

VITA™ COACHING

A TANTRIC APPROACH TO
SEX, LOVE, AND RELATIONSHIPS

THE VITA™ COACHING CERTIFICATION

Syllabus Deep Dive



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Put in your application to get started today!

APPLY HERE!

A 600-Hour Expert-Level Training On Sexuality, Love, And Relationships

In this certification, you'll learn how to be a professional coach and lead transformative private or group sessions from anywhere in the world. You'll become skilled at using my proprietary VITA™ Coaching Method (The Vital and Integrated Tantric Approach to Coaching) in a clear and structured way, allowing you to lead your clients through a comprehensive and highly effective coaching process every time.

Layla Martin

— VITA™ Method, Creator and Founder



The VITA™ Method blends modern science and ancient wisdom to create rapid and holistic transformation... and we start with you.

One of the aspects of our program that sets VITA™ Coaching apart is that we focus intensely on your own personal development and the inner journey of who you are as a coach first.

We have a full Trimester - Trimester 1 - dedicated to your personal transformation.

Trimester 2 and Trimester 3 are dedicated to your professional development. So many coaches and professionals teach the same tools and techniques over and over, tools and techniques they often haven't used themselves. This leaves them without the experience, knowledge, and personal relation

to their work to truly guide their clients down the right path...

Not to mention leaving them struggling with Imposter Syndrome and feeling like a fraud.

In the VITA™ Coaching Certification, you will personally practice and embody every single practice you use with your clients.

The transformation occurs not from trying to be something different, but by gently removing the blockages, fears, and contractions around our sexuality, hearts, and relationships to reveal the wholeness and health that was always there.

This coaching certification is taught in three (3) trimesters with an optional one-week live retreat offered only to VITA™ Coaching students.



Total Self-Transformation Process

JAN 9TH - APR 29TH, 2023

Experience yourself expand into your true authentic nature of power and pleasure, becoming the Queen or Royal Sovereign of Sex, Love, and Relationships yourself. This trimester is a deep dive into fully exploring your own sexuality, heart, and ways of relating. You'll start to fully embody all of the practices and techniques you'll be guiding your clients through. You'll explore your greatest fears and wounds and you'll also grow into your greatest gifts and capacity.



OPPORTUNITY TO JOIN OPTIONAL LIVE IMMERSION:

The VITA™ Coaching Embodiment Retreat

JUNE 17-24 or JUNE 24-JULY 1, 2023

An absolutely epic week-long intensive embodiment process of Tantric activations, rituals, and your own profound wisdom. Choose between two weeks for a deep dive into nature, celebration, and the wild feminine. The retreat is offered only to VITA™ Coaching students at a low-cost to cover staff, travel, accommodations, and food.



The 10 Core Coaching Modules of the VITA™ (Vital and Integrated Tantric Approach) Method

MAY 8TH - NOV 5TH, 2023

An exploration into the VITA™ Method, proprietary 10-module system for expertly transforming your clients in a systematic and lasting way. We train you in things like being present, using your voice, owning your intuition, having true confidence, and holistic sexuality tools. People are less attracted to the tools you use and more drawn to the professionalism of who you are.



Specializing in Your Niche

NOV 6TH - DEC 12TH, 2023

Choose your area of mastery and develop comprehensive skills in your niche! Everyone would rather work with a specialist rather than a generalist. (Think about it, you'd rather see a neurosurgeon than a generic doctor if you've got an issue to solve with your brain!)

Most programs leave you as a generalist in your coaching field, but this program takes you all the way to a specialist.



Post-Program Coaching and Business Support

This program is robust compared to others on the market. Offering this amount of unique value is in the highest service of producing truly excellent coaches. To best support your success at whatever pace, additional Coaching and Business Development calls and one major are included in your tuition.

We offer a structured space for you to be open and vulnerable about your life and experiences. This space will support you and your fellow coaches as you reflect and grow together. You will also have the opportunity to ask questions and receive guidance in monthly live calls with our team.

This allows you to fully integrate the material and get support when you need it most: as you launch your coaching business and begin working with clients in the real world!

Ready to apply?

Applications to become a certified VITA™ Sex, Love, and Relationship coach open on August 16, 2023! When you're ready, you'll be able to apply by clicking below:

YES, LET'S DO THIS!

