

Layla Martin

MEDIA KIT

Tantric Teacher, Creator of the
VITA™ Method, and Host of the
Spotