshiping process, you will gently heal and change these negative beliefs, and make space for pussy magic and pleasure.

The Shameless Body: You were born free, open, immaculate, and glorious - from head to toe, heart to pussy, and cheek to cheek! Come and release shame and claim your full aliveness! We'll create a collective pussy force of majesty, to reflect the truth of who you are and who you came here to be.



Top Tools You'll Learn

Ida and Pingala: Learn to use the solar and lunar channels in your body, along with the yin and yang, the masculine and feminine energies in your body to achieve balance and unlock your full sexual capacity.

Unlock the 9 Key Energy Centers - Work with your chakras to access the deep energy that your body has to offer. Unlock your root chakra to experience more grounding and centeredness, and so much more.



July POWER

Own your power and magnificence! You'll claim your Queen identity and learn how to operate from a place of worthiness, empowerment, and complete authentic expression. Your sexual energy is one of your greatest resources of power and you'll learn exactly how to use it to manifest your most fabulous life. This is the month of Pussy Power!



Featured Playshops

Find Your Fuck: Claim your pussy-purring "yes!" Finding your fuck is all about finding your inner pussy pulse and primal appetite for life. Come find your appetite for life and taste the power of your pleasure.

Slut Reclamation: Your inner slut is amazing. She is powerful. She knows what she wants and she loves sex. Your inner slut is important to your sexual health and well-being and is often the accelerator for your libido and sexual desire. In this Playshop, you will be invited to reclaim your slut essence and unleash that pleasure potential.



Top Tools You'll Learn

Sex Magic for Power: Channel your sexual power to manifest your deepest desires. Use your sexual energy to catapult you into a super high vibrational state that clears out your fears, hesitations, and blockages that are in the way of getting what you want.

Reclaim your Power Identities: Live in alignment with your highest truth and desires, own the leadership of your life, and stop being used as someone else's power pawn and be powerful for yourself, your sexuality, and your life!



August ORGASM

This is the month you learn to live orgasmically! You'll unleash your deepest bliss and access the holy state of orgasm through the power of your breath, your energy, and your priestess magic! Surrender to the limitless pleasure available to you and harness the power of the cosmic portal of orgasm. Come explore the many types of female orgasm and activate full-body ecstasy!



Featured Playshops

Sacred Sexuality Initiation into the Goddess Path of Orgasm: Unlock your most ecstatic, wild, and liberated orgasms. Unleash the deepest bliss of orgasmic beauty through the power of your breath, your energy, and your priestess magic!

Cum into my Heart: Your heart and breasts are deeply intertwined with your connection to your own sexuality. Having an integrated, pleasure-filled heart and breasts makes you feel strong, proud, and confident as you move through all of life's challenges and interactions.



Top Tools You'll Learn

Orgasmic Reclamation: Discovering what feels good for YOU, different ways to touch yourself, and claiming masturbation as a source of empowerment and personal pleasure.

Orgasmic Expansion: Learning and using the 5 Holistic Sex tools (breathwork, sound, movement, mindfulness, and energy) that can shift the way you view orgasm, along with discovering new orgasmic pleasure geography.



September

SACRED SEXUALITY

Discover how to use your sexual energy and your sexual experiences to grow spiritually and self-realize. You'll work with the guidance of a Goddess to create ritual space and intentions for cultivating your sensually-embodied sacred sexuality. Different tools like breathwork will move you through your most profound sexual experiences and bring you closer to your truest self.



Featured Playshops

Goddess Orgasm: Welcome to a pleasure expansive session where you get to explore your Sacred Slut, your Sensual Goddess, and your Spiritual Sexiness. The Goddess orgasms in her own unique way. Releasing expectations on what your orgasm should feel like will open you to new experiences that can potentially alter your life.

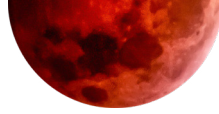
Sacred Sexuality Pleasure Breathwork: Breathing, sounding...descending into the depth of your sacred pleasure and orgasmic states. In this juicy and delicious session, you'll play with your sensations and connect with a deeper aspect of your sexuality to taste the sweetness of the spiritual realms.



