

A woman with long dark hair, wearing a white button-down top and white pants, is sitting on a white sofa. She is looking towards the camera with a slight smile. In the background, there is a decorative plant with long, feathery, light-colored fronds. The overall aesthetic is clean, bright, and minimalist.

A TANTRIC APPROACH TO
SEX, LOVE, AND RELATIONSHIPS

THE VITA™ COACHING CERTIFICATION

Syllabus



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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 focus will first be on your own personal transformation so that you can embody the work in an inspiring and authentic way. You will then undergo a rigorous professional training process so that you feel confident using the tools and guiding sessions at an expert level.

The core values of this program are that sexuality is beautiful, that pure love sustains us, and that meaningful relationships are necessary for a joyful life.

We'll work from an understanding that we are all sexual beings with a tremendous capacity for love and connection. In supporting ourselves and our clients, we are allowing for a new social structure to emerge where we celebrate our sensual nature and live authentically by choosing love over fear while embracing both.

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 8TH - APR 26TH, 2024

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.

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

MAY 12TH - SEPT 21ST, 2024

An exploration into the VITA™ proprietary 10-module system for expertly transforming your clients in a systematic and lasting way. This system allows you to solve virtually any issue by giving your clients the safety to drop limiting conditions and beliefs while restoring their original power of choice.

OPPORTUNITY TO JOIN OPTIONAL LIVE IMMERSION:

The VITA™ Coaching Embodiment Retreat

JUNE 8TH - 15TH OR JUNE 15TH - 22ND, 2024

An absolutely epic week-long intensive embodiment process of Tantric activations, rituals, and your own profound wisdom. This week is 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.



Business Bootcamp

SEPT 22ND - DEC 14TH, 2024

A deep dive into the realms of business that you need so you can 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. Sales talents and your wealth mindset are developed so that you can charge \$150 - \$1000/hour for your coaching and comfortably sell high-end coaching packages of \$1500 - \$10,000 per client. Also included is the Virtual Business Retreat where you'll master your skills and hone your craft.



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 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 July 25, 2023! When you're ready, you'll be able to apply by clicking below:

YES, LET'S DO THIS!

EARLY BIRD (SEP 13 - NOV 7)

EASY 24-MONTH
PAYMENT PLAN

\$599

USD/mo.

FAST-ACTION BONUS

Enroll within 7 days of acceptance and receive a FREE Major

\$2,000 value

BONUS PACKAGE

One (1) Additional Major
(\$2000 value)

Live: 4 Early Community + Program Training calls with VITA™ Teachers in November
(\$1500 value)

Live: 6 Essential Foundation Series calls with Layla in November/December
(\$2500 value)

SAVE \$2,000 BY JOINING NOW!

SUPER EARLY BIRD (JUL 25 - SEP 12)

EASY 24-MONTH
PAYMENT PLAN

\$566

USD/mo.

Or pay in full and save \$584USD

FAST-ACTION BONUS

Enroll within 7 days of acceptance and receive a FREE Major

\$2,000 value

BONUS PACKAGE

Two (2) Additional Majors
(\$4000 value)

Live: 4 Empowerment Classes with Layla in October
(\$2000 value)

One (1) Signature Course
(\$349 value)

Live: 4 Early Community + Program Training calls with VITA™ Teachers in November
(\$1500 value)

Live: 6 Essential Foundation Series calls with Layla in November/December
(\$2500 value)

STANDARD (NOV 8 - JAN 8)

EASY 24-MONTH
PAYMENT PLAN

\$650

USD/mo.

FAST-ACTION BONUS

Enroll within 7 days of acceptance and receive a FREE Major

\$2,000 value

BONUS PACKAGE

One (1) Additional Major
(\$2000 value)

Live: 6 Essential Foundation Series calls with Layla in November/December
(\$2500 value)

A close-up photograph of a woman with curly hair, smiling warmly. She is wearing a white lace-trimmed top. The background is a soft, golden sunset over a body of water, creating a warm and inviting atmosphere.