2023 ENROLLMENT	EARLY BIRD ENROLLMENT	STANDARD ENROLLMENT
ACCEPTING APPLICATIONS	August 16, 2022	August 16, 2022
ENROLLMENT PERIOD	August 16 - October 3, 2022	October 4 - January 19, 2023
ENROLL WITHIN 7 DAYS OF ACCEPTANCE - BONUS	Fast-Action Bonus: One (1) FREE Major	Fast-Action Bonus: One (1) FREE Major
ADDITIONAL BONUS CONTENT	<p>\$1,000 Discount</p> <p>LIVE Coaching Empowerment Classes with Layla (Sept-Oct 2022)</p> <p>One (1) Signature Course FREE (choose from Obliss, Crystal Pleasure, Epic Lovers or Men's Sexual Mastery)</p> <p>LIVE Early Community & Programming Training with VITA Teachers™ (Oct-Nov 2022)</p> <p>Essential Foundation Series (Dec 2022)</p>	<p>LIVE Early Community & Programming Training with VITA Teachers™ (Oct-Nov 2022)</p> <p>Essential Foundation Series (Dec 2022)</p>

The VITA™ (Vital and Integrated Tantric Approach) Coaching Method

THE 3 PILLARS OF THE COACHING CERTIFICATION



The 3 Pillars of the Coaching Certification



LOVE



SEX



RELATIONSHIPS

While you will be encouraged to specialize in a particular area as a coach, the interdependent nature of love, sex, and relationships means that in order to understand one fully, you must also understand the others.

On the following pages are descriptions of how these three pillars interlock in the training. Each of the pillars will also be supported by the VITA™ Method that you'll learn in Trimester Two.



Love

Each child is born with a heart of pure love and joy. However, layers of pain, family conditioning, disappointment, fear, and heartbreak form barriers against the daily experiences of love and self-love.

As the ability to love oneself and others forms the foundation of all healthy and passionate relationships and is present in all great sexual experiences, it is necessary to understand how to unblock and experience love for yourself and your clients as the underlying foundation of great sex and meaningful relationships.

Love is the basis of the intimacy that we all hunger for, and intimacy is the magic that brings sex and relationships alive.

Some examples of Love topics covered within the VITA™ Coaching Method are:

- How to restore a broken heart
- Truly effective tools for creating self-love
- How to change the love dynamic of a couple
- Self-love in the cycles of life (pregnancy, parenting, divorce, relationships, single life, menopause, old age)
- The inner workings of love and how to experience healthy intimacy



Sex

Each of us is gifted with a thriving, vibrant, and healthy sexuality. Almost everyone loses contact with this original power, resulting in broken relationships and/or depression, sadness, numbness, and sexual problems.

A healthy sexuality that is cared for and understood forms the basis of all high-functioning relationships. As sexuality is such a core part of our bodies and selves, it is virtually impossible to love oneself without a deep acceptance of one's authentic sexuality.

Building a regular sexual self-care practice is revolutionary and it is going to be the next expanding interest in our culture. Along with the explosive growth of nutrition, yoga, and mindfulness, sex is the next frontier that people are hungry to explore and evolve in.

Some aspects of Sex topics covered in the VITA™ Coaching Method are:

- How to keep passionate sex alive in long-term relationships
- How to address common sexual issues like anorgasmia, impotence, pain during sex, and lack of desire
- How to use sex for personal development
- How to address sexual traumas
- How to release layers of guilt, shame, and fear that obstruct sexual vibrancy
- Sex through the phases of life: losing virginity, first relationships, parenting, divorce, menopause, and advanced age
- Tantric sex for singles and couples
- Advanced orgasmic practices: full-body orgasms, cervical orgasms, g-spot orgasms, and energy orgasms



Relationships

We all long for vibrant, intimate, and deeply loving relationships. However, due to our emotional blueprint from childhood, adolescence, and our family dynamics, many of us long for support, intimacy, and partnership – yet we don't know how to create it or are too afraid to do so.

Relationships of all varieties are the container in which healthy love and sex flourish. Understanding the true nature and function of relationships allows you to help your clients get the love, sex, intimacy, and partnership they desire.

Due to our culture's misunderstanding of how relationships function, many relationships end or self-destruct unnecessarily. While part of successful relationships is knowing when to say goodbye when something isn't working, most couples come for coaching because they desire to stay together but simply don't have the tools to make it work. We'll be covering how to understand relationship dynamics in such a way that even long-term couples can experience a thriving sexual and love dynamic.

Some examples of Interlocking Relationship Coaching topics covered in the VITA™ Coaching Method are:

- How to heal damaged, broken, or drifting relationships
- How to solve relationship issues of desire and sex
- How to change a relationship blueprint to attract a different partner
- How to use the sex and love tools to magnetize a soulmate
- How to deal with relationship challenges like children and busy lives as it relates to a healthy sex life
- Tools for building healthy, vibrant relationships
- Relationship breakdowns (and how to turn them into breakthroughs) – divorce, cheating, lack of sex, and desire
- Communication tools

Ready to apply?

