



VITA™
SYLLABUS

A TANTRIC APPROACH
TO SEX, LOVE, AND
RELATIONSHIPS

THE VITA™ COACHING CERTIFICATION

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An 18-Month Journey of Personal Transformation, Professional Mastery, and Expert-Level Training in Sexuality, Love, and Relationships



Through this immersive certification, you'll develop the confidence, presence, and practical skills to facilitate transformational coaching for individuals, couples, and groups from anywhere in the world.

At the heart of the program is the VITA™ Method (The Vital and Integrated Tantric Approach to Coaching), a comprehensive coaching framework that integrates somatic psychology, nervous system science, tantric philosophy and practices, sacred sexuality, and transformational coaching skills into a clear, ethical, repeatable process to create meaningful and lasting change.

Layla Martin

— VITA™ Method, Creator and Founder

VITA™
COACHING

The background is a dark teal color with a subtle texture. Large, detailed palm fronds are visible in the corners and along the sides, creating a tropical or sophisticated feel.

Step into your next chapter inside the VITA™ Coaching Certification

**Applications for the class
of 2027 are open!**

APPLY HERE!



During this 18-month program, the focus will first be on your own personal transformation. This allows you to embody the very work you'll be guiding others through in an inspiring, authentic way. You will then undergo a rigorous professional training process, giving you deep, unshakable confidence in guiding sessions and using the tools 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, live in deep authenticity, and choose love over fear while embracing both.

Your transformation will occur not by trying to become someone different, but by gently removing the blockages, fears, and contractions around your sexuality, heart, and relationships, revealing the wholeness and health that has always been there.



The VITA™ Coaching Certification is intentionally structured as a progressive learning journey.

Over the course of three trimesters, you'll move from personal transformation to professional coaching mastery, followed by completing your certification requirements during a dedicated Graduation Integration period. You'll then transition into Business Bootcamp, where you'll develop the skills, strategy, and confidence to build a purpose-driven coaching practice.

Along the way, you'll have the opportunity to attend an exclusive, optional week-long LIVE Embodiment Retreat alongside your fellow VITA™ peers.

Trimester Breakdown

JANUARY – APRIL 2027

TRIMESTER ONE:

Rewiring the Body for Sacred Sexuality, Pleasure, and Embodied Transformation

Before learning how to facilitate transformation in others, you'll cultivate a deeper understanding of what lasting change truly requires and learn how the tools and practices inside the program support this goal.

You'll deepen your relationship with yourself through somatic psychology, nervous system repatterning, Tantric philosophy and practices, sacred sexuality, emotional integration, and embodied practice.

MAY – AUGUST 2027

TRIMESTER TWO:

VITA™ Coaching & Facilitation: The Foundations of Leadership and Confidence

Having developed a strong embodied foundation in Trimester 1, you'll transition into learning the VITA™ Coaching Method in Trimester 2. Through experiential learning, live coaching forums, practicums, and mentorship, you'll develop the practical skills, confidence, and ethical framework required to facilitate meaningful transformation for individuals and couples.

MAY 29 – JUNE 5, 2027

LIVE EMBODIMENT RETREAT

Rewiring the Body for Sacred Sexuality, Pleasure, and Embodied Transformation

Immerse yourself in a transformative, week-long embodiment retreat exclusively for VITA™ Coaching Certification students. Set in a stunning nature retreat space, the VITA™ Coaching LIVE Embodiment Retreat invites you into a deeper exploration of Tantric philosophy and practices, embodied ritual, nervous system integration, community connection, celebration, and the wisdom of your own body.

Throughout the week, you'll participate in immersive practices and guided rituals to deepen your personal transformation while strengthening the embodiment foundation that supports your work as a coach. Attendance is optional. Retreat tuition is not included in the cost of the certification and covers accommodations, meals, and all retreat programming and facilitation.





SEPTEMBER – DECEMBER 2027

TRIMESTER THREE:

Mastery: Choose Your Major

In the final trimester of the certification, you'll deepen your expertise by choosing to major in either Sexuality Coaching or Relationship Coaching. Through advanced facilitation training, supervised practice, and specialized curriculum, you'll continue refining your skills while developing your unique identity as a coach.

JANUARY – FEBRUARY 2028

PROFESSIONAL DEVELOPMENT & INTEGRATION PERIOD

Following the completion of the curriculum, you'll enter a dedicated integration period focused on completing your required coaching sessions. You'll have the spaciousness to continue embodying the teachings while you focus on completing your certification requirements, gaining additional coaching experience, and preparing for professional practice. This intentional phase also allows you to consolidate your learning while gaining greater clarity about the clients you feel called to serve.