Top Tools You'll Learn

Develop inner and outer ritual space: This helps signal to the deeper forces of your mind that you enter ritual space. You will create a sacred space for you to feel, think, and be however you want in your sacred energy.

Working with the power of intention: Create spiritual intentions in your sexuality practice to guide your process and work with a Goddess to activate and connect to the Goddess within you.



October

RELATIONSHIP

You'll heal your relationship wounds and completely transform your heart so that you can express your most authentic self in relationships. Deep work for singles and couples will ensure you're attracting high-quality partners and evolving in your relationship. Harness your full sexual energy to manifest the relationships you desire while understanding deeply that your most important relationship will always be with yourself.



Featured Playshops

I Am My Most Important Lover: There can be a subtle expectation on your partner/s to give you permission to be sexy and give you pleasure and orgasms - but you are responsible for your pleasure and your sexuality. From this empowered place, you can invite your lover/s into your playground and have the most amazing time together.

Love Languages for Epic Relating: Come flirt and fondle yourself in the exquisite art of relating! Learn your unique love language and uncover new glorious ways to express yourself authentically in relationships.



Top Tools You'll Learn

Your Relationship Blueprint: What you were conditioned to believe about relationship is from what you've experienced in your childhood and what you were raised to believe through society. Time to release the conditioning and rewrite what relationship means to you.

Path of the Queen of Relationship: You will focus on recognizing what is in your heart, how you create intimacy and sacred sexuality in partnership, and how you show up in worthiness and boundaries in the gift that your love is. Oh, and fun things like pussy massage and cervical orgasms.



November

MONEY

Reprogram and uplevel your relationship with money using sacred sexuality! You'll come to understand money as energy for thriving, abundance, play, safety, and freedom. With the guidance of your pussy, you'll develop an empowered relationship with money so that you can build the wealth you desire. Expert guidance will help you transform your beliefs about money and upgrade your worthiness.



Featured Playshops

A Wealth of Pleasure: Wealth is infinite. It's everywhere. And it's available to you. When you relate to wealth as an energetic experience, there are infinite possibilities.. In this playful session, you'll use sexual pleasure to associate beautiful and positive feelings with wealth building and experiencing abundance.

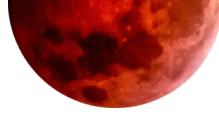
Worthy of Wealth: What did you learn about money as a child? What did you learn about your worth as a little one? How might those stories be impacting you as you bravely create the life you're here to live? Heal your inner child stories around wealth and create new levels of safety around abundance and wealth.



Top Tools You'll Learn

Claiming your unique alignment to money: letting go of conditioning and everything that is toxic, limiting, or negative that isn't true to you, and giving yourself the space to claim your authentic relationship to money!

Use Sacred Sexuality to transform your somatic relationship to money: upgrade your worthiness, your sense of empowerment, and use it as a potent tool for creation.



December

PLAY

Unlock your greatest creative capacity and your most joyous self by basking in the high vibrational state of play! Playtime is essential self-care and this month you'll use it to unleash your wildest, most expressive self. By infusing your sacred sexuality practices with laughter and loads of fun, you'll connect with your primal essence and expand the power of your imagination.



Featured Playshops

Access Your Sovereign Playground: Play with Yin and Yang energies together! Your fiery Yang energy is suited to creating structure, safety, and a clear boundary in our body to hold this creative, flowing, Yin force within us. See what wants to naturally flow and be freely expressed in your inner sovereign playground!

Creative Cunts!: As you unlock the treasures inside your pussy and sexuality, you unlock your creative capacity. Meaning, your cunt is innately creative. Playing, creating, dancing, expressing, sexing – it's your art... your body is art! Let's play and create and self-pleasure!



Top Tools You'll Learn

Inner child reclamation of play: draw, paint, and dance as your inner child and use the 5 Holistic tools to heal your original playful and joyful self.