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[YES, LET'S DO THIS!](#)

TRIMESTER
— ONE —

Total Self-Transformation Process

JAN 9TH - APRIL 29TH, 2023



A five-month deep dive into your own sexuality, heart, and how you relate. You'll discover how to access your sexual ecstasy, power, and sensitivity.

Practicing what you coach is a necessity for staying aligned with the techniques, tools, and experiences you'll be offering your clients. If you are a sex coach, doing sexuality practices is essential.. If you are a relationship coach, doing relationship development is essential... And if you are a love coach, you want to be continuously working on your heart.

Many coaching certifications offer you tools and coaching frames, but they don't do the time-intensive work of training you to become a higher level version of yourself.

In the VITA™ Coaching Certification, we place focus on this because who you are is the most important part of being able to confidently enroll clients in your programs.

Structure

INCLUDED IN TRIMESTER ONE, YOU'LL RECEIVE:

Live Coaching with Layla

2 hours of in-depth group coaching weekly to get to learn and experience the coaching process live

Layla's Training Videos

2 hours of content weekly to develop your coaching, personally and professionally

Live Workshops with Layla and Team

Receive 2 - 3-hour deep dives into topics like trauma integration, Tantric breathwork, pelvic floor health, and sexual healing

Live Guided Practice with Layla and Team

Join fun optional group practice sessions each week to receive live guidance and support

Live Personal Development and Support from Team

Receive additional support calls in smaller group sessions to get the coaching reflection and support you need

Weekly Guided Meditations

3x per week, dive into meditations to deepen your personal transformation

Weekly Self-Practices

3x per week, you'll do practical guided experiences to fully embody and understand the work

Structure

INCLUDED IN TRIMESTER ONE, YOU'LL RECEIVE:

NEW FOR 2023!

Online Learning Portal

All of your questions answered!

You can always post questions on the website and Layla or a team member will respond; you can also attend office hours

Community Facebook Group

Take the time to connect, process, and integrate with other women in the program

Detailed Personal Training Manual

Spend time journaling and reflecting on your process each week

Detailed Syllabus

ORIENTATION WEEK

The Royal Orientation for Queens and Royal Sovereigns

JAN 9TH - JAN 13TH, 2023

At the start of the program, we'll take five days to drop in with you and explore how to get the absolute most out of the program. We will offer live classes and workshops to support you in experiencing love, safety, belonging, and thriving in the program throughout the year. If you have wounding from the past that holds you back or fears about expressing yourself, this orientation will support you to feel safer and more expressed so you can step into a next-level approach to learning what truly works for you.

WEEK 1

Discover the Power of Self-Love

- Heart-healing tools
- The energy of the heart
- Family healing systems
- Addressing heartbreak
- Loving the shadow
- Self-love in practice

WEEK 2

Deep Dive into Sexual Anatomy and Sexual Exploration of the Self

- Anatomy of pleasure
- Innocent sexual play
- Pelvic rocking
- Restoring sexual joy
- Being at peace with genitals
- Embracing the inner child

Detailed Syllabus

WEEK 3

Learning Tools for Loving and Conscious Self-Pleasure

- The foundations of holistic sex
- Fantasy and presence
- Losing the goal
- Sex training
- Relaxation

WEEK 4

Exploring Sexual Healing

- Sexual trauma
- Sexual abuse and rape
- Tension and armoring
- Trauma release
- Restoring pleasure and joy
- Bioenergetics

WEEK 5

Steps Towards Sexual Wholeness

- Primal sexuality
- Sexual freedom
- Sex and the 5 senses
- Sexual archetypes
- Breathwork for sex

Detailed Syllabus

WEEK 6

Exploring the Sexual Shadow

- Kinks
- Sex addiction
- STIs
- Sexual fear
- Slut-shaming
- Jealousy
- Fantasies
- Pornography

WEEK 7

Exploration of Sexual Energy

- Sex yoga
- Energy orgasms
- Sex and the chakra system
- Energy anatomy for sex
- Sex and the microcosmic orbit
- Sexual energy for doubters

WEEK 8

About the Orgasm

- Orgasm and the brain
- Valley orgasm
- Cervical orgasm
- G-spot orgasm
- Male orgasm
- Prostate orgasm
- Non-ejaculatory "O"

Detailed Syllabus

WEEK 9

Creating a Vibrant Sexual Ecology

- Understanding guilt, shame, and fear
- Restoring love, safety, and belonging
- Sex and the brain
- The neurobiology of sex, orgasm, and pleasure
- Sexual brakes and accelerators: the new approach to sex therapy