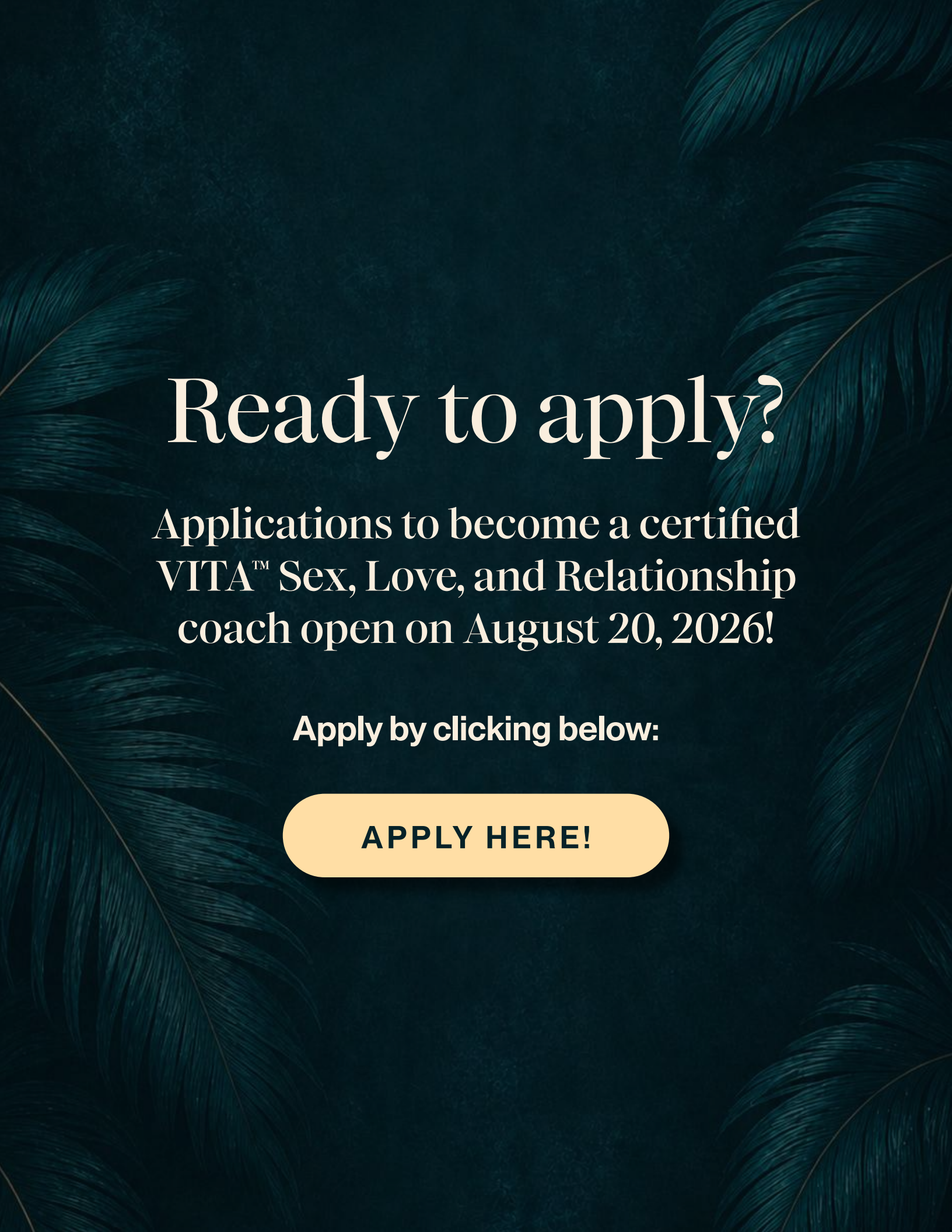


FEBRUARY – JUNE 2028

BUSINESS BOOTCAMP:

Build, Launch, and Grow Your Coaching Practice

The final stage of the journey is dedicated to bringing your work into the world. Through a combination of business strategy, marketing, branding, sales, mindset, and practical implementation, you'll develop the confidence and systems needed to launch a thriving coaching practice that reflects your purpose, values, and unique gifts.

The background is a dark teal color with a subtle pattern of palm fronds, creating a tropical and sophisticated feel.

Ready to apply?

Applications to become a certified
VITA™ Sex, Love, and Relationship
coach open on August 20, 2026!

Apply by clicking below:

APPLY HERE!



VITAL AND INTEGRATED TANTRIC APPROACH

VITATM COACHING

— METHOD —

The 3 Pillars of the
VITATM Coaching Certification

The 3 Pillars of the VITA™ Coaching



LOVE



SEX



RELATIONSHIPS

While you'll 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 each of these three pillars interlock inside the program. Each pillar will be deepened and supported by the VITA™ Method, which you'll learn in Trimester 2.



– LOVE –

Every child is born with a heart of pure love. However, layers of pain, family conditioning, disappointment, fear, and heartbreak block our daily experience of love over time.

The ability to love forms the underlying foundation of all healthy relationships and great sexual experiences. This is why unblocking your experience of love is necessary to unlock great sex, meaningful connection, and the intimacy and magic that brings relationships alive.

