

THE VITA™ SEX LOVE AND RELATIONSHIP  
COACHING CERTIFICATION  
**Syllabus**

THE TANTRIC INSTITUTE



OF INTEGRATED SEXUALITY

# A 650-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*

— Insitute of Integrated Sexuality,  
Creator and Founder



# Overview

The focus will be first on your own personal transformation so that you can embody the work in an inspiring and authentic way. You will 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, 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 trimesters with an optional one-week live retreat and an optional business bootcamp intensive.**

## **1st Trimester: Total Self-Transformation Process**

**JAN 12TH - MAY 3RD, 2020**

Experience yourself expand into your true authentic nature of power and pleasure, becoming the Queen 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 as a woman.

## **OPTIONAL LIVE IMMERSION: The Costa Rica VITA™ Embodiment Retreat**

**MAY 9TH - MAY 16TH OR MAY 16TH - 23RD**

An absolutely epic week-long intensive embodiment process of Tantric activations, rituals and your own profound wisdom. A deep-dive into nature, celebration and the wild feminine. The training is included in the course fee, but you will cover your own travel and accommodation/food costs.

## **2nd Trimester: The 10 Core Coaching Modules of the Vital and Integrated Tantric Approach (VITA™) Method**

**MAY 25TH - AUG 30TH, 2020**

An exploration into my proprietary 10-module system for expertly transforming your clients in a systematic and lasting way. This 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.

### **Business Bootcamp**

**SEP 14TH - NOV 1ST, 2020**

Learn all the marketing and business skills necessary to build a thriving and profitable coaching business. Select a unique niche for your coaching practice and find clarity on your gift to the world. Focus your message and marketing, allowing you to reach and transform the lives of your ideal clients. You'll build your systems step-by-step while designing high-end coaching packages that are magnetic to clients! Develop your sales talents and your wealth-mindset so that you can charge \$150 - \$1000/hour for your coaching and comfortably sell high-end coaching packages of \$1500 - \$10,000 per client.

### **Optional Virtual Business Immersions**

**SEP 28TH - OCT 4TH**

Receive live, intensive business workshops on various topics like how to build your content platform on YouTube, Instagram, Facebook or a blog. Receive peer feedback and practices to develop your speaking and presenting skills while also doing the inner work to allow yourself to be fully seen in your business and brand. Learn how to build a tribe that resonates with your truth and message by finding your authentic voice and sharing it in a way that excites you.

## **3rd Trimester: Specialize in Your Niche**

**NOV 16TH - DEC 20TH, 2020**

To really be an expert in your field, you need to specialize in an area that you are passionate about. Choose one or two tracks with detailed instructions and guided sessions and practices for clients in each section. You can choose from:

- Female Sexuality
- Jade Egg
- Men's Sexuality
- The Integrated Masculine
- Conscious Dating
- Tantric Sex
- Relationship Transformation
- Life Transitions (Divorce, Aging, Menopause, Abortion, Grief/Loss)
- Women's Empowerment

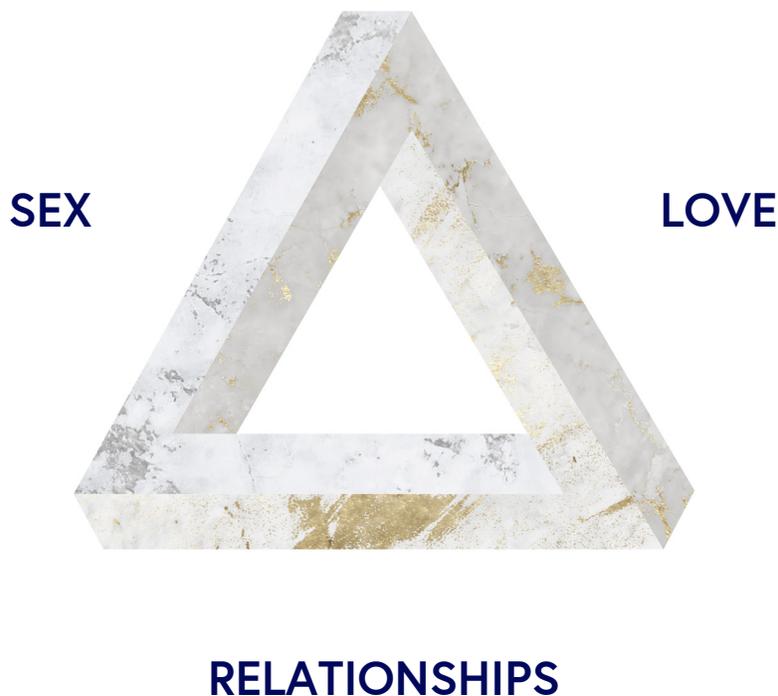
## **Post-Program Continuous Coaching and Business Support from the Team**

**DATES TBD**

Included in the tuition are six additional months of weekly support and professional development after the program has officially ended on December 20th, 2020. This allows you to follow your own rhythm throughout the program and complete the program at a pace that suits you as well as build your business and coach clients professionally while you still have ongoing team-led support.