WEEK 10

Changing Sexual Identity

- Understanding your sexual story
- Sexual habits and addictions
- Family systems and sex
- Choosing a new sexual identity

WEEK 11

Exploring Relationship Blueprints

- How we love
- Why we run
- The real purpose of relationships
- Sexuality and dating
- Sex in relationships

WEEK 12

Steps for Total Empowerment

- Clear boundaries
- Sexual power
- Owning female sexual power
- Owning male sexual power
- Sex as power

66
I think the biggest transformation was clearing the deep trauma freeze in my nervous system around worthiness and sexual trauma imprints from my own experiences as well as my ancestors. **I'm now liberated, free, and have radiant aliveness in my entire system.**

– Grace W.



— OPPORTUNITY TO JOIN OPTIONAL LIVE IMMERSION —

The VITA™ Embodiment Retreat

JUNE 17-24, 2023 OR JUNE 24-JULY 1, 2023

**A live, week-long intensive with Layla and her team
in an absolutely epic paradise. You choose one week
that works for your schedule.**

This will be a profound embodiment process giving you a deep comfort with your body, sexuality, and energy. You'll experience all of the most powerful tools live with Layla in the beauty of nature.

This retreat is optional and offered only to VITA™ students at a low-cost to cover staff, travel, accommodations, and food.

Please note that this is the only additional investment of the program, apart from the literature and self-pleasure toys you will need to invest in as well. Everything else listed in the syllabus is included in the full tuition.

*Due to COVID-19, the dates of the retreat are subject to change.

Photos of Past Retreats

Experience live transmission practices with Layla and the program senior teachers, opening up gateways to bliss, joy, ecstasy, and profound healing.





The 10 Core Coaching Modules of the VITA™ (Vital and Integrated Tantric Approach) Method

MAY 8TH - NOV 5TH, 2023

An exploration into the VITA™ Method, proprietary 10-module system for expertly transforming your clients in a systematic and lasting way. We train you in things like being present, using your voice, owning your intuition, and having true confidence, which is a skill that can be learned and strengthened.

People are less attracted to the tools you use and more drawn to the professionalism of who you are.

STRUCTURE OF TRIMESTER TWO

Live Coaching, Support + Guided Practices with Layla + the Senior VITA™ Teachers

Weekly in-depth group coaching development to receive guidance on your coaching skills and support calls in smaller group sessions to get the coaching reflection and support you need

Layla's Training Videos

2 hours of content weekly to develop your professional coaching abilities

Live Coaching Forums with Team

Receive additional practice specifically on the essential coaching foundations on live calls to truly uplevel each critical skill you'll need

Coaching Practicum

Dive into deep coaching skills development each week to gain confidence and mastery in your coaching

Weekly Guided Meditations + Self-Practices

Dive into meditations and practical self-guided experiences to fully embody and understand the work



Online Learning Portal

The collage displays various components of the VITA™ Coaching - Trimester 1 online learning portal:

- Course Player Tour:** A video lecture titled "Discovering the Power of Self-Love Lecture" featuring a woman in a blue top speaking.
- Sidebar Menu:** A navigation menu for "VITA™ Coaching - Trimester 1" showing progress (0% complete) and a list of lessons including "Program Documents", "Module 1: Total Love", and "Discovering the Power of Self-Love Lecture".
- Assignment Download:** A section titled "Assignment download" showing a file named "Trimester 1 Module 2 Playbook" (784 KB) with a "DOWNLOAD" button.
- Instructions:** A list of five steps for downloading and using the PDF file.
- Video Practice:** A video titled "Heart Awakening & Total Love Practice" showing a woman in a white top and blue skirt practicing.
- Comments Section:** A "6 Comments" section with a "CREATE NEW POST" button and a list of user comments and replies.

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I was a practicing OB-GYN and was looking for something that was going to make it more pleasurable for me. **I joined the coaching program to be able to help my patients enjoy their sex lives and I feel like I have something substantial to offer my clients now.** I'm only offering 6 months packages now and am charging \$10,000

– Dr. Renee Hilliard

Detailed Syllabus

NEW FOR 2023!