The VITA™ Coaching Method

(Vital and Integrated Tantric Approach)

**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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and Relationship coach open on July 25, 2023!
When you're ready, you'll be able to apply by clicking
below:

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

TRIMESTER
— ONE —

Total Self-Transformation Process

JAN 8TH - APR 26TH, 2024



A four-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

75 minutes of in-depth group coaching to get to learn and experience the coaching process live

Layla's Training Videos

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

Live Workshops with Layla and Team

Receive 2 - 3-hour deep dives into topics like trauma integration, sexual healing, embodied emotional liberation and more

Live Guided Practice with Layla and Team

Join optional group practice sessions in each module 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

Guided Meditations

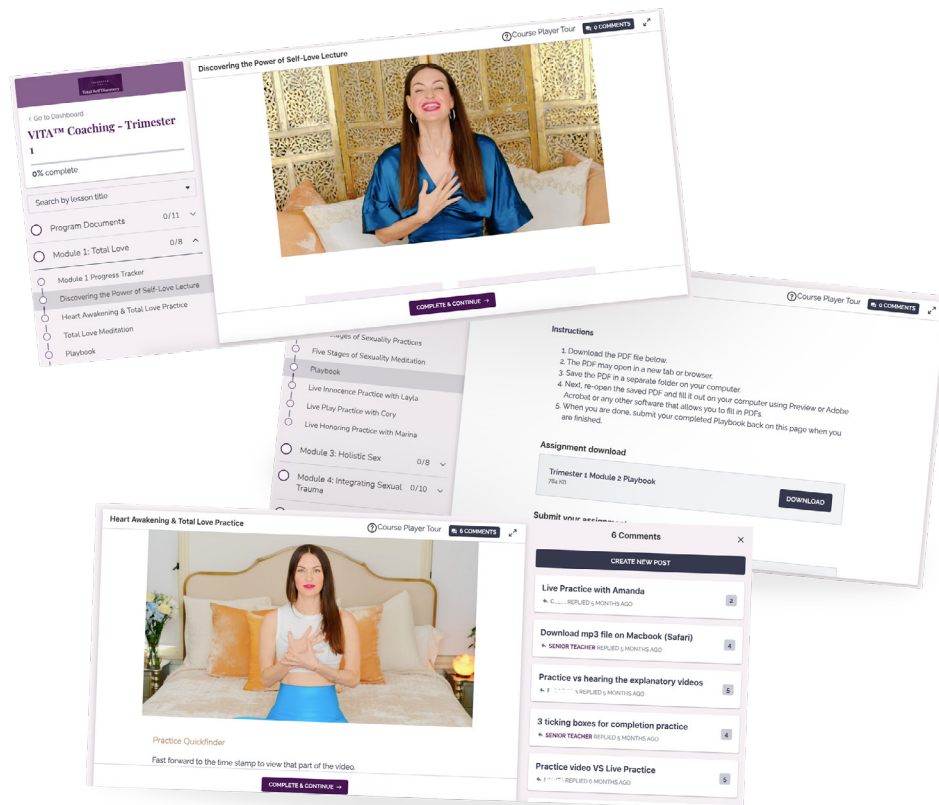
3x per module, dive into meditations to deepen your personal transformation

Self-Practices

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

Structure

INCLUDED IN TRIMESTER ONE, YOU'LL RECEIVE:



Online Learning Portal

A comprehensive and clear learning portal where you can track your progress and connect with other students

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 module

Detailed Syllabus

ORIENTATION WEEK

The Royal Orientation for Queens and Royal Sovereigns

JAN 8TH - JAN 12TH, 2024

At the start of the program, we'll 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.

MODULE 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

MODULE 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

MODULE 3

Learning Tools for Loving and Conscious Self-Pleasure

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

MODULE 4

Exploring Sexual Healing

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

MODULE 5

Steps Towards Sexual Wholeness

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

Detailed Syllabus

MODULE 6

Exploring the Sexual Shadow

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

MODULE 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

MODULE 8

About the Orgasm

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

Detailed Syllabus

MODULE 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

MODULE 10

Changing Sexual Identity

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

MODULE 11

Exploring Relationship Blueprints

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

MODULE 12

Steps for Total Empowerment

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

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My biggest transformation was clearing the deep 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., USA



OPPORTUNITY TO JOIN OPTIONAL LIVE IMMERSION

The VITA™ Embodiment Retreat

JUNE 8-15, 2024 OR JUNE 15-22, 2024

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.

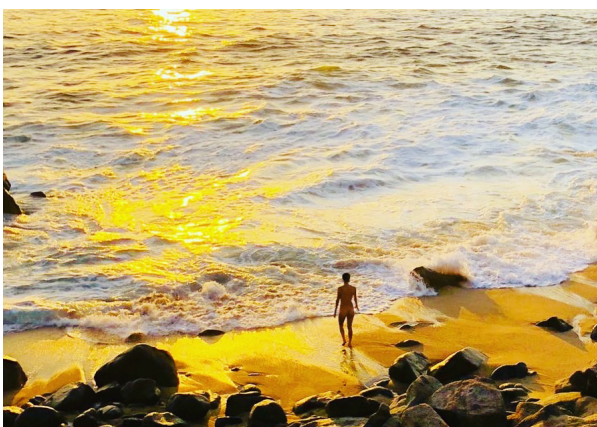
This retreat is optional and offered only to VITA™ students at a low-cost to cover staff, travel, accommodations, and food.

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.

**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 12TH - SEPT 21ST, 2024

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.

STRUCTURE OF TRIMESTER TWO

Live Coaching + Support with Layla + the Senior VITA™ Teachers

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 Practicums

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

Guided Meditations + Self-Practices

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

“

I was a practicing OB-GYN and was looking for something that was going to make it more pleasurable for me. **I joined VITA Coaching 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, USA

Detailed Syllabus

In Trimester 2, you'll have one week per module to support you in your content comprehension and practicum completion.

MODULE 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

MODULE 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

MODULE 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

MODULE 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

MODULE 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

MODULE 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

MODULE 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

MODULE 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

MODULE 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

MODULE 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 Trimester 1 was amazing but what I am truly so proud of is who I became in those Trimester 2 practicums! There was no hiding in Trimester 2, 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 S., Australia

Business Bootcamp

SEPT 22ND - DEC 14TH, 2024

A deep dive into the realms of business that you need so you can 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. Also included is the Virtual Business Retreat where you'll master your skills and hone your craft.

In addition, you'll gain access to any majors (if applicable), and, before the start of Trimester 3, you'll get a comprehensive look at each major so you can make a well-informed choice. You get to choose your major that you can self-study through in 2025 and beyond.

STRUCTURE OF TRIMESTER **T H R E E**

Live Coaching and Business Development Call 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

Worksheets and PDFs

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

Sales Practicums

Immersive and dynamic sessions designed to unleash your innate selling abilities and equip you with the essential skills to excel in the ever-evolving marketplace

“The material provided in Business Bootcamp would have taken me years to learn. **My confidence, knowledge, and ability to actually put the recommendations into a physical form was incredible in that short amount of time.**

– Jenny A., USA



The Majors

Self-Study

Develop an area of mastery and comprehensive skills with the Majors!

Female Sexuality

Jade Egg

Men's Sexuality

Conscious Dating

Tantric Sex

Relationship Transformation

Life Transitions

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

Womens Empowerment

Take your skills to new heights and become a true specialist in a niche field with the Majors...

An extraordinary opportunity to embark (post-live course) on a self-led journey of comprehensive learning and personal growth.

You can choose from our diverse selection of 8 majors (if applicable with bonuses or via purchase) and unlock the key to unlocking your full potential.

Each major offers a curated collection of 4-5 modules, meticulously designed to provide you with a rich and immersive learning experience. Dive deep into your chosen niche as you explore cutting-edge insights, practical strategies, and industry best practices.

The modules are crafted to empower you with a comprehensive understanding of your chosen area of expertise, laying the groundwork for your journey towards mastery. You'll acquire invaluable knowledge, equipping you with the tools necessary to excel in your specialized coaching practice.

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

Pricing Options

SAVE \$2,000 BY JOINING NOW!

EARLY BIRD
(SEP 13 - NOV 7)

EASY 24-MONTH
PAYMENT PLAN

\$599
USD/mo.

FAST-ACTION BONUS

Enroll within 7 days of acceptance and receive a FREE Major

\$2,000 value

BONUS PACKAGE

One (1) Additional Major
(\$2000 value)

Live: 4 Early Community + Program Training calls with VITA™ Teachers in November
(\$1500 value)

Live: 6 Essential Foundation Series calls with Layla in November/December
(\$2500 value)

SUPER EARLY BIRD
(JUL 25 - SEP 12)

EASY 24-MONTH
PAYMENT PLAN

\$566
USD/mo.