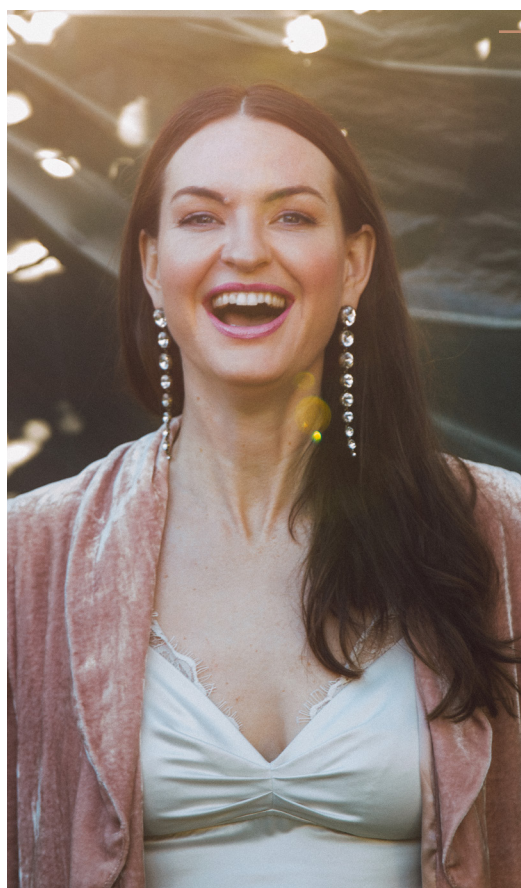
Primal Wild Play: Unleash the control of your mind and find the unbridled, wild essence inside of you that originates from your pussy!

We'll continue to spice up the approach to the themes year after year so the content is always fresh, exhilarating, and full of pleasurable experiences!



Get to Know Your VITA™ Teachers

We have a wonderful array of teachers who bring their own amazing flavor to support you on your journey in the VITA™ Sacred Sexuality program.



Layla Martin

During Layla's transformational Sacred Sexuality Initiation, you will be guided through an incredible experience of joy, ecstasy, healing, and magic to dive deep into all aspects of your life and sexuality.

Founder of VITA™ Method

Tantra Educator

Pussy Genius

**Studied Human Biology +
Sexuality at Stanford**

About Layla

Layla has been studying Tantra and sexuality for over 18 years while working with over 10,000 paying clients during her 12 years as a teacher. She created the VITA™ methodology to allow people to awaken to their true sexual magnificence and worthiness, and lead them back to their original wholeness within.

Get to Know Your VITA™ Teachers



Marina Nãbao

Marina is a Jade Egg enthusiast, which is amazing for us - as you can expect to have at least 1 Jade Egg Pleasure Playshop with her each month. In addition, Marina hosts a SexCast (q+a session) each month to dive in deeper to the monthly theme.

Embodiment Coach

Somatic Trauma Healer

Jade Egg enthusiast

Senior Teacher at VITA™ Coaching

About Marina

Marina Nabão is a body enthusiast, passionate about the wisdom and healing power of our bodies and all the ways we are able to integrate mind-body-spirituality in a conscious and loving way so we can thrive. As an Embodiment Coach and Somatic Trauma Healer, she supports people who are trapped in the chains of past trauma and have a deep desire to reclaim their sovereign power and inner freedom so they can thrive. She's also a Senior Teacher at VITA™ Sex, Love & Relationship Coaching Certification.

She has an Education BA, Business MBA, Ontological Coaching Certification, VITA™ Sex, Love and Relationships Certification and is taking the 3-year Somatic Experiencing Training.

Marina grew up in Brazil and now lives in the San Francisco Bay Area, CA, with her husband and their rescue dog Jessie.

Get to Know Your VITA™ Teachers



Hilary Kern

You'll find Hilary teaching Yin Playshops each week. Her bread and butter is the Yin Queen Integration where you show up and connect with other Royals in the program.

Art Therapist

Licensed Psychotherapist

**2017 SLRC Grad Specialization
in Female Sexuality**

Trained in Trauma Resiliency Model

**Currently training at the
Academy for Coaching Excellence**

About Hilary

Hilary has spent over 15 years on a mission to create spaces of permission inside and out, through mastery and training as a psychotherapist, art therapist, community leader, teacher, and coach. Over the years, Hilary has found that the tools that seem to stick are those that give you the most room to really see and feel YOUR way and are full of joy!! Hilary is delighted to be on this adventure with you and is honored and overjoyed to hold space for you. Her classes are playgrounds for discovery, uniqueness, and curiosity.

