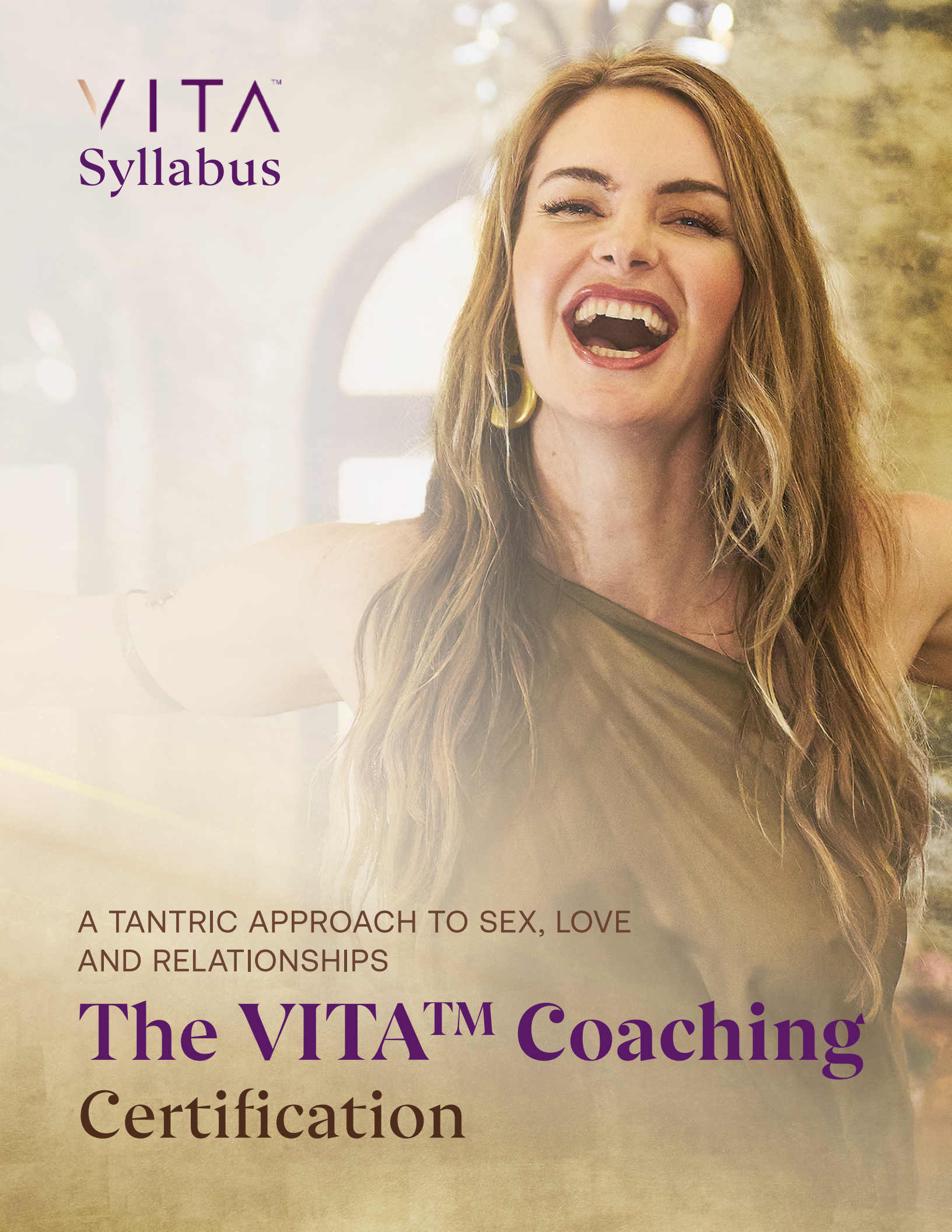




VITA™  
Syllabus

A TANTRIC APPROACH TO SEX, LOVE  
AND RELATIONSHIPS

# The VITA™ Coaching Certification



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The bottom of the page features a close-up photograph of a green leaf with prominent veins. Overlaid on this image is the VITA logo, which consists of the word "VITA" in a white, sans-serif font, followed by a small "TM" trademark symbol. The letter "V" is stylized with a small orange-to-yellow gradient at its top left corner.