We have added two weeks additional time to support you in your content comprehension and practicum completion

WEEK 1

The Coaching Core Part One

- The foundations of a successful coaching session
- How to get to clear desires with a client
- Understanding the Desire Map
- The MAU tool: mirroring, acknowledging, and understanding
- How to determine and use goals in coaching

WEEK 2

The Coaching Core Part Two

- Identifying limiting belief systems and unconscious objections to change
- Transforming limiting belief systems and unconscious objections in a lasting way
- Working with the conscious, subconscious, and unconscious to create an inner relationship of love and acceptance
- The transformational map you can use to encourage breakthroughs and awakening in each coaching session
- Working with core identity and helping clients shift from limiting to empowering identities

WEEK 3

Coaching Module: Liberating the Family Dynamic

- Understanding the family legacy and ancestral issues
- Healing the mother line: love, sex, relationships
- Healing the father line: love, sex, relationships
- Breathwork for a coaching session

Detailed Syllabus

WEEK 4

Coaching Module: Embracing the Inner Child

- Healing the inner child
- How the inner child affects love, sex, and relationship patterns
- Keys to healing the adult and the inner child
- Creating a lasting sense of safety and belonging

WEEK 5

Coaching Module: Creating a Thriving Sexual Ecology

- Developing desired states in the nervous system
- Creating sexual safety
- Love and belonging as keys to sexual thriving
- Addressing limiting belief systems and sex
- Saying "yes" to high vibration states

WEEK 6

Coaching Module: Getting What You Desire

- The Master Map to getting what you want
- How to create real worthiness and deservingness
- How to use sex magic and breathwork to manifest desires
- Clearing the way: how to address blockages, fears, and doubts

WEEK 7

Coaching Module: Finding Emotional Empowerment

- Saying "yes" and "no"
- Rewiring your relationship to emotions
- The Tantric approach to emotions
- Emotional pharmacology
- How to break emotional addictions and habits: dealing with depression, grief, anger, and pain in an integrated way

Detailed Syllabus

WEEK 8

Coaching Module: Coaching with Holistic Sex Techniques

- Using breath, sound, movement, and focus in coaching
- How to address major sexual issues with holistic tools
- How sexuality affects love and relationships
- Emotional mastery and self-love through self-pleasure
- Gentle trauma healing and full-body orgasmic experiences

WEEK 9

Coaching Module: Journey into the Self

- Spiritual awakening through coaching
- The importance of the felt-sense in coaching
- How to create lasting self-love and thriving for your clients
- Repatterning programs
- The subconscious and the supraconscious

WEEK 10

Coaching Module: Healthy and Fabulous Relationships

- Understanding projections
- How to say what you really want
- Conscious arguments
- Communication skills
- Interpersonal healing

The tools included in the 10 coaching modules can be applied to a wide range of coaching topics relating to sex, love, and/or relationships.



This is a universal map of transformation that can be used to transform literally anything, and we'll be focusing on how it applies specifically to our three core topics of coaching: sex, love, and relationships.

However, we've listed below some examples to show you how this coaching sequence can apply to a particular niche in the wide world of coaching.

These are just a few of the possibilities! The VITA™ methodology is applicable to any topic you choose.

Dating Coach

If you want to be a dating coach, for example, you can use this 10-module coaching program to support your clients to clear their old blueprint of attracting partners and to up-level how they view themselves and their worthiness.

You can use these modules to show your clients how to use self-pleasure and manifestation to clear the way in their psyche for the partner they truly desire, or to address the fear of being abandoned that keeps them from dating.

Women's Empowerment Coach

As a women's empowerment coach, you will have the opportunity to work with businesses, organisations and individuals who want to learn how to attract, empower and retain the best women talent in their organisations.

You'll be able to help businesses and organisations create cultures that are conducive to women reaching their potential.

You'll be able to use the tools of play, celebration and power to allow a woman to be her most radiant, bold, and vibrant self in her career, relationship, and life.

Sex Coach for Long-Term Relationships that Have Lost Their Desire

With a profound understanding of relationship dynamics and communication, you'll be able to get to the root of each client's passion and sexual drive and to uncover the original wounding that is masking their current sexual hunger.

You'll be able to go through a process of profound sexual healing with your clients, revealing to them how their lack of desire is a message and a call for greater integration and how to use that message to build even more intimacy and trust in their partnership rather than running away and shutting down.

Life Transition Coach (Working with fertility, pregnancy, parenthood, menopause, advanced age issues)

Almost all life transitions call us into a deeper connection with our body, our sexuality, our hearts, and our relationships. If we choose to embrace that, then the life transition is a gateway of opportunity.

However, most people miss this key understanding, and the transition becomes rife with struggle, pain, and doubt. Using the 10-coaching module sequence, you can clear the way for your clients to remove conditioning from their family and their own fears around, for instance, aging or menopause.

You can enhance fertility by connecting women with their womb and ovaries with daily sexuality practices that are paired with the gentle release of layers of sexual blockages that keep their hormones and fertility operating at the optimal state.