# The 3 Pillars Of The Coaching Certification

THE VITA™ (VITAL AND INTEGRATED TANTRIC APPROACH) COACHING METHOD



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 a description of how these three are shared in an interlocking way in the training. Each of the pillars will also be supported by the VITA™ Method that you'll learn in Trimester 2.



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



All of us are 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, 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 are too afraid or don't know how to create it.

Relationships of all varieties are the container in which healthy love and sex flourishes. 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



# 1ST TRIMESTER TOTAL SELF DISCOVERY

JAN 12TH - APR 30TH, 2020

A four-month deep dive into your own personal sexuality where you will discover how to access your sexual ecstasy, power and sensitivity.

In exploring your own sexuality, you will embody core truths about sexuality and be able to transmit that to clients.

You'll also be expanding your heart and capacity to love while exploring how to create intimate and healthy relationships.

## 1ST TRIMESTER

# Structure

Included in Trimester One, you'll receive:

### **Live Coaching with Layla**

3 hours of in-depth group coaching weekly to get personal support on your process

### **Layla's Training Videos**

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

### **Live Workshops with Layla and Team**

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

### **Live Guided Practice with Layla and Team**

Join a super-fun optional group practice session each week to receive live guidance and support!

### **Live Personal Development and Support from Team**

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

### **Weekly Guided Meditations**

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

### **Weekly Self-Practices**

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

## **All of your questions answered!**

You can always post questions on the website and Layla or a team member will respond

## **Community Facebook Group**

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

## **Detailed Personal Training Manual**

Spend time journaling and reflecting on your process each week

**1ST TRIMESTER**

# **Detailed Syllabus**

## **ORIENTATION WEEK**

### **The Royal Orientation for SLRC Queens**

At the start of the program, we'll take five days to drop in with you and explore how to get the absolute most out of the program. We will offer live classes and workshops to support you in experiencing love, safety and 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 that truly works for you.

## **WEEK 1**

### **Discover the Power of Self-Love with Emphasis on**

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

## **WEEK 2**

### **Deep-Dive into Sexual Anatomy and Sexual Exploration of the Self**

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

### **WEEK 3**

## **Learning Tools for Loving and Conscious Self-Pleasure**

- The 4 foundations of holistic sex
- Fantasy and presence
- Losing the goal
- Sex training
- Relaxation

### **WEEK 4**

## **Exploring Sexual Healing (Self-Practice)**

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

### **WEEK 5**

## **Steps Towards Sexual Wholeness**

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

**WEEK 6****Exploring the Sexual Shadow**

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

**WEEK 7****Exploration into Sexual Energy**

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

**WEEK 8****About the Orgasm**

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

## **WEEK 9**

### **Creating a Vibrant Sexual Ecology**

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

## **WEEK 10**

### **Changing Sexual Identity**

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

## **WEEK 11**

### **Exploring Relationship Blueprints**

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

## **WEEK 12**

### **Steps for Total Empowerment**

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

OPTIONAL IMMERSION

# COSTA RICA RETREAT

MAY 9TH - MAY 16TH OR MAY 16TH - 23RD

A live week-long intensive with Layla and team in the absolute paradise of Blue Spirit Retreat Center in Nosara, Costa Rica. 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 is offered with 3 organic meals per day and a double room at \$1997 USD.

\*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.\*





**Blue Spirit is an exclusive retreat center in a beautiful and private location in Nosara, Costa Rica. The center is absolutely stunning with a secluded beach, salt-water infinity pool, and organic food.**



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

# 2ND TRIMESTER THE VITA™ (VITAL AND INTEGRATED TANTRIC APPROACH) COACHING METHOD

MAY 25TH - AUG 30TH, 2020

An intensive learning of my proprietary VITA™ Method that you'll use to transform yourself and your clients in a systematic and lasting way. This is a systematic coaching sequence that gives you the clarity and structure to solve literally any issue for your clients. Backed by modern science and empowered by ancient wisdom, you learn to work with the primal brain and the deep subconscious, which allows you to actually resolve the issues that keep your clients from having the sex, relationships, and love that they desire and deserve.