Or pay in full and save \$584USD

FAST-ACTION BONUS

Enroll within 7 days of acceptance and receive a FREE Major

\$2,000 value

BONUS PACKAGE

Two (2) Additional Majors
(\$4000 value)

Live: 4 Empowerment Classes with Layla in October
(\$2000 value)

One (1) Signature Course
(\$349 value)

Live: 4 Early Community + Program Training calls with VITA™ Teachers in November
(\$1500 value)

Live: 6 Essential Foundation Series calls with Layla in November/December
(\$2500 value)

STANDARD
(NOV 8 - JAN 8)

EASY 24-MONTH
PAYMENT PLAN

\$650
USD/mo.

FAST-ACTION BONUS

Enroll within 7 days of acceptance and receive a FREE Major

\$2,000 value

BONUS PACKAGE

One (1) Additional Major
(\$2000 value)

Live: 6 Essential Foundation Series calls with Layla in November/December
(\$2500 value)



Find Community through our Support Spaces

The Table for BIPOC

A monthly discourse around racialized and sexualized trauma for Black, Indigenous, and Womxn of Color, led by a team member or graduate. This is a powerful container for BIPOC to connect within the program and safely explore topics including identity, voice, leadership, belonging, empowerment, and coaching development.

Rainbow Circle for LGBTQ+ Students

A space for LGBTQ+ members to connect and explore in the program together, led by a LGBTQ+ team member or graduate, 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, is currently child-rearing that impacts their experience in the program, or is a parent, 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 students 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!

Hear what our graduates are saying about VITA™ Coaching

Through VITA, I **experienced total, unshakeable confidence in myself**, the most intimate, deep body connection I've ever experienced, and my change of career and lifestyle. It truly feels like I rebirthed myself during my year with VITA!

– Elisabeth Z., Netherlands

I have a masters from Harvard and I think this course provided **higher quality and value than my entire masters in public health program**. I love the videos, supporting written documents, checklists, office hours, books, transmissions via coaching development calls and the step by step process to learn how to coach.”

– Melissa H., USA

VITA woke me up! My mind, my body and my spirit. It has challenged me and made me grow more in one year than in years of psychotherapy. This course has given me a set of new tools to enable my clients to feel their way through pain, grief and trauma and all this with a clear and set goal in mind.

– Candice B., USA

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., USA

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., Canada

As a psychologist working with patients, I can definitely say that VITA has improved my skills and added to my tool box.
VITA set me up to be a great coach!

– Charlotte Q., Germany

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., USA

VITA is so unique in regards to the liberation that you can see, touch, taste and believe in by being in this container - so many inner walls come tumbling down.

– Jo G., United Kingdom

I haven't met any other coaches or teachers that can take me to the depth that I learned in the program... nor have I encountered any other tools or methodology that is this powerful.

– Jenny B., USA

The practices I learned in VITA were soul affirming - they literally saved my soul. To be in ritual space with my body, soul, and power - it gave me the permission to find and be with myself.

– Jo P., USA

After VITA, I became a six figure business owner... and I do it all by taking 4-6 months off a year!

– Carli Jo., USA

I'm a clinical psychologist, and I've found that the **VITA tools are the MOST powerful thing in my practice.**

– Angela C., USA

The community is everything! It is a huge part of what made the program feel so immersive. Supporting, challenging, celebratory, gorgeous.

– Aubree H., USA

VITA is one of the most well supported, thorough and expansive courses I have undertaken. The thoughtfulness of its design, the sheer quantity of material and the container's safety made it feel like a cocoon within which we could each develop, grow and ultimately burst from, fundamentally transformed.

– Adrienne M., Australia

I 100%, without any wavering doubt, would recommend this program. It was life changing. It supported my own transformation and truly gave me more tools than I could have ever thought to become a confident coach. Every step of the way I kept realizing just how much value this program holds and it is worth every single dollar you invest and every minute of your time!

– Alisa B., USA

I got my money's worth before the first Trimester was even over.

– Erin S., USA

What I didn't realize would happen is that it was going to expand me so much, that **in the first quarter out of VITA, I had already made \$150k in my coaching business.**

– Jo P., USA

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., USA

My income in my first full year of coaching was about \$73k, and **this year is my second full year, and we're on track to be at about \$160k.**

– Tilly S., USA

Enrollment opens July 25, 2023 to be part of the 2024 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](#)