**VITA™**





**Submit your application 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





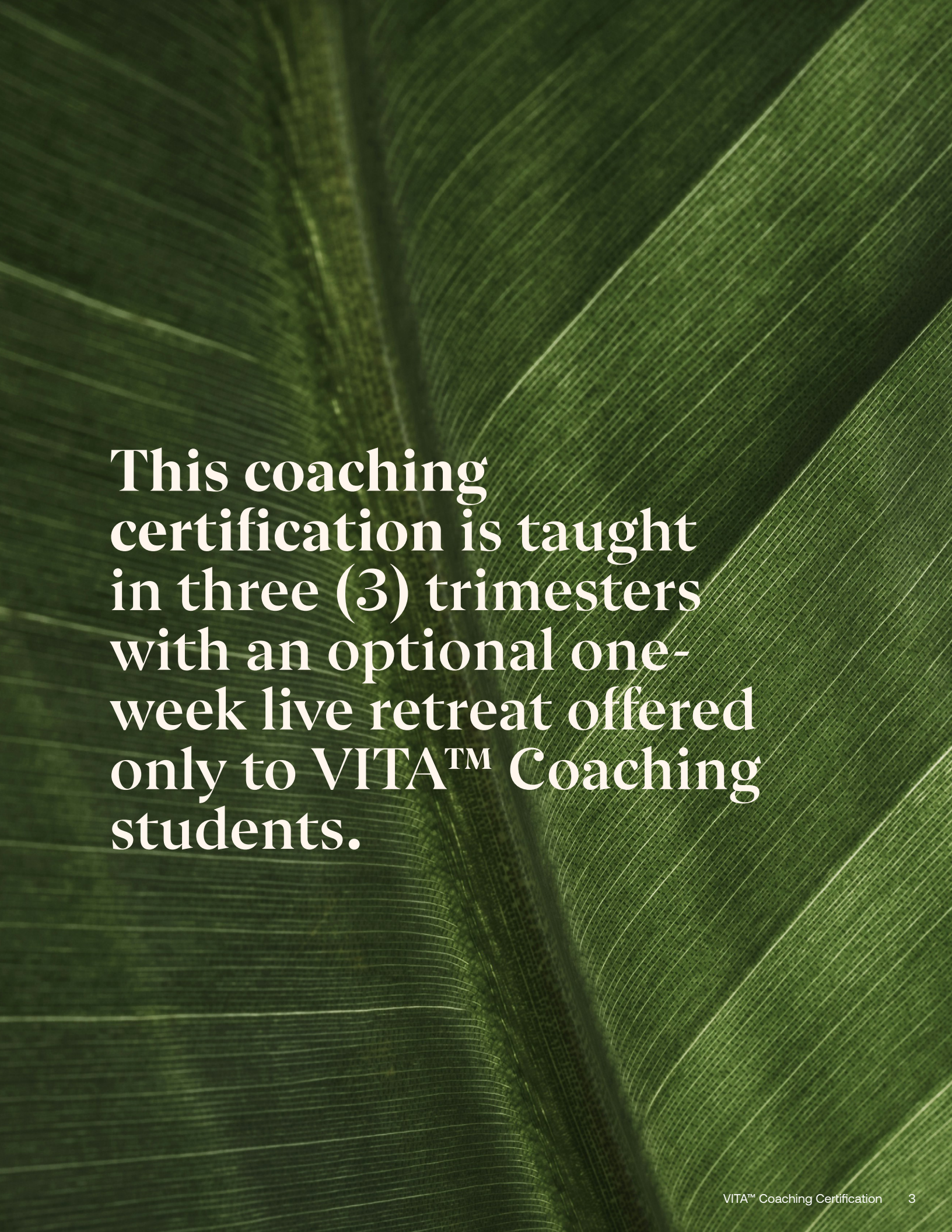
In the program, you'll focus first on your own personal transformation, allowing you to embody the work authentically. Next, you'll undergo a rigorous professional training designed to build your confidence guiding sessions at an expert level.