Parenthood is also an area where family dynamics and heavy conditioning affect the relationship of sex between parents. You can work with your clients on the emotional barriers that prevent them from having an engaging sex life while also guiding them towards regular practices that build sensuality and intimacy, even if they don't have the energy or time for intercourse.

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The sexual healing and transformation I went through in T1 was amazing but what I am truly so proud of is who I became in those T2 practicums!

There was no hiding in T2, no more avoiding being seen, I had to show up and connect with other people, to let myself heal and grow with other people. **That was truly life changing for me! I went from being paralyzed in my first call to now being so excited and confident in my capacity to show up as a space holder!**

– Kate



Specialize in Your Niche

NOV 6TH - DEC 12TH, 2023

Choose your area of mastery and develop comprehensive skills in your niche! Everyone would rather work with a specialist rather than a generalist. (Think about it, you'd rather see a neurosurgeon than a generic doctor if you've got an issue to solve with your brain!)

Most programs leave you as a generalist in your coaching field, but this program takes you all the way to a specialist.

In Trimester 3, you'll choose your major(s) and become clear on your unique offering to the world. You'll select an angle for your business and coaching practice that will focus your message and marketing.

You'll gain mastery in your chosen niche through specific training and coaching sessions focused on your specialization.

Before the start of the third trimester, you'll get a comprehensive look at each major so you can make a well-informed choice. You will choose your major during the third trimester, and we've added a Majors Masterclass to kick it off.

STRUCTURE OF TRIMESTER THREE

Live Business Development Call each week with Layla or the Senior VITA™ Teachers

Get personalized reflection and coaching on your website, business plan, branding, and copy as you develop your coaching business

Holistic Business Support

Guided modules to choose your packages, pricing, and approach from a soul- and heart-centered energetic space so your business can feel fully aligned

Comprehensive video module training

To help you develop your entire coaching business

Weekly Worksheets and PDFs

Brainstorm and develop your financial plans, your sales approach, and your book of business



The Majors content helped me to niche and develop my skills on a deeper level than any other course I've completed. **The practices continue to help me and my clients grow and transform!**

– Brooke



The Majors

After the Majors Masterclass, there are 8 Majors offered for purchase post-program.
Develop your area of mastery and comprehensive skills!

Female Sexuality

Jade Egg

Men's Sexuality

Conscious Dating

Tantric Sex

Relationship Transformation

Life Transitions

(Divorce, Aging, Menopause, Abortion, Grief/Loss)

Womens Empowerment

Most people would rather work with a specialist rather than a generalist. (Think about it, you'd rather see a neurosurgeon than a generic doctor if you've got an issue to solve with your brain!). Most programs leave you as a generalist in your coaching field, but the Majors take you all the way to a certified specialist in your chosen area.

You'll gain mastery in your chosen Major through specific training and coaching sessions focused on your specialization.

Detailed Syllabus

Major: Female Sexuality

- Understanding how to address female desire and libido
- The power of orgasm and how to get a client her first (or best) orgasm
- Sexual healing and the integration of trauma, shame, guilt, and fear
- The use of breath, sound, movement, focus, and energy in sexuality
- Sex in partnership and self-pleasuring

Major: Jade Egg

- Learn the foundations of the jade egg practice
- Learn the basics of Taoism and Qigong
- Master 5 jade egg sessions to teach to clients:
 - » The Pleasure Session
 - » The Healing Session
 - » The Wild Session
 - » The Power Session
 - » The Sexy Session

Major: Men's Sexuality

- Be confident coaching and working with men
- Learn male anatomy and physiology
- Be prepared to address common male sexual problems like erectile dysfunction, premature ejaculation, and sexual insecurity
- Understand how to use tools and techniques to guide a man into his sexual mastery
- Work with practices that encourage a man to heal and awaken to his most empowered self

Detailed Syllabus

Major: Conscious Dating

- Begin work in the dating industry as a masterful dating coach
- Understand why we attract certain partners and repel others
- Handle a client's insecurity and transform it into confidence and worthiness
- Learn in-depth tools for magnetizing and forming a lasting relationship with a dream partner
- Be fluent in relationship blueprinting so you can understand why clients are blocked to relationships and why they struggle in dating so you can support them into thriving in the dating world

Major: Tantric Sex

- Work with couples to develop a foundational Tantric sex practice together
- Understand Tantric energy, ritual, and sexuality with depth
- Study the roots of classical Tantra and learn the powerful practices of Neo-tantra
- Use Tantra to keep the passion and attraction alive in long-term relationships
- Be confident working with sacred sex with couples