Examples of Love topics covered within VITA™ Coaching:

How to restore and revitalize a broken heart

Effective tools for creating self-love throughout all the cycles of life

How to change the love dynamic of a couple



– SEX –

Each of us is gifted with a thriving, vibrant, healthy sexuality. Yet almost everyone loses contact with this original power over time, resulting in broken relationships, depression, numbness, and sexual issues.

Sexuality is a core part of our bodies and selves; it's virtually impossible to love yourself without a deep acceptance of your sexuality. Building a regular sexual self-care practice is a rapidly expanding interest in our culture, along with the explosive growth of nutrition, yoga, and mindfulness.

Examples of Sex topics covered within VITA™ Coaching:

Ways to keep passionate sex alive in long-term relationships

How to address sexual trauma and issues like anorgasmia, impotence, and pain

Advanced orgasmic practices like full-body orgasms and energy orgasms



– RELATIONSHIPS –

Many of us long for support, intimacy, and partnership – but don't know how to create it. When you come to understand the true nature and function of relationships, it allows you to help guide yourself and your clients to the love, sex, intimacy, and partnership that's so deeply desired.

While part of a successful relationship includes knowing when to say goodbye if something isn't working, most couples who seek coaching have the desire to stay together but simply don't have the tools to make it work. Inside the program, you'll come to understand how to create a thriving sexual and love dynamic – even for long term couples.

Examples of Relationship topics covered within VITA™ Coaching:

How to use the sex and love tools to attract a soulmate

Addressing challenges like children and busy lives as they relate to healthy relationships

Ways to turn relationship breakdowns like infidelity and divorce into breakthroughs

Ready to apply?

Applications to become a certified
VITA™ Sex, Love, and Relationship
coach open on August 20, 2026!

Apply by clicking below:

APPLY HERE!



JANUARY – APRIL 2027

TRIMESTER 1:

Rewiring the Body for Sacred Sexuality, Pleasure, and Embodied Transformation

Your journey begins with you. Before learning how to facilitate transformation in others, you'll first cultivate a deeper relationship with yourself. Trimester 1 is designed to help you fundamentally transform the way you experience your body, pleasure, emotions, sexuality, relationships, and sense of self by establishing a foundation of safety, trust, presence, and connection inside of your nervous system.

TRIMESTER ONE STRUCTURE:

INCLUDED IN TRIMESTER 1:

Live Orientation

Your certification begins with a two-week live orientation designed to prepare you for a successful and deeply transformative learning experience. Through over 40 hours of immersive live training, you'll explore the 12 Foundations of VITA™, establish core principles and practices that underpin the certification, and build a solid foundation for the personal and professional growth that unfolds throughout the program.

Live Guided Practices

Through live guided practices in every module, you'll have consistent opportunities to bring the curriculum into lived experience. These immersive sessions serve as a space to practice in community while receiving live teaching, embodied transmission, and experiential guidance. You'll also have ongoing access to the session recordings, allowing you to revisit each practice as you desire and continue deepening your integration over time.

Interactive Coaching and Transformation Sessions

These live group coaching sessions invite you to both witness and experience the power of transformational coaching. You'll observe the VITA™ Coaching methodology in real time, allowing you to deepen your understanding of the process and tools.

Relational Skills Lab

Cultivate the subtle – but deeply impactful – skills that distinguish exceptional coaches from others. These live trainings explore topics such as somatic attunement, relational presence, nervous system awareness, and embodied communication, while introducing powerful experiential processes to support deeper transformation.

Guided Meditations & Practices

Engage in guided meditations and practices designed to take your experience of the curriculum deeper into your body and foster lasting personal growth.

