

— Welcome to —

VITA™ SACRED SEXUALITY

An experiential initiation into Sacred Sexuality...
Where you get to explore extraordinary levels of pleasure
and transcendental orgasmic states...
... expand your consciousness, find radical liberation...
... and experience profound levels of pleasure and power,
all within a supportive community.





Discover the VITA™ Method

Through the powerful combination of the 5 holistic tools - breathwork, energy, mindfulness, sounding, and movement - the VITA™ Method offers a completely unique approach to healing and awakening sexuality.

Backed by modern science and empowered by ancient wisdom, in the practices, you'll learn to work with the primal brain and the deep subconscious, which allows you to actually resolve the issues that keep you from having the sex, relationships, and love that you desire and deserve.

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



**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 to radically transform your sexual experiences and feel mind-blowing levels of pleasure and connection.

When you blend your spirituality with your sexuality, the two merge into one creative, expressive, enlivening force... *Sacred Sexuality.*

Embracing your sexuality as a sacred aspect of your inner self and divine love will empower and elevate every aspect of your life.



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

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!

Key Takeaways 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.



Powerful Sounding - emotions have the capacity to guide us to our deepest truth and our greatest pleasure, and repression of emotions holds us back. Learn to sound and move energy through your body to activate your highest pleasure.



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.



Emotional Pendulation - experience sadness, fear, disgust, and swing into love, pleasure, or peace, then experience pleasure and fear at the same time.



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.



Orgasmic Self-Exploration - embrace and reclaim your pleasure through ecstatic whole-body stimulation.



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 breakdown of the offerings by package, and a little sneak peek at some of our most popular Playshops along with a couple of the main tools you'll learn each month.

Resource	Monthly	3 Month	6 Month	Year
Live Calls	17	51	102	204
Guided Audio Practices	6	18	36	72
Video Lectures	1	3	6	12
Progress Trackers	2	6	12	24
Spotify Playlists	4	12	24	48



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.



Key Takeaways

Sex Magic: Use the ultimate sex witch tool of power to harness your sexual energy to create the life of your deepest desires!

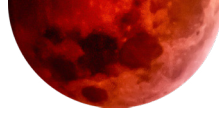
Orgasmic Breathwork: Learn to self-pleasure and drop into seductive, high-vibe, orgasmic breathwork to activate your deep manifestation magic.



Main Transmissions of the Month

Throughout the month, you'll use high vibration emotions and pleasure to manifest, and learn how sex opens up your nervous system and pleasure creates high vibration activation... the combination needed for manifestation and transformation.

Use sexual and orgasmic energy as a source of power, and learn how to use it to empower your desires and shift your mindset!



February

SEX GODDESS/GODDEX

Awaken your inner Sex Goddess/ex 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.



Key Takeaways

Vaginal Self-Exploration: Information and knowledge lead to empowerment, pleasure, and orgasmic Goddess/ex states. Learn the beautiful map of your vagina and self-pleasure in the most wonderful ways.

Freedom in Movement: Work with the primal sides of you to breath, move, dance, and sound in the most ecstatic ways to release what holds you back and step into the Sex Goddess/ex you know you are.



Main Transmissions of the Month

Embody and play with the range of your Sex Goddess/ex and put your crown on to claim your Sex Goddess/ex nature. Drop into a 5-senses reality of your life as a Sex Goddess/ex to open up body movements and freedom as a way to bring more of the Goddess in you alive.



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!



Key Takeaways

Self-Pleasure 101: Learn the basics (*or go back to basics*) in your pleasure-filled quest. Use your fingers or your favorite pleasure treasures on your orgasmic exploration journey.

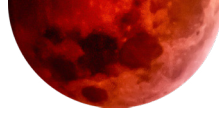
Create Sacred Boundaries: Safety creates openness for intimacy and deeply connected states of pleasure. Learn to embody safety on all levels and gain greater understanding of your sacred boundaries as a portal for welcoming in more and more pleasure.



Main Transmissions of the Month

Tap into your Goddess of Pleasure to learn what it means to use pleasure to light up your chakras, support your nervous system, and build your energy body so you can have the most ecstatic orgasms and life!