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

**JANUARY - APRIL, 2026**

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 grow into your greatest gifts and capacity.

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

**MAY - SEPTEMBER, 2026**

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

**MAY 30 - JUNE 6 OR JUNE 6 - 13, 2026**

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 and your payment covers accommodations, food and staff costs.





## Business Bootcamp

**SEPTEMBER - DECEMBER, 2026**

A deep dive into the business skills required to become clear on your unique offering. You'll select an angle for your coaching practice to focus your message and marketing. Sales talents and wealth mindset are developed, allowing you to charge \$150 - \$1000/hour for your coaching and comfortably sell coaching packages of \$1500 - \$10,000 per client. Includes a week long Virtual Business Retreat.





# 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 August 12, 2025! When you're ready, you'll be able to apply by clicking below:

## EARLY BIRD

### ENROLLMENT PERIOD

September 24 - November 25, 2025

**\$645 x 24**

monthly payments

(or pay in full: \$14,997)

### FAST ACTION BONUS

(Enroll within 7 days of acceptance)

One (1) FREE Major

### ADDITIONAL BONUS CONTENT

- ✓ **One** (1) Signature Course
- ✓ **One** (1) Major
- ✓ **Live:** Early Community + Program Training with Teachers (4 trainings)
- ✓ **Live:** Essential Foundation Series with Layla (6 trainings)
- ✓ **Post-Course:** 6 Months of Extra Coaching and Business Development

## SUPER EARLY BIRD

### ENROLLMENT PERIOD

August 12 - September 23, 2025

**\$599 x 24**

monthly payments

(or pay in full: \$13,997)

### FAST ACTION BONUS

(Enroll within 7 days of acceptance)

One (1) FREE Major

### ADDITIONAL BONUS CONTENT

- ✓ **One** (1) Signature Course
- ✓ **Two** (2) Majors
- ✓ **Live:** Wealth Consciousness Classes with Layla (3 trainings)
- ✓ **Live:** The Erotic Intimacy Series with Layla (4 trainings)
- ✓ **Live:** Early Community + Program Training with Teachers (4 trainings)
- ✓ **Live:** Essential Foundation Series with Layla (6 trainings)
- ✓ **Post-Course:** 6 Months of Extra Coaching and Business Development

## STANDARD

### ENROLLMENT PERIOD

November 26, 2025 - January 5, 2026

**\$690 x 24**

monthly payments

(or pay in full: \$15,997)

### FAST ACTION BONUS

(Enroll within 7 days of acceptance)

One (1) FREE Major

### ADDITIONAL BONUS CONTENT

- ✓ **One** (1) Major
- ✓ **Live:** Essential Foundation Series with Layla
- ✓ **Post-Course:** 6 Months of Extra Coaching and Business Development

**YES, I'M IN!**





(Vital and Integrated Tantric Approach)

# The VITA™ 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. However, layers of pain, family conditioning, disappointment, fear and heartbreak form barriers against experiencing love.**

The ability to love oneself and others forms the foundation of all healthy relationships and is present in all great sexual experiences. Understanding how to unblock and experience love is 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, advanced 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 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 intimacy and deeply loving relationships. However, due to our past emotional blueprint and family dynamics, many of us don't know how to create these relationships 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 end unnecessarily. While part of successful relationships is knowing when to say goodbye, most couples seek coaching because they desire to stay together but simply don't have the tools to make it work. You'll learn to understand relationships in a way that supports even long-term couples in having thriving sexual and love dynamics.