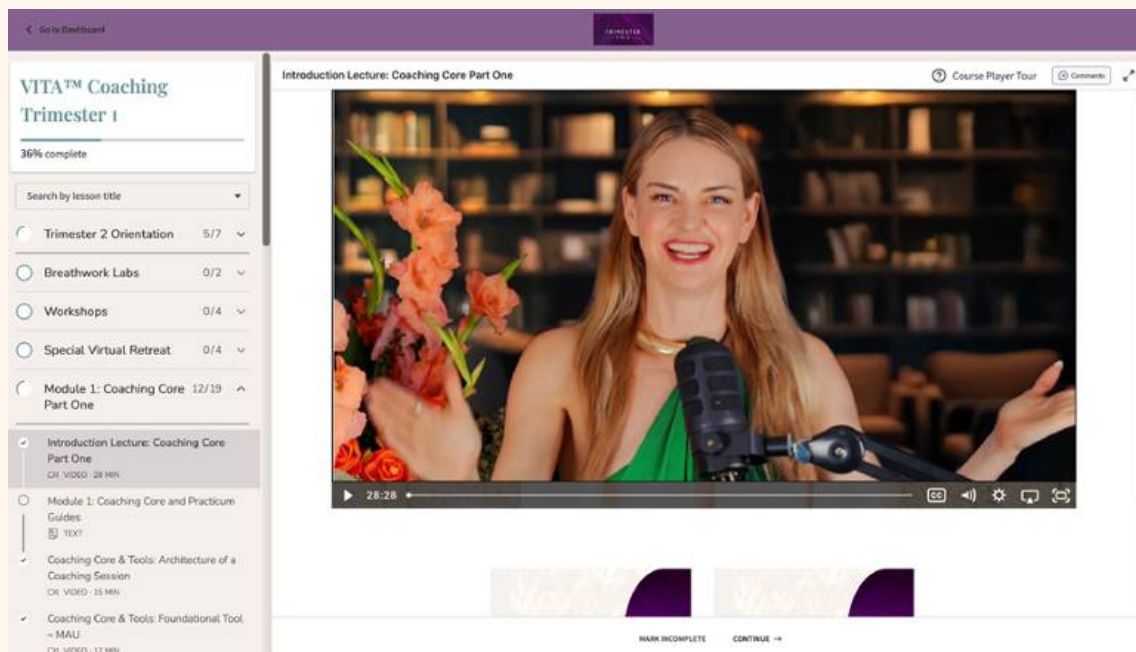


Layla's Training Videos

These live group coaching sessions invite you to both witness and experience the power of transformational coaching. You'll observe the VITA™ Coaching methodology in real time, allowing you to deepen your understanding of the process and tools.

Online Learning Portal

A comprehensive, easy-to-navigate learning portal where you can track your progress and connect with other students.



Ongoing Support

You are welcome to post any questions in the course portal at any time and a team member will respond. You will also have the option to attend office hours and have your questions answered live

Online Community

This is your space to connect, process, and integrate your experience with other students in the program.

DETAILED SYLLABUS

Embodied Intimacy Orientation

JANUARY 11 – JANUARY 22, 2027

A potent initiation into an entirely new relationship with yourself, your body, your sexuality, your nervous system, your emotions, and your capacity for intimacy and connection.

The way you love, communicate, trust, receive pleasure, experience desire, create relationships, and express yourself does not begin intellectually. It begins within your body, nervous system, and the emotional and energetic patterns you carry.

Throughout this orientation, you will begin transforming the foundational patterns that shape your intimacy, sexuality, emotional safety, self-worth, and relationships. Through live experiential workshops, guided practices, ritual, breathwork, meditation, emotional integration, embodiment work, and relational exercises, you will experience the core principles of the VITA™ Method in a practical, embodied, and deeply transformational way.

This orientation does not exist to simply give you more information; it is intentionally and thoughtfully designed to change the way you experience yourself and your life.

You will begin developing:

- Greater emotional safety and self-trust
- Deeper connection to your body and desires
- Stronger boundaries and clearer communication
- Increased capacity for intimacy, pleasure, and connection

- Greater nervous system resilience and emotional regulation
- A healthier relationship to your emotions, sexuality, and relational patterns
- A more grounded, embodied, magnetic presence

As you move through this process, you will also begin developing the qualities that all extraordinary coaches, facilitators, healers, and transformational leaders have in common.

People place their trust in coaches not only because of their knowledge, but because of how they feel in their presence. The more deeply you understand yourself, embody the work, regulate your nervous system, develop emotional awareness, and build relational capacity, the more trustworthy, confident, connected, and magnetic you and your work naturally become.

By beginning with your own transformation first, you build the embodied foundation necessary to guide others with integrity, wisdom, safety, presence, and genuine compassion.

This orientation initiates you into the living culture of VITA™:

A path of transformation rooted in sacred sexuality, embodiment, emotional healing, intimacy, relational intelligence, consciousness, devotion, and deep aliveness

MODULE 1**Trusting the Body and Opening the Radiant Heart**

- Develop greater trust in the wisdom of your body
- Shift from performance into presence and embodied awareness
- Increase emotional and physical sensitivity
- Build greater self-love, safety, and intimacy
- Develop foundational somatic awareness skills

MODULE 2**Erotic Breathwork and Erotic Aliveness**

- Initiation into breath, pleasure, eros, and emotional liberation
- Expand your body's capacity to feel
- Increase your nervous system's capacity for pleasure
- Awaken sensation and soften contraction
- Restore intimacy and connection with your body
- Experience your body as a sacred, intelligent expression of life force, consciousness, and aliveness instead of as something to "fix"

MODULE 3**Transformation, Inner Fire, and the Alchemy of Experience**

- Transformation as a living embodied process
- Discover Agni and the inner fire
- The seven-stage VITA™ transformational process

- Pleasure and purification
- Internal release work and embodied liberation

MODULE 4

Reprogramming the Mind

- Unconscious beliefs and conditioning
- Identity and self-concept
- Thought patterns and emotional experience
- Transform shame, fear, guilt, and judgment
- Freedom through awareness and inquiry