The modules allow you to support your clients in removing the deep conditioning and limiting experiences that cause them suffering. At the same time, you'll be empowering them to choose the kinds of experiences, thoughts and emotions that allow them to thrive.

## 2ND TRIMESTER

# Structure

### **Live Coaching Development with Layla**

3 hours of in-depth group coaching development weekly to get guidance on your coaching skills

### **Layla's Training Videos**

2 hours of content weekly to develop your professional coaching abilities

### **Live Coaching Development and Support from Team**

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

### **Two Coaching Practicums**

Dive into deep coaching skills development for 4 hours each week to gain confidence and mastery in your coaching

### **Weekly Guided Meditations**

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

### **Weekly Self-Practices**

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

## **All of your questions answered!**

You can always post questions on the website and Layla or a team member will respond

## **Community Facebook Group**

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

## **Detailed Personal Training Manual**

Spend time journaling and reflecting on your process each week

# The 3 Pillars Of The Coaching Certification

*THE VITA™ (VITAL AND INTEGRATED TANTRIC  
APPROACH) COACHING METHOD*

**SEX**

**LOVE**



**RELATIONSHIPS**

# **THE VITA™ (VITAL AND INTEGRATED TANTRIC APPROACH) COACHING METHOD**

## **MODULE 1**

### **The Core Coaching System Part One**

## **MODULE 2**

### **The Core Coaching System Part Two**

## **MODULE 3**

### **Liberating the Family Dynamic**

## **MODULE 4**

### **Embracing the Inner Child**

## **MODULE 5**

### **Creating a Thriving Sexual Ecology**

## **MODULE 6**

### **Getting What You Desire**

## **MODULE 7**

### **Finding Emotional Empowerment**

## **MODULE 8**

### **Coaching with Holistic Sex Techniques**

## **MODULE 9**

### **Journey into the Self**

## **MODULE 10**

### **Healthy and Fabulous Relationships**

## 2ND TRIMESTER

# Detailed Syllabus

### WEEK 1

#### The Core Coaching System 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 of mirroring, acknowledgement and understanding
- How to use goals in coaching

### WEEK 2

#### The Core Coaching System Part Two

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

**WEEK 3****Coaching Module: Liberating the Family Dynamic**

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

**WEEK 4****Coaching Module: Embracing the Inner Child**

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

**WEEK 5****Coaching Module: Creating a Thriving Sexual Ecology**

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

**WEEK 6****Coaching Module: Getting What You Desire**

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

**WEEK 7****Coaching Module: Finding Emotional Empowerment**

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

**WEEK 8****Coaching Module: Coaching with Holistic Sex Techniques**

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

**WEEK 9****Coaching Module: Journey into the Self**

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

## **WEEK 10**

### **Coaching Module: Healthy and Fabulous Relationships**

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

## *The 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 literally be used to transform anything, and we'll be focusing on how it applies specifically to our three core topics of coaching: sex, love and relationships.

However, I want to give you examples below of how you would apply this coaching sequence to just a few of the many different coaching niches that you might be interested in pursuing.

These are just a few possibilities I chose—this will be applicable to any coaching topic you want to specialize in with your clients.

### **Dating Coach / Love Coach**

If you want to be a dating coach, for example, you can use this 10-module coaching program to deeply allow 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.

## Divorce Coach

As a divorce coach, you can work to heal the family imprinting that led to your client choosing their marriage partner in the first place, allowing them to clear the residue of the past and choose freely in their next partner to find someone who suits their desires, not just their conditioning.

You'll be able to work with the tools of love to assist them in healing their heartbreak and especially in connecting with and supporting their inner child - the source of the most intense wounding and pain in a divorce.

You'll be able to use the sexuality tools to help them recover a lost sense of sexual identity and excitement and help them realize that they are moving into a stage of opportunity for new partnership and even independence.

## 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 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 affects 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.

*These are just a few examples of how the 10 coaching modules can be applied to a wide array of topics. And this is only a superficial overview.*

The coaching modules are a complete process of transformation for any problem you would want to solve with your clients.

At the end of the second trimester, you will be encouraged to pick your area of coaching expertise, which you will develop in the third trimester, in order to fully master your own voice and wisdom

By the end of the third trimester, you'll not only have ninja coaching skills and confidence, you'll also have a unique high-end coaching package that is custom-tailored to your clients. You'll feel assured that you can enroll them, work with them and produce breakthrough results in each session.