## **Some examples of 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, infidelity, lack of sex and lack of desire
- Communication tools



# Ready to apply?

Applications to become a certified VITA™ Sex, Love and Relationship Coach open on August 12, 2025! When you're ready, you'll be able to apply by clicking below:

**YES, I'M IN!**





TRIMESTER ONE

# Total Self-Transformation Process

JANUARY - APRIL, 2026

**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**

In-depth group coaching to learn and experience the coaching process live

## **Layla's Training Videos**

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

## **Live Workshops with Layla, the Team and Experts**

Receive two 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 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

## **Weekly Guided Meditations**

Dive into 3 meditations per module to deepen your personal transformation

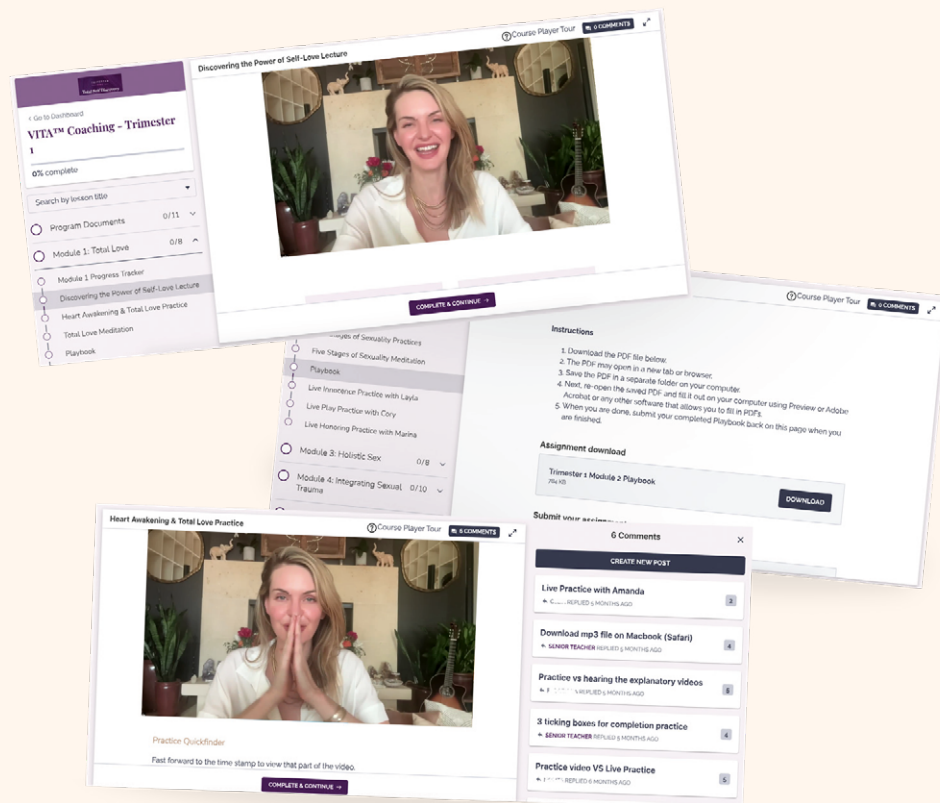
## **Weekly Self-Practices**

Engage in 3 practical guided experiences per module 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 a team member will respond; you can also attend office hours

## Community Facebook Group

Take the time to connect, process and integrate with others 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

**JANUARY 5 - 9, 2026**

At the start of the program, we'll explore how you can get the absolute most out of 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 participate fully and thrive in the program.

## 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



The background of the image is an abstract composition of diagonal streaks in various shades of green and yellow, creating a sense of movement and depth. The streaks are more densely packed in some areas, creating a textured effect.

**“Before VITA Coaching I was in a corporate job and had been dreaming about a coaching business. Out of all of the coaching trainings I’ve seen out there, VITA is one of the most robust programs you can go through to really be in integrity as an extremely masterful coach.”**

**Ann N, USA**





OPPORTUNITY TO JOIN OPTIONAL LIVE IMMERSION

# The VITA Embodiment Retreat

MAY 30 - JUNE 6 OR JUNE 6 - 13, 2026

**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 and her team in the beauty of nature.

This retreat is optional and offered only to VITA™ students and your payment covers accommodations, food and staff costs.