MODULE 5

Sexual Deconditioning Process

- Baby and inner child imprinting
- Reparenting through embodiment
- Emotional safety and belonging
- Restore innocence and trust
- Attachment and connection
- Healing shame and emotional contraction

MODULE 6

Mastering Energy and the Chakras

- Work with the chakra system
- Energetic embodiment and life force cultivation
- Storing and circulating erotic energy
- Grounding and energetic integrity

- Grounding and energetic integrity
- Emotional and energetic resonance
- Sacred sexuality and energetic consciousness

MODULE 7

Wild, Ecstatic Surrender

- Surrender and receptivity
- Erotic flow states
- Soften rigidity and control
- Sensation and emotional movement
- Pleasure, expanded consciousness, and altered erotic states
- Devotion, softness, and presence

MODULE 8

Orgasmic States and Erotic Expansion

- Orgasmic states and pleasure expansion
- Full-body orgasmic experience
- Multi-orgasmic capacity
- Breath and orgasmic flow
- Embodied pleasure and consciousness
- Orgasm as vitality, connection, and transformation



“My biggest transformation was clearing the deep freeze in my nervous system around worthiness and the sexual trauma imprinting 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 THE OPTIONAL
LIVE RETREAT

The VITA™ LIVE Embodiment Retreat

MAY 29 – JUNE 5, 2027

A live, week-long intensive with Layla and her team in an absolutely epic paradise.

You'll experience a profound embodiment process designed to create deep comfort with your body, sexuality, and energy. Engage in all the most powerful tools and practices live with Layla and her team in the beauty of nature.

This retreat is optional and is only offered to VITA™ students and alumni. The cost of attending the retreat is separate from the program tuition. When you purchase your retreat space, payment will cover accommodations, food, and staff costs.

Please note that this is the only additional investment of the program, apart from the required reading list literature and self-pleasure toys.. Everything else you find listed in the syllabus is included in your program tuition.

PHOTOS OF PAST RETREATS

Experience live transmission practices with Layla and the VITA™ teaching team, designed to open your body to deeper bliss, joy, ecstasy, and profound healing.





MAY – AUGUST, 2027

TRIMESTER TWO:

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

Step into a deep exploration of the VITA™ Method, a proprietary system for expertly transforming your clients' lives in a systematic and lasting way. You'll be trained in things like presence, how to use your voice, owning your intuition, and having true confidence. These are all skills that can be learned and strengthened.

TRIMESTER 2 STRUCTURE:

Live Orientation

Trimester 2 begins with a two-week live orientation, featuring more than 40 hours of immersive training and workshops covering the core principles, practices, and tools of the VITA™ methodology. As you transition from Trimester 1 into Trimester 2, your focus will shift from personal embodiment into the transformation of others. You'll develop the coaching, facilitation, leadership, emotional intelligence, and somatic relational skills needed to lead with confidence, presence, and integrity.

Live Coaching Forums

These three-hour live forums combine teaching, live coaching demonstrations, and interactive Q&A sessions to deepen your understanding of the VITA™ methodology. You'll have the chance to observe transformational coaching in action, refine your skills, and gain clarity and confidence as you prepare to apply what you've learned to peer coaching practicums.



Coaching Practicums

Develop your coaching skills through guided practice coaching sessions in each module, building confidence and mastery in a supportive learning environment. You'll coach and be coached by your peers before you progress to holding coaching sessions with practice clients. The practicum process also allows you to experience the transformational methodology, practices, and meditations for yourself. You will deepen your own embodiment so you can go on to confidently guide others through the same profound journey.

Office Hours

As you develop your coaching skills and complete your practice coaching sessions, you will have access to weekly office hour calls. This gives you the opportunity to receive live support with any questions you may have.



“ 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

Foundations of the VITA™ Coaching Process

- Reviewing the Coaching Core
- Revisiting Desire Mapping
- Deepening Body–Mind Mapping
- Introduction to additional Integrative Powers
- Strengthening coaching presence and facilitation flow
- Building confidence with the foundational process

MODULE 2

Healing the Inner Child Self

- Working with inner child dynamics and unmet needs
- Identifying younger protective parts
- Repairing emotional wounds and developmental imprints
- Reparenting and compassionate integration
- Creating safety, belonging, and emotional connection internally

MODULE 3**Divine Feminine & Divine Masculine Healing**

- Exploring internal masculine and feminine dynamics
- Healing polarity wounds and relational conditioning
- Working with receptivity, agency, trust, leadership, surrender, protection, and embodiment
- Identifying inherited and cultural gender imprints
- Creating greater internal harmony and relational balance

MODULE 4**Byron Katie Coaching & Inquiry Work**

- Learning inquiry-based coaching methods
- Using Byron Katie–inspired questioning processes
- Identifying stressful beliefs and mental narratives
- Guiding clients through cognitive and emotional inquiry
- Using worksheets and structured reflection practices in coaching