Major: Relationship Transformation

- Learn to work with struggling couples to create harmony, attraction, and love together
- Be able to create breakthroughs and transformation for couples
- Learn excellent tools for creating amazing communication
- Learn how to improve sexuality and erotic play in relationships
- Learn how to restore passion and sexual desire to a couple
- Understand conscious uncoupling and how to support break-ups in a loving and supportive way

Detailed Syllabus

Major: Life Transitions (Divorce, Aging, Menopause, Abortion, Loss/Grief)

- Be able to coach clients through challenging transitions and support them into a more empowered and authentic version of themselves
- Change a narrative: divorce is a huge opportunity, aging can be graceful and beautiful, menopause can be a period of expansion and creativity (or any narrative you want!)
- Rewrite the cultural story around phases where society struggles
- Work with older clients who want to claim their sexuality and power in a holistic way
- Understand tools and techniques to age gracefully, separate consciously, and/or move through menopause in a healthy and even sexy way

Major: Women's Empowerment

- Work with clients around loving their pussies, claiming their power, and being a full-spectrum woman in the world
- Support clients to flirt outrageously and maintain sensuality in their career or as mothers
- Reveal and understand desire for your clients, continuously flaming and encouraging their deepest desires
- Learn tools and techniques to allow a woman to be her most radiant, bold, and vibrant self in her career, relationship, and life
- Encourage clients into a thriving life of celebration and play

NOTE: You will study a bit of each of these majors in both the first and second trimester. So, you will learn some of each of these topics no matter what major you choose. However, in the third trimester you will choose a track to specialize in where you will go even deeper into working on the major(s) for your career.

Pricing Options

EARLY BIRD

PAY IN FULL
(AUG 16 - OCT 3)

\$12,497

(\$2,997 Deposit,
1 additional payment of \$9,500)

\$1,000 Discount PLUS:
Fast-Action Bonus
(enroll within 7 days of acceptance
FREE Major included!)

BONUS CONTENT

One (1) Signature Course
LIVE Early Community
& Programming Training
LIVE Empowerment with Layla
Essential Foundation Series
Bonus Value: \$9,000

EARLY BIRD

PAYMENT PLAN
(24 MONTH)

\$542/month

(\$13,008 Total)

\$1,000 Discount PLUS:
Fast-Action Bonus
(enroll within 7 days of acceptance
FREE Major included!)

BONUS CONTENT

One (1) Signature Course
LIVE Early Community
& Programming Training
LIVE Empowerment with Layla
Essential Foundation Series
Bonus Value: \$9,000

STANDARD

PAY IN FULL
(OCT 4 - NOV 23)

\$13,497

(\$2,997 Deposit,
1 additional payment of \$10,500)

Fast-Action Bonus
(enroll within 7 days of acceptance
FREE Major included!)
Essential Foundation Series

STANDARD

PAYMENT PLAN
(24 MONTH)

\$584/month

(\$14,016 Total)

Fast-Action Bonus
(enroll within 7 days of acceptance
FREE Major included!)
Essential Foundation Series



Find Community through our Support Spaces

The Table for BIWOC

A monthly discourse around racialized and sexualized trauma for Black, Indigenous, and Womxn of Color, led by senior teacher Nikka Karli. This is a powerful container for BIWOC to connect within the program and safely explore topics including identity, voice, leadership, belonging, empowerment, and coaching development.

Rainbow Circle for LGBTQ+ Students

Safe spaces for LGBTQ+ members to connect and explore in the program together, led by LGBTQ+ team members and graduates, this is a space to integrate the tools and explore how to apply the work through all dimensions of gender, sexuality, and personal expression.



VITA™ Moms

For anyone going through pregnancy, has had a recent childbirth and/or is currently child-rearing that impacts their experience in the program, this is a space to connect with each other and receive additional support and a space to digest your experiences.

VITA™ Vixens for Students 45+

A community space for women aged 45 years and older to come together to empower each other on your personal development and career paths. We recognize the power of this stage in life and the extra support that a group of your peers can offer in creating your coaching business and navigating issues that only more mature women can understand!

Here's what our graduates are saying about VITA™ Coaching

I feel more connected to my power than ever before. I am starting to trust myself and my body in deep ways. **Prioritizing and exploring pleasure has opened me to a whole new dimension of experience** that I was afraid of for so long. This initiation has been the catalyst I was craving.

– D. M.

I recently **doubled my prices** because of the transformation my clients are experiencing!

