

VITA™ SACRED SEXUALITY

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

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



What this Upgrade Will Offer You:

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

What You Get With the Coaching Upgrade:

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

How Coaching is Distinct

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

Why Coaching:

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

Our Coaches

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



Marina

Marina Nabão is a body enthusiast, passionate about the wisdom and healing power of our bodies and all the ways we are able to integrate mind-body-spirituality in a conscious and loving way so we can thrive.

As a Somatic Trauma Healer & Embodiment Coach, she supports people who are trapped in the chains of past trauma and have a deep desire to reclaim their sovereign power, inner freedom and erotic aliveness.

In her work, she weaves her training in Somatic Experiencing with VITA™ Coaching, Ontological Coaching, Non-violent Communication and Breathwork.

As a mentor and teacher to Sex, Love and Relationship Coaches, she offers ongoing support with Case Consultations, continued education and sustainable business development. Marina grew up in Brazil and now lives in the SF Bay Area, CA, with her husband and their rescue dog Jessie. Find out more at marinanabao.com and follow her on IG @marinanabao



Joyce

Joyce Oladipo is a trauma-Informed sexual empowerment, sensual artist, healer, and embodied leadership coach. She helps fem-leaders who want to unlock the richness of pleasure in their body and rediscover what turns them on so that they can live their best life in sex, love and intimacy. Raised catholic, inherited generational trauma, and racism she has gone from naturally healing decades of vaginismus to thrive in sex, love and intimacy. Her whole mission in life is to help women rise above mediocre sex, embody luscious sexuality and find belonging.

She has guided hundreds of women into expanding erotically in her group "Rapturous O" and "Hearts of O". She has also been featured in publications including Divine Living Magazine, EOF, Inspired Coach, Huff Post, Elite Daily, and more.

Scheduling

Our coaches make it easy for you!

When you sign up, you'll be sent the coaches booking link so you can go directly to their calendar.

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

Testimonials



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

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

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