Get to Know Your VITA™ Teachers



Sonali Deepika

Catch Sonali in her grounding Pleasure and Yin Playshops each month, where you'll be guided to tap into your deep inner wisdom and sensuality!

Holistic and Integrative Physician

Sensuality Coach

Child Psychiatrist

About Sonali

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.

This path traversed the exploration of her roots on the island of Sri Lanka and the exploration of her sensuality in the jungles of Mexico. She was guided home to her body, to her truth, and to her authentic voice.

Ultimately, her sensual journey led her to find her heart-centered calling and a more authentic expression of her essence in the world. After completing Layla Martin's VITA™ Coaching program, she served as a mentor in 2019 and as a senior teacher for the 2020 year.

Get to Know Your VITA™ Teachers



Erika Alsborn

Erika will be your guide for the deeply magical Pleasure Queen Initiation, weekly Pleasure and Yang Playshops and monthly q+a and theory-based sessions. Erika's classes range from Rage Rituals to being your most important lover.

Sex & Birth Coach

Nurse

Mother

Prior clown!

About Erika

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. She is currently completing a master's degree in Sexology, but her main jam is holistic sexuality and embodiment work.

Get to Know Your VITA™ Teachers



Casey Johnson-Aksoy

Casey, our Pleasure Queen, guides explorative Pleasure Playshops each month, ranging from going back to basics to finding your weird. You'll uncover a whole different level of being in Casey's classes!

Pleasure Queen

Mother

Writer

Birth Equity Advocate

About Casey

Casey Johnson-Aksoy is a graduate of the VITA™ Sex, Love, and Relationship certification program. As a VITA™ graduate, she has worked on team Layla as both a mentor, and the Assistant Program Director supporting students in becoming a certified VITA™ Coach.

She supports her clients in liberating their bodies from the bondage of numbness and disconnection, by teaching them how to tune-in and turn-on their bodies, so they may feel pleasure, passion and desire like never before.

Her desire is for her clients to live from a place of sensuality, sexuality and inner glow, allowing them to experience the power of their full self-expression each and every day.

Get to Know Your VITA™ Teachers



Leigh Senna

Leigh will take you on a high vibe ride each month in the Yang Ritual, where you'll get 1 of 4 monthly transmissions to catapult you into a new realm of transformation!

Sexuality Teacher

Pleasure Guide

Permaculture Farmer

Mama of 2 Daughters

About Leigh

Leigh Senna is a multidisciplinary Sexuality Teacher and coach who supports hundreds of students a year as a Senior Teacher for the VITA™ Institute, and the Sex, Love, and Relationship Coaching Certification. She has been devotedly apprenticing as a Priestess with Elayne Doughty of Priestess Presence for the past 7 years.

Leigh is known for her melodic and loving presence, her heart-opening transparency, and her radiating warmth of being. She loves helping witchy women and mamas connect with the restorative and healing power of pussy and womb.

Get to Know Your VITA™ Teachers



Joyce Oladipo

Joyce is an electric presence in both Yang and Pleasure Playshops throughout each month. Her transmissions will leave you feeling both energized and grounded, centered and wild, and always have some spice!

Sensual Artist

Healer

Embodied Leadership Coach

About Joyce

Joyce Oladipo is a trauma-Informed sexual empowerment coach. She helps fem-leaders who want to unlock the richness of pleasure in their body and rediscover what turns them on so that they can live their best life in sex, love and intimacy.

Raised catholic, inherited generational trauma, and racism she has gone from naturally healing decades of vaginismus to thrive in sex, love, and intimacy. She has guided hundreds of women into expanding erotically in her group "Rapturous O" and "Hearts of O".

Joyce has been featured in publications including Divine Living Magazine, EOF, Inspired Coach, Huff Post, Elite Daily, and more. Her whole mission in life is to help women rise above mediocre sex, embody luscious sexuality, and find belonging. She lives in Luxembourg with her partner and 2 girls, and she loves all things sexual empowerment.

Have questions about

VITATM SACRED SEXUALITY ?

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