# Masterful Coach Training

In this course, you will also undergo a rigorous coaching skills development process. Not only will you be learning ninja coaching tools, you will also be required to practice them in weekly practicums.

In the second trimester, you will coach and receive coaching from your peers two times per week during our coaching practicum sessions (available 4 times per week.)

You'll get so much experience learning the art of coaching that you'll be overflowing with enthusiasm to share this work.

We'll also be covering advanced topics so you can address many of your client's deeper concerns with confidence.

You'll begin running your sales funnels and getting your first paid clients. During this trimester, you'll be exploring how to run your coaching business to get the income you desire with specific tools and blueprints for success.

# BUSINESS BOOTCAMP

SEP 14TH - NOV 1ST, 2020

During these modules you will have the choice to join the Business Bootcamp where you will learn all the marketing and business skills you'll need to build a thriving and profitable business.

Or, if you are not partaking in the business training, you can use this time to integrate the learnings from the previous trimesters.



# BUSINESS BOOTCAMP

This will be led by Andrew Simpson with assistance from Layla. Andrew is a co-founder and business partner to Layla and a marketing mastermind who worked at the top agencies in New York City doing the brand campaigns for Pepsi, Cheetos, HSBC and JetBlue, among others.

You'll be taken way above and beyond the sales and marketing skills that other coaches are using. We'll show you how to use the most up-to-date and compelling sales pages, application forms and content creation to have a buzz around your business and clients who are excited to work with you.

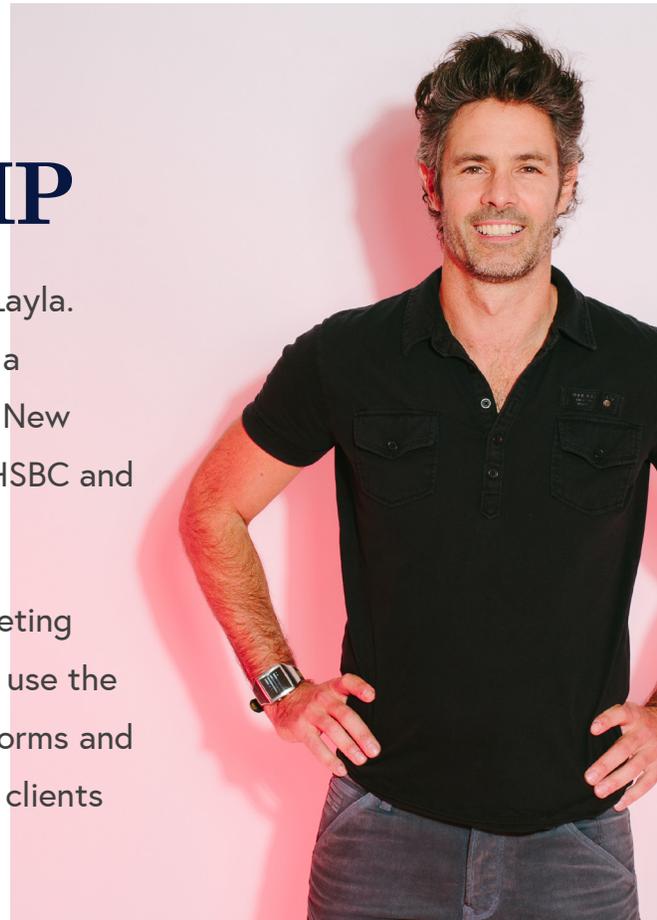
You'll also participate in the Income Challenge Month where you get to challenge yourself and get peer support to make \$1,000, \$5,000, \$10,000, \$20,000 or even \$100,000 in a month. Figure out what it takes from you to make the money you desire in your business with support and encouragement.

## Bootcamp structure

### Live Business Development Call with Layla or Andrew each week

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

NOTE: This will require 20 hours per week of dedication to your business. We will use the ready-made tools to get you set up with a brand, website, blog, Facebook page, list-building opt-in, lead magnet and email software to start reaching clients and building your list.



## **One-Week Virtual Intensive**

Spend five days developing your brand, speaking skills, and sales and marketing ability with Layla

## **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 15-video module training**

Develop your entire coaching business

## **Weekly Worksheets and PDFs**

Brainstorm and develop your financial plans, your sales approach, and your content strategy

# BUSINESS AND SPEAKING VIRTUAL INTENSIVE

SEP 28TH - OCT 4TH, 2020

During the Business Bootcamp, we'll host a week-long virtual intensive that will give you a chance to dive into recorded material that will elevate your business and marketing skills and get live personal feedback and peer support as you build and uplevel your coaching business.