– Tamara

I have been implementing the new methodology in my professional life and **the feedback I get is outstanding!**

– Noor

It was important to me to choose this program as I wanted to receive the tools to have a solid foundation to launch and grow my coaching business. **I trust that the foundations I have learned are allowing me to build my business and develop myself as a coach from a place of love and integrity.**

– Kate S.

What drew me was the overall process: starting with self and deep-diving inwards, then moving on to actual coaching plus bringing in the methodology then **getting real hands-on experience plus the business aspect** and majors, and then the post-course bonuses. It's just so complete. It feels like we've been shown the way and now it's up to us to add in our own magic!

– Alexa T.

My three most important takeaways from the program were:

- 1. Deep love and awareness of myself**
2. A tool kit that will serve me and all of the people who work with me - it feels like a trellis that I get to grow upon.
3. Incredible peer/ cohort relationships that give me support and accountability

– Christine L.

The biggest shift that I've seen is confidence in charging the money that I'm worth. I had an experience where I offered a 10-session package to a potential client, and she replied and offered to pay me double what I had asked for.

– Dr. Emmy Y.

People are now inviting me to be an expert in their own coaching programs, I've been on podcasts, I've been writing in magazines... and I'm going to be talking about consent in universities as well.

– Joyce O.

The amount of value that I've gotten in 2 or 3 months of **the business training feels like enough value for an entire MBA.**

– Amy M.

This gave me a full embodiment of 'I am woman, making money, and I love it.' **It's sassy, outrageous and radical!** It's something to totally celebrate.

– Emily K.

As soon as I started with [the VITA™ Coaching Certification program] I actually attracted two high end clients immediately after that, and one of them was my first VIP package. **It feels so empowering to know that I am helping these women feel alive, vibrant and radiant.**

– Ana K.

As a result of my strengthened coaching skills and confidence and my signature pussy-based business approach I created in the 18 months following [VITA™ Coaching], **I have grown my company to consistent recurring \$50,000 months where I rarely work more than 40 hour weeks.**

– Julia W.

I just had so much more confidence in what I was offering. Towards the end of the program i created a high level mastermind which I sold out in 3 months which was something I'd never done before.

– Lauren J.

Through the program, just the growth that I have experienced personally has enabled me to just show up so much more powerfully for my clients and **I really feel so connected to the wisdom that I have as a coach.**

– Amanda T.

Knowing, living, breathing what I'm talking about,
really **took away all the fears that I had.**

– Ann N.

I realized a lot of blind spots in my own sexuality and relationships, which I can now accept with love and compassion :-)
I am so much more into experiencing my sexuality in a conscious way, and I approach it with much more awe and respect.

– Anne J.

Now I feel like in my coaching sessions I **have a roadmap that I can follow that provides structure** to the process.

– Linda C.

I feel more grounding, confidence and security in my coaching, and this makes it way more transformative. I started my sex coach business 15 months ago - afraid with every new client and session... And I am a different self right now!!

– Andrea

The people that I coach **have seen the transformational power of the tools** we have been taught in this process.

– Sasha C.

I was working as a doula before doing [VITA™ Coaching] and making about \$25k/year. I made that in 6 weeks earlier this year! Being a single mama of 2 with no back up plan or job was scary. But, **I DID IT!!!**

– Lacey B.

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Being in VITA™ Coaching taught me how to go there with my clients. **Not only had I done my own work first, but I now had hellllllla fucking tools to go there with my clients.** To navigate those deeper blocks to being seen, receiving love/money/pleasure and getting paid well to do the work they want to do in the world. I literally created a signature Pleasure to Profit framework where I help women expand their capacity for pleasure (sexual and sensual) which always in turns increases their ability to receive money. **I have taught hundreds of clients at this point how to "pussify" their businesses with a unique pussy-based approach to making money, running a business, and getting visible AF on the internet.**

– Julia W.

Enrollment opens August 16, 2022 to be part of the 2023 class.

Click the link below to start the application.

[YES, LET'S DO THIS!](#)

Still have questions?

Speak with a Program Specialist
about the process

[SCHEDULE A CALL](#)

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I feel that anyone interested in becoming a sex, love, and relationship coach would be smart to consider the VITA™ Coaching certification program. **The amount of content, variety of learning, different teaching styles with the senior teachers, and the community support is wonderful.**

The possibility to unlearn societal programming and gain more in-depth sexual and sensual education is so invaluable; and the way it is presented felt quite sacred overall, and also fun at many times... the ability to witness different beings be coached, and to have demos from different teachers available is extremely helpful in learning that there are many valuable ways and approaches to teach the same kind of "material".

It's an overall well-rounded program!

– Aléna