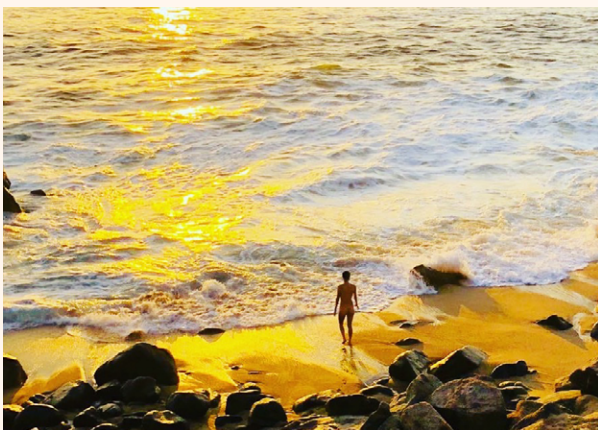
Please note that this is the only additional investment of the program, apart from the literature and self-pleasure toys you will need to invest in as well. Everything else listed in the syllabus is included in the full tuition.

*\*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 - SEPTEMBER, 2026

An exploration into the proprietary VITA™ Method, a 10-module system for expertly transforming your clients in a systematic and lasting way. Learn how to be present, use your voice, own your intuition and develop deep confidence.

## STRUCTURE OF TRIMESTER TWO

### Live Coaching + Support with Layla + Team

Module-based 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

Two hours of content per module 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 module to gain confidence and mastery in your coaching

### Module-Based 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-month packages now and am **charging \$10,000.”**

Dr. Renee Hilliard, USA

# Detailed Syllabus

**In Trimester 2, each module will 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

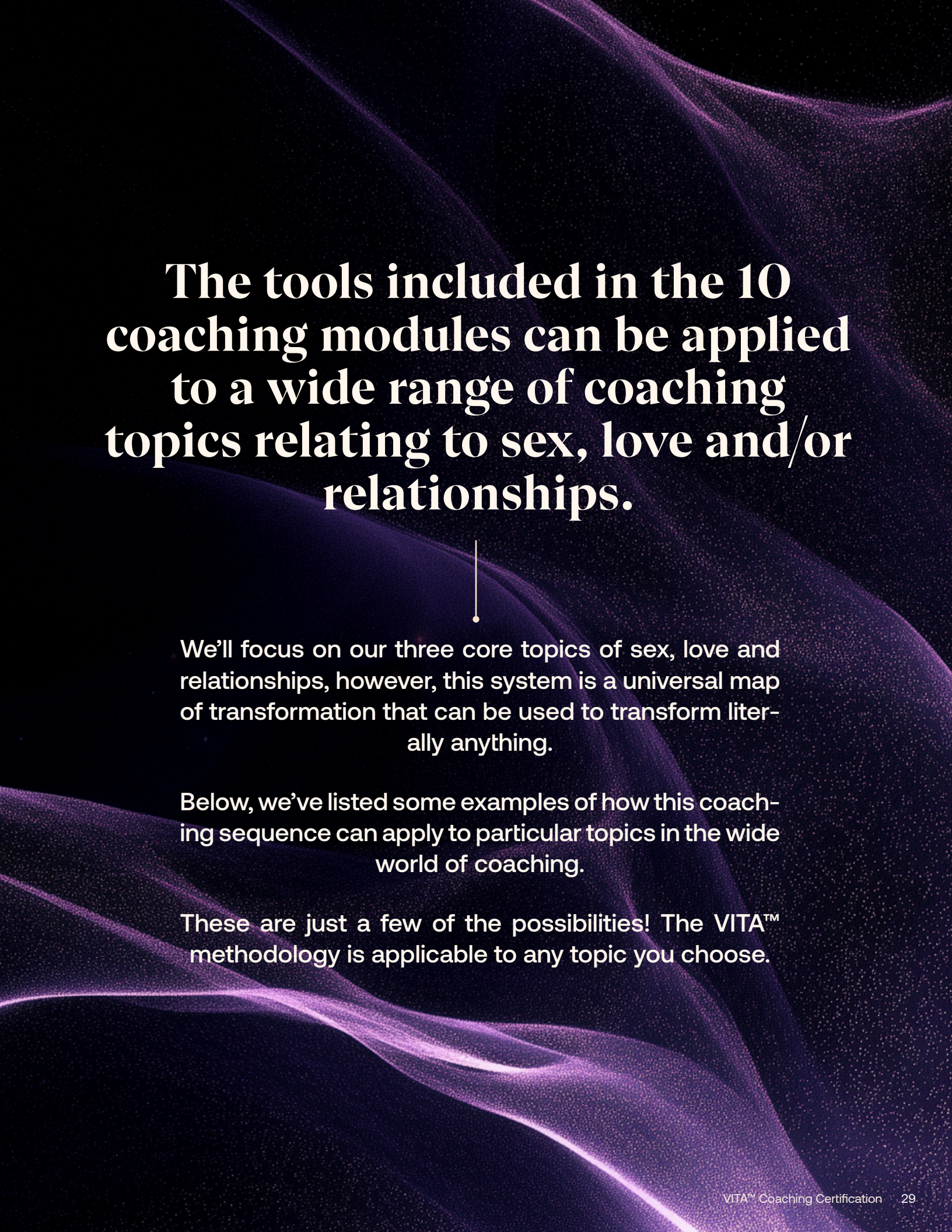
- Spiritual awakening through coaching
- The importance of the felt-sense in coaching
- How to create lasting self-love and thriving for your clients
- Repatterning programs
- The subconscious and the supraconscious

## 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.**



We'll focus on our three core topics of sex, love and relationships, however, this system is a universal map of transformation that can be used to transform literally anything.

Below, we've listed some examples of how this coaching sequence can apply to particular topics 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

As a dating coach, you can use this 10-module coaching program to support clients in clearing their old blueprint of attracting partners and uplevling how they view themselves.

These tools will help your clients use self-pleasure and manifestation to clear their psyche to attract 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, organizations and individuals who want to learn how to attract, empower and retain the best women talent in their organizations.

You'll be able to help businesses and organizations 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, you'll identify the root of clients' sexual drive and uncover the original wounding that masks their current sexual hunger.

You'll guide your clients through profound sexual healing, revealing to them how their lack of desire is a call for greater integration and how to build deeper 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, sexuality, hearts and relationships. If we choose to embrace that, transition becomes a gateway of opportunity.

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

You'll help enhance fertility by connecting women with their womb and ovaries through daily sexuality practices and the release of sexual blockages, allowing their hormones and fertility to operate optimally.

Parenthood is also an area where family dynamics and heavy conditioning affect sex between partners. You help identify emotional barriers that prevent clients from having an engaging sex life and guide them toward practices that build intimacy.



**“I was in a PhD program and studying to be a professor, I came from a church background, I’m the last person who would ever become an intimacy coach and be making millions of dollars. It was saying yes to VITA that let me claim what I was really meant to do. I know it’s not an accident that I stepped into that container.”**

**Dr. Kimberly P, USA**



# Business Bootcamp

**SEPTEMBER - DECEMBER, 2026**

A deep dive into the business skills required to become clear on your unique offering. You'll select an angle for your coaching practice to focus your message and marketing. Includes a week long Virtual Business Retreat.

You'll get a comprehensive look at each major so you can make a well-informed choice and get to choose the major(s) you'll self-study in 2026 and beyond.

## STRUCTURE OF TRIMESTER **THREE**

### **Live Coaching and Business Development Call each week with Layla or Team**

Live calls which include 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**

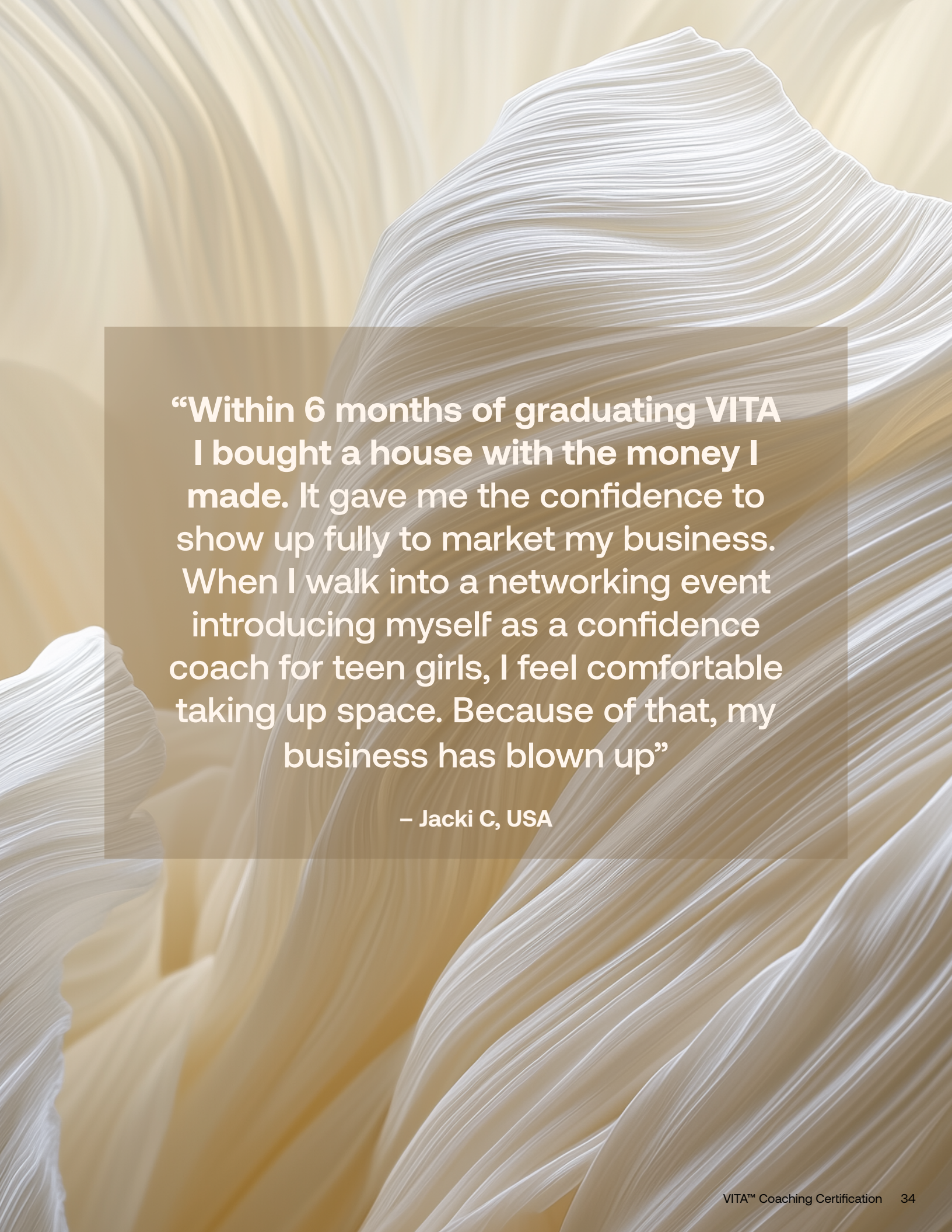
To help you develop your coaching business

### **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



**“Within 6 months of graduating VITA  
I bought a house with the money I  
made. It gave me the confidence to  
show up fully to market my business.  
When I walk into a networking event  
introducing myself as a confidence  
coach for teen girls, I feel comfortable  
taking up space. Because of that, my  
business has blown up”**

**– Jacki C, USA**





# The Majors

## Self-Study

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

**Women's Sexuality**

**Jade Egg**

**Men's Sexuality**

**Conscious Dating**

**Tantric Sex**

**Relationship Transformation**

**Life Transitions**

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

**Women's 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 your full potential.

Each major offers 4-5 modules designed to provide a rich, immersive learning experience exploring cutting-edge insights, practical strategies and industry best practices.

The modules are crafted with invaluable, comprehensive knowledge designed to lay the groundwork for your journey toward mastery and expertise.

# Detailed Syllabus

## Major: Women's Sexuality

- Understanding how to address women's 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
- Become fluent in relationship blueprinting so you can understand why clients struggle with relationships and support them to thrive 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)

- Coach clients through challenging transitions and support them into deeper empowerment
- Change a narrative: divorce is an opportunity, aging can be graceful, menopause can be expansive
- 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





# Pricing Options

## EARLY BIRD

### ENROLLMENT PERIOD

September 24 - November 25, 2025

**\$645 x 24**

monthly payments

(or pay in full: \$14,997)

### FAST ACTION BONUS

(Enroll within 7 days of acceptance)

One (1) FREE Major

### ADDITIONAL BONUS CONTENT

- ✓ **One** (1) Signature Course
- ✓ **One** (1) Major
- ✓ **Live:** Early Community + Program Training with Teachers (4 trainings)
- ✓ **Live:** Essential Foundation Series with Layla (6 trainings)
- ✓ **Post-Course:** 6 Months of Extra Coaching and Business Development

## SUPER EARLY BIRD

### ENROLLMENT PERIOD

August 12 - September 23, 2025

**\$599 x 24**

monthly payments

(or pay in full: \$13,997)

### FAST ACTION BONUS

(Enroll within 7 days of acceptance)

One (1) FREE Major

### ADDITIONAL BONUS CONTENT

- ✓ **One** (1) Signature Course
- ✓ **Two** (2) Majors
- ✓ **Live:** Wealth Consciousness Classes with Layla (3 trainings)
- ✓ **Live:** The Erotic Intimacy Series with Layla (4 trainings)
- ✓ **Live:** Early Community + Program Training with Teachers (4 trainings)
- ✓ **Live:** Essential Foundation Series with Layla (6 trainings)
- ✓ **Post-Course:** 6 Months of Extra Coaching and Business Development

## STANDARD

### ENROLLMENT PERIOD

November 26, 2025 - January 5, 2026

**\$690 x 24**

monthly payments

(or pay in full: \$15,997)

### FAST ACTION BONUS

(Enroll within 7 days of acceptance)

One (1) FREE Major

### ADDITIONAL BONUS CONTENT

- ✓ **One** (1) Major
- ✓ **Live:** Essential Foundation Series with Layla
- ✓ **Post-Course:** 6 Months of Extra Coaching and Business Development

**YES, I'M IN!**





# Find Community through our Support Spaces

## The Table for BIPOC

A discourse around racialized and sexualized trauma for Black, Indigenous and Womxn of Color. 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, 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

“With the VITA™ Coaching tools, my clients see more transformative results in a quicker amount of time. **I’ve had my best paydays ever since completing this program.**”

– Lauren N, USA

**“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

**“I’ve been growing my business year over year and feel confident in charging a very beautiful price** for what I offer, all because I know I have the skills to facilitate at a high level **due to VITA™ Coaching.**”

– Amanda T, 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 started using some of the VITA™ Coaching tools with my therapy clients. **They were like, “Wow, this is exactly what I want... to go into the body and immediately feel the transformational effect rather than just talking.”**

– Kirsti K, England

“VITA was a place where I have found my lifelong best friends, my actual sisters who I have relied on to build my business. **It lit a fire under me and that same year, my business really blew up.”**

– Kim P, 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



“I was a corporate lawyer when I signed up for VITA™ Coaching. In shortly over one year, I have just under 60K Instagram followers (without paid ads), a 1:1 waitlist of 400 people and **have just raised my prices to approx \$650/hr.**”

– Steph R, USA

“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™ Coaching changed my life completely.** I am literally living my dream life because I completed the certification.”

– Justina G, Ireland



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

– Aubree H, USA

“I would have never expected that this community would be so powerful – **I am still in awe of all the love and potential I’ve found inside this incredible community.**”

– Heike K, USA

**I got my money’s worth before Trimester 1 was even over.**

– Erin S, USA

**“I charge \$15k USD for my 21-session container.** I started at \$1,500, raised it to \$2,000, then to \$3,000 (for 3 months). Then, I increased the container to 6 months and upped the price to \$7,000, then to \$9,500, and now \$15,000. **I’m blowing my own mind!”**

– Amal A, Canada



**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

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 August 12, 2025.

Click the link below to start your application.

**YES, I'M IN!**

**Book a free, no-pressure call with  
one of our Program Specialists.**

**BOOK A CALL**