Let pussy run your life and stream pleasure through your body to unlock flow states to enter deep creativity and connection and release limiting beliefs.



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.



Key Takeaways

Emotional Pendulation: Experience sadness, fear, disgust, and swing into love, pleasure, or peace, then experience pleasure and fear at the same time.

Self Soothing: Learn to resource and soothe your body and create a flow of healing and relaxation to nourish your entire body system.



Main Transmissions of the Month

This month, you'll learn to 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.

Use the power of your emotions to have the deepest, most ecstatic sex EVER. Through embodying all emotions we reclaim our true place as a sexual force of nature.



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!



Key Takeaways

Jade Egg Practices: Own your full sexuality through jade egg practices to connect with your authentic pleasure and sexiness.

Owning your Yes + No: 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.



Main Transmissions of the Month

Activate and understand your deepest sexual desires and pussy pleasure. Explore the full geography and orgasmic potential of pussy to rewrite your sexual story and own your relationship to your body, release any guilt, shame, or fear around sexuality.



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.



Key Takeaways

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

Embody Grief: When grief is unexpressed or in isolation, our spirits can wither. Learn to come into wholeness and joy in your body and embrace all experiences.



Main Transmissions of the Month

Switch your lens on your body throughout this entire month! We'll switch out...

Perfectionism, comparison, robot/machinery, hierarchy of beauty (including racism, ageism, and shapeism), fear of our body, and body shame for...

Celebration, worthiness, relationship to our body, aliveness, cyclical reverence, seeing beauty in all forms, and gratitude!



July POWER

Own your power and magnificence! You'll claim your 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!



Key Takeaways

Shake off Limiting Beliefs: Shake off judgment, repression, and shame to reclaim your slut essence and unleash your ultimate pleasure potential.

Embody your Space: Find your fuck and your inner pussy pulse and primal appetite for life. Learn how to take a full stance in our desires with movement and energy.



Main Transmissions of the Month

Channel your sexual power to manifest your deepest desires and 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.

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!



Key Takeaways

No-Goal Sex: Learn to drop the goal so that you don't stress or pressure your body and pleasure, while still keeping your greater and deeper compass on orgasm by following your pleasure, being fully present with your sensations, and allowing yourself to experience orgasm(s) in many different ways.

Full-Body Orgasm: Dive into full body orgasm to unleash activation with breath, sound and no limits on the freedom of expression in your body, your energy, your voice and your ecstatic experience!



Main Transmissions of the Month

Discover what feels good for YOU, different ways to touch yourself, and claim masturbation as a source of empowerment and personal pleasure this month.

Use the 5 Holistic Sex tools (breathwork, sound, movement, mindfulness, and energy) to 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.



Key Takeaways

Create Ritual Space: Learn how to create and set ritual space for inner and outer transformation.

Breast Massage: Drop into self-pleasure with a loving, caring, and non-judgmental focus on your breasts.

Transmutation: Use the alchemy of sex to transform sexual energy into spiritual energy.

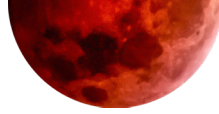
Sacred Sexuality for Couples: Explore what sacred sex is, how to learn and experiment without pressure or goals, and how to include aspects in your everyday sex.



Main Transmissions of the Month

Use your Goddess powers to invoke the goddess within you while using transmutation, the alchemical practice of turning your sexual energy into spiritual energy throughout the whole month.

Learn to use the microcosmic orbit and sex magic to connect with Goddess consciousness and the power of orgasm to shift your consciousness and make spiritual intentions for your self-pleasure practice



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.



Key Takeaways

Pussy and Penis Massage: Be guided into sacred pussy and penis massages with a partner. Learn to communicate what you want and what turns you on.

Love Languages: Learn your unique love language and uncover new glorious ways to express yourself authentically in relationships.

Fears, Desires, Loves: Dive into honest communication with your partner and learn how to let responses flow from your body.



Main Transmissions of the Month

This month features classes that are focused on singles wanting to attract high-quality partnership or evolve their relationship to dating, to set your clear vision of partnership and upleveling your worthiness to be able to attract it, while still empowering you to work with the person who shows up in an ever-evolving way!