This will prepare you for live speaking, teaching and charismatic presentation of your content.

You'll also develop your content platform, brand message, niche, pricing and programs with dedicated guidance and support.

This will allow you to lead from a space of authenticity and clarity and develop your unique coaching and teaching style with your peer group.

You'll shine the spotlight on your brand, learn to be seen in a big way and how to make the impact that you desire. You'll also develop your radiant wisdom to attract the right kind of attention and the right kind of clients to your brand.



# **3RD TRIMESTER SPECIALIZE IN YOUR NICHE**

NOV 16TH - DEC 20TH, 2020

Choose your area of mastery and develop comprehensive skills in your niche! Everyone would rather work with a specialist rather than a generalist. (Think about it, you'd rather see a neurosurgeon than a generic doctor if you've got an issue to solve with your brain!) Most programs leave you as a generalist in your coaching field....but I'm going to take you all the way to a specialist.

In this trimester, there are eight different majors that you can chose to major in. You'll get to choose from:

**Female Sexuality**

**Jade Egg**

**Men's Sexuality**

**Conscious Dating**

**Tantric Sex**

**Relationship Transformation**

**Women's Empowerment**

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

That means, when you graduate, you can choose to be,  
for instance, a VITA™ Sex Coach with a focus  
on Female Sexuality and the Jade Egg.

Or you can be a VITA™ Love Coach  
with a focus on Conscious Dating.

Or you can be a VITA™ Relationship Coach  
with a focus on Tantric Sex and  
Relationship Transformation.

Or you could be a VITA™ Sex, Love and  
Relationship Coach with a focus on Men's Sexuality.

You get to choose what type of coach you want  
to be and then one or two focuses.

\*If you want to take one of these tracks and then come up with a unique name for your focus, you are welcome to do this as long as it is approved by our team. So for instance, if you did the Men's Sexuality track but wanted your focus to be called Men's Empowerment, this is possible. Or if you did Tantric Sex, you could also call your focus Sacred Sexuality. But the title has to be related to the actual track of education that you are choosing.

## 3RD TRIMESTER

# Structure

### **One or Two Majors**

Specialize your coaching skills to offer even more results for your clients

### **Ongoing Coaching and Business Development Calls**

Continue to receive support, coaching, and feedback as you launch your brand and work with more clients

### **“Done-for-you” Coaching Sessions**

Become professionally certified in the most effective and targeted tools to use in your niche

### **Custom Learning Material**

Receive guided self-practices, meditations, and specialized workbooks for your major to support you to embody the material

### **Coaching Practicums for Each Major**

Develop your coaching ability in a structured way to receive feedback and growth in your skills

## 3RD TRIMESTER

# Detailed Syllabus

Grow into your unique offering and become clear on your gift to the world. Select and angle for your business and coaching practice which you can focus on with your message and marketing.

Move into a space of creative contribution to the field and gain mastery in your chosen niche through specialization and specific coaching sessions around your area.

Before the start of the 3rd trimester, you'll get a comprehensive look at each major so you can make a well-informed choice. Below, you'll find a brief outline of what is covered by each major. During the coaching certification, you may choose one or a maximum of two majors during the 3rd trimester.

## 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
- Be certified to coach and teach basic jade egg to clients

## 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

## Major: Conscious Dating

- Be able to 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 unworthiness and transform them 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

## 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...because life is too short not to have a fabulous time!

NOTE: You will study a bit of each of these majors in both the 1st and 2nd trimester. So you will learn some of each of these topics no matter what major you choose. However, in the 3rd trimester you will choose a track to specialize in where you will go even deeper into working on the major(s) for your career.

# EXTENDED 6-MONTH POST-PROGRAM SUPPORT

DATES TBD

Included in your tuition are six additional months of weekly Coaching and Business Development Calls after the program has officially ended on December 20th, 2020. 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!

This also allows you to follow your own rhythm in the program and complete the program at a pace that suits you. If you need an extra six months to catch up on some of the material and training, you will still have support.

These live calls will be led by a senior teacher on the team with extensive experience and training in coaching and a passionate interest for business upleveling. You can use this container to get all your questions answered from any program module or material and to get live feedback on your coaching skills and client cases as you gain experience and momentum in your coaching practice.



# WANT TO GET STARTED?

If you are interested in becoming a certified VITA™ Sex, Love and Relationship coach with Layla Martin and the Tantric Institute of Integrated Sexuality, fill out an application by clicking below:

[Yes, Let's do this!](#)