MODULE 5**Worthiness, Deservingness & Capacity**

- Exploring core identity patterns around worth
- Working with receiving, visibility, and self-value
- Expanding emotional and nervous-system capacity for having
- Identifying scarcity, shame, and self-protection patterns
- Supporting clients in upgrading their relationship to possibility and fulfillment

MODULE 6**The Pain Body & Ancestral Healing**

- Understanding recurring emotional pain patterns
- Exploring inherited emotional and relational imprints
- Working with ancestral themes and conditioning
- Somatic and emotional release processes
- Creating greater freedom from repetitive suffering patterns

MODULE 7**Sexual Desire & Erotic Transformation**

- Coaching around erotic desires and sexual goals
- Exploring blocks, shame, fear, and contraction
- Understanding sexuality through a nervous-system and embodiment lens
- Supporting authentic erotic expression
- Working with pleasure, intimacy, truth, and relational desire

MODULE 8**Relationship Transformation & Relational Desires**

- Coaching around relationship desires and challenges
- Exploring attachment, intimacy, communication, and emotional dynamics
- Identifying unconscious relational patterns
- Supporting conflict repair and relational growth
- Helping clients create deeper connection, authenticity, and partnership fulfillment

The background is a dark teal color with large, detailed tropical leaves, possibly monstera, framing the text on the left and right sides.

While the VITA™ Coaching Certification
is designed to develop exceptional
transformational coaches, coaching is
just one expression of how these skills
can be used.



Program graduates apply the VITA™ methodology across a wide range of professions and life paths, integrating its principles into leadership, healthcare, education, entrepreneurship, therapy, parenting, creative work, and countless other fields.

Whether you're building a coaching practice, leading a team, supporting patients or clients, strengthening your relationships, or seeking to bring greater emotional intelligence and embodied leadership into your existing career, the skills you'll develop throughout this certification are designed to enhance the way you connect, communicate, and create meaningful impact in every area of your life.



“With the focus on self-transformation, VITA™ helped me truly understand what ‘you can only take your client as far as you have gone yourself’ actually means.

Every step I go deeper into myself becomes a step I can give deeper to my private clients. In psychology school, there was no requirement around doing self-development work - which is crazy!! Bringing all the teachings into the body, not just the mind, really sets VITA™ Coaching apart from anything else I've ever done. And having such incredible, qualified professionals guiding us, plus the diversity in the teaching team, also made such a huge difference! ”

– Isabel L., Brazil, 2025 VITA Cohort



SEPTEMBER – DECEMBER 2027

TRIMESTER THREE:

Choose Your Area of Specialization:

**VITA™ Sexuality Major or VITA™
Relationship Major**

During Trimester 3, you'll deepen your expertise by choosing to major in either Sexuality or Relationships.

Both tracks are taught simultaneously, allowing you to focus on your chosen area while learning alongside the full cohort. Students who enroll during the Super Early Bird registration period will have the opportunity to complete both the Sexuality major and the Relationships major, at no additional cost. You will complete your second chosen major the following year.

TRIMESTER THREE STRUCTURE:

Live Orientation

Trimester 3 begins with a two-week live specialization orientation of more than 40 hours of immersive workshops. These trainings are designed to establish a strong experiential and professional foundation before moving into advanced practicum, application, and certification work.

During this experience, you'll dive deep into your chosen major, either Sexuality or Relationships, and explore the core philosophies, principles, and coaching frameworks that will shape your work.

Students majoring in Sexuality will build a strong foundation in sacred sexuality, consent, trauma-aware facilitation, nervous system literacy, ethical responsibility, energetic boundaries, and the distinction between coaching and therapy. Those majoring in Relationships will explore conscious partnership, attachment, nervous system safety in relationships, conflict transformation, emotional repair, couples coaching principles, professional ethics, and the foundations of conscious relational leadership.

Across both tracks, you'll cultivate the knowledge, embodiment, and professional discernment needed to guide clients with confidence, integrity, and care.

Live Coaching Forums

These three-hour live forums combine teaching, coaching demonstrations, and open Q&A sessions to take your experience and understanding of the VITA™ methodology even deeper. Observe transformational coaching in action, refine your skills, and gain clarity and confidence as you progress toward applying what you've learned to peer coaching practicums.

Coaching Practicums

Further develop and deepen your coaching skills through guided practice sessions in each module. These practice coaching sessions are designed to build confidence and mastery in a supportive learning environment. You'll coach and be coached by your peers before moving into coaching sessions with practice clients. This process allows you to experience the transformational methodology, practices, and meditations for yourself, deepening your own embodiment. This is the key to being able to confidently guide others through their own profound journey.

Office Hours

You'll have the opportunity to engage in interactive weekly office hours as you develop your coaching skills and complete your practice sessions. Bring any questions you have for live support as you progress through Trimester 3.



Sexuality Major

MODULE 1

Chakra Awakening

Learn to work with erotic energy through the chakra system.

Topics include:

- Chakra breathing
- Awakening erotic energy through the body
- Moving eros through chakras one through seven
- Energetic circulation
- Emotional and energetic awareness
- Somatic sensitivity development
- Using the chakra system within sexuality coaching

MODULE 2

Sex Magic Solo

Complete foundations of individual Sex Magic practice and facilitation.

Topics include:

- What Sex Magic is
- Foundations of manifestation through erotic energy
- Erotic intention setting
- Solo Sex Magic rituals
- States of arousal and consciousness
- Guiding clients through Sex Magic
- Energetic focus and visualization
- Sacred sexuality frameworks for manifestation

MODULE 3

Couples Sexuality Containers & Ritual

Learning to create safe, intentional, sacred containers for couples exploring sexuality.

Topics include:

- Creating erotic ritual space for couples
- Consent and communication
- Guiding couples into emotional and energetic safety
- Sacred sexuality ritual structures
- Facilitating partnered erotic exploration
- Relational attunement
- Nervous system co-regulation within couples work

MODULE 4

Energy Orgasm

Understanding and facilitating non-goal-oriented energetic orgasmic states.

Topics include:

- Foundations of energy orgasm
- Breath, movement, sound, and awareness
- Nervous system expansion
- Pleasure without friction-based stimulation
- Guiding energetic arousal states
- Emotional release through energetic pleasure
- Expanding orgasmic pathways throughout the body

MODULE 5

Couples Sex Magic

Applying Sex Magic principles within partnered sexuality.

Topics include:

- Partnered manifestation rituals
- Shared erotic intention setting
- Energetic amplification between partners
- Sacred ritual facilitation
- Guiding couples through Sex Magic practices
- Emotional intimacy and erotic connection
- Conscious sexuality practices for couples

MODULE 6

Pussy Massage

Training in external vulva-focused erotic massage and facilitation.

Topics include:

- Foundations of vulva massage
- Nervous system safety and pacing
- Pleasure-focused touch
- Consent and communication
- Emotional attunement during erotic touch
- Guiding clients and couples through practice
- Teaching erotic touch principles
- Somatic awareness and sensitivity

MODULE 7

Penis Massage

Training in erotic penile massage and facilitation.

Topics include:

- Foundations of penis massage
- Consent and communication
- Pleasure and nervous system regulation
- Emotional safety during erotic touch
- Energetic and somatic awareness
- Teaching erotic touch techniques
- Guiding partnered practice
- Expanding sensitivity and presence

MODULE 8**Sacred Sexuality Integration**

Integrating the 5 holistic sex skills into partnered sacred sexuality practices.

Topics include:

- Guiding sacred sexuality experiences
- Applying the five holistic sex skills
- Breath, movement, sound, connection, and energy
- Creating transformational erotic experiences
- Relational embodiment
- Sacred intimacy practices
- Erotic ritual and conscious connection
- Integrating sexuality, love, presence, and spirituality

Relationship Major



MODULE 1

Navigating Conflict I — Understanding Triggers, Self-Care & Deeper Meaning

Learn foundational coaching methodologies for navigating conflict and emotional activation.

Topics include:

- Understanding emotional triggers
- Self-regulation and relational self-care
- Finding the deeper meaning beneath conflict
- Coaching couples through activation

MODULE 2

Navigating Conflict II — Secure Attachment & the Inner Child

Understand attachment healing as the foundation of secure, thriving relationships.

Topics include:

- Creating secure attachment
- Healing the inner child in relationship
- Reparenting within partnership
- Coaching attachment repair

MODULE 3**Navigating Conflict III — Terry Real's Map & Understanding Your Heart**

Learn to apply Terry Real's relationship framework to cultivate deeper honesty, vulnerability, and repair.

Topics include:

- Terry Real's relationship framework
- Understanding core relational wounds
- Speaking from the heart
- Coaching transformational repair

MODULE 4**Couples Breathwork & the Sanctuary Ritual**

Learn foundational practices that establish emotional safety, connection, and secure relational containers.

Topics include:

- Couples Breathwork
- The Sanctuary Ritual
- Creating safety and connection
- Establishing the relational container

MODULE 5**Sacred Sexuality for Couples I — Presence & Energy**

Build the foundations of embodied intimacy through presence, awareness, and energetic connection.

Topics include:

- Cultivating presence together

MODULE 5

- Energetic attunement
- Breath, awareness, and connection
- Deepening intimacy through embodiment

MODULE 6**Sacred Sexuality for Couples II — Emotional Safety & Body Freedom**

Learn to create the emotional and somatic conditions for deep erotic expression.

Topics include:

- Building profound emotional safety
- Releasing shame and inhibition
- Expanding body freedom
- Coaching embodied intimacy

MODULE 7**Sacred Sexuality for Couples III — Play & Adventure**

Expanding erotic vitality through curiosity, creativity, and exploration.

Topics include:

- Playfulness as relational medicine
- Curiosity and exploration
- Novelty and erotic aliveness
- Expanding pleasure together

MODULE 8**Sacred Sexuality for Couples IV —
Embodying Polarity**

Integrate polarity into conscious partnership to cultivate attraction, devotion, and lasting desire.

Topics include:

- Masculine and feminine embodiment
- Creating erotic attraction
- Working consciously with polarity
- Integrating polarity into long-term partnership



JANUARY – FEBRUARY 2028

Professional Development & Integration Period

Following the completion of all 3 trimesters, you'll enter a dedicated two-month integration period. This intentional phase provides the time, space, and support to complete your certification requirements while integrating everything you've learned.

The focus intentionally shifts toward application, reflection, and professional readiness during these two months rather than introducing new curriculum. You'll complete your remaining practice coaching sessions, finalize your graduation requirements, and continue strengthening your confidence as you prepare to step into practice as a certified VITA™ Coach.

Throughout this period, you'll have access to optional bi-weekly office hours and graduation support designed to help you successfully complete your certification.



MARCH – MAY, 2028

Business Bootcamp

A deep dive into every aspect of business you'll need to become crystal clear on your unique offering to the world. You'll select an angle for your coaching practice designed to help laser focus your message and marketing. Included in Business Bootcamp is a week long Virtual Business Retreat where you'll master additional business skills and hone your craft.

BUSINESS BOOTCAMP STRUCTURE:

Live Business Development Calls

Live calls that include reflection and guidance on your website, business plan, branding, and copy as you develop your coaching business.

Holistic Business Support

Guided modules to support you in creating your packages, pricing, and approach from a heart-centered space, allowing your business to fully align with your values.

Comprehensive Video Module Training

An extensive suite of video modules dedicated entirely to helping you develop your coaching business.

Worksheets and PDFs

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

Sales Practicums

Immersive, dynamic sessions designed to unlock your innate selling abilities and equip you with the essential skills required to succeed in a growing, 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



Find Community through our Support Spaces



BIPOG Circle for Our Students Who Are Black, Indigenous, and People of the Global Majority

A discourse around racialized and sexualized trauma for Black, Indigenous, and Womxn of Color. This is a powerful container for BIPOC to connect within VITA™ Coaching 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, explore, and deepen their experience of the program together. A safe, inclusive space where LGBTQ+ students can integrate the tools and learn how to apply the work through all dimensions of gender, sexuality, and personal expression.



Mom Circle for Students in All Phases of Motherhood

For anyone who is going through pregnancy, has had a recent childbirth, is currently child-rearing, or is a parent, this is a space to connect with each other, receive additional support, and process your experiences.



Vixen Circle for Students 45+

A community space for students aged 45 years and older. Gather together to empower each other as you walk your personal development and career paths. We recognize the incredible power of this stage in life and the extra support that a group of your peers can offer. This space is a safe space to build your coaching business while navigating experiences that only those 45+ will understand!

Hear what our graduates are saying about **VITA™** Coaching



“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

“The depth and breadth of the program is incredible. I also feel like the personal connections with other siblings in the program, connection siblings, and teachers is unmatched. I felt truly seen and cared for in this program which is hard to do with over 300 participants a year.”

– Paige F., USA, 2024 VITA Coaching Cohort



“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 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



“I’m a clinical psychologist, and I’ve found that the VITA™ tools are the MOST powerful thing in my practice.”

– Angela C, 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

“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



“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 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

“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



“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



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

– Carli Jo, USA



“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



“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™ Coaching is so much more than a certification, it’s a full transformation of self.

Instead of just giving you the tools to become a coach, it reshapes how you see yourself, your body, your relationships, and your purpose. The deep inner shift makes it truly special. It’s been the best investment I’ve ever made... in my career, my healing, and the woman I’m becoming.”

– Nereida L., Netherlands, 2024 VITA Cohort

“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



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



I waited years to sign up for VITA™, building expectation and preparing myself. When I finally signed up in 2023, the results were beyond anything I could've expected.

The container is priceless and I gained more knowledge than I did throughout two bachelors and master degrees combined. The program is more comprehensive than any of the marketing materials can express. The practices have helped me regain health and confidence, I've made wonderful friends who are now like family, I have a dream career, and the VITA™ team is AMAZING! The retreat was the best I've ever been to. I found my Dharma and monetize it, found joy in my heart, and found a felt-sense of safety, love, and belonging.

– Eman A., Vietnam, 2024 VITA Coaching Cohort

Enrollment opens August 20, 2026.

Click the link below to apply
for VITA™ 2027.

YES, I'M IN!



Still have questions?

Our Program Specialists are certified,
practicing VITA™ Coaches.

Book a Complimentary VITA™ Call

BOOK A CALL