The month also features classes for those in partnership - yes, that's right - you can bring partner or lover along for the experience and learn how to use sacred sexuality techniques in relationships!



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.



Key Takeaways

Powerful Movement & Sounding: Learn a wild, powerful, and provocative ritual where you literally get to burn your money blockages and limiting beliefs, connect with the energy and flow of money, heal your money issues and self-pleasure, orgasm, and dance yourself to financial empowerment.

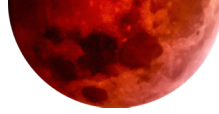
Talk About Money: Release any shame, fears, guilt, etc. around money and share celebrations with fellow members in the program. Get more comfortable talking about money and heal the silence around money!



Main Transmissions of the Month

Throughout the month, you're invited to drop into a powerful release of social and familial conditioning and fear around money and use sexual ecstasy to empower your nervous system and mind to take a huge leap forward into your chosen financial reality as the Goddess/ex you are.

Own your money story through releasing conditioning and claiming your truth around it.



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.



Key Takeaways

Laugh to Move Energy: Use the powerful tool of sounding with laughter to move energy through the belly and 3rd chakra to open into a full-body orgasm.

Creativity & Sex: Play in an artistic way and be guided to create from pussy... then dive into sexual play time and switch back and forth!!



Main Transmissions of the Month

DON'T and/or STOP TAKING EVERYTHING SO F^*KING SERIOUSLY!!!

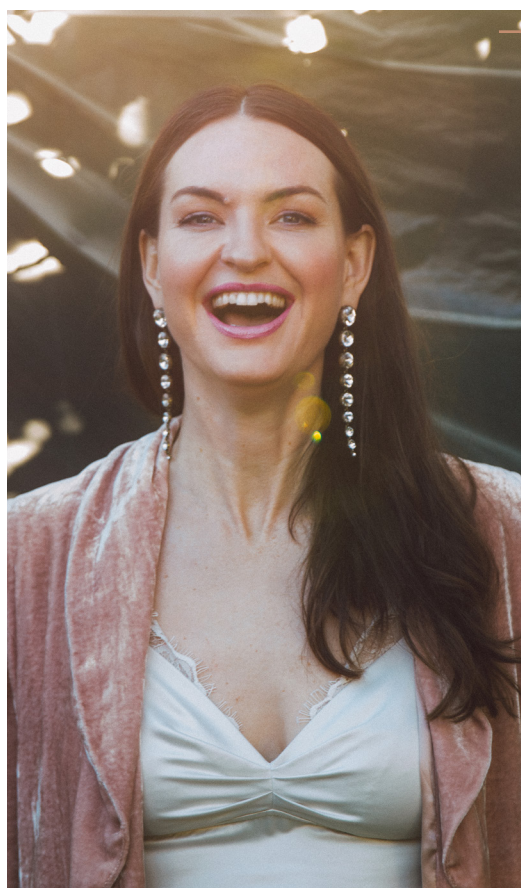
Learn to express the repressed feminine shadow emotions so you can play your way through life without fear.

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 - Queen of the Cosmic Joke + Infinite Pussy Magi

During Layla's transformational Sacred Sexuality Initiation, you will be guided through an incredible experience of joy, ecstasy, healing, and magic.

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.

[VIEW TEACHING EXAMPLE](#)

Get to Know Your VITA™ Teachers



Hilary - Queen of The Effervescent Pussy Sparkle Play Palace and Love Brigade

You'll find Hilary teaching Yin and Pleasure Playshops each week. Her bread and butter is the Yin Queen Integration where you show up and connect with other Queens in the program - and some months include a DOPE catwalk. 😊

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.

[VIEW TEACHING EXAMPLE](#)

Get to Know Your VITA™ Teachers



• Erika - Queen of Sluts (Sexually Liberated United Tasteful Sinners)

Erika will be your guide for the deeply magical Pleasure Queen Initiation, along with weekly Pleasure and Yang Playshops. 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.

[VIEW TEACHING EXAMPLE](#)

Have questions about

VITATM SACRED SEXUALITY ?

[CHECK OUT OUR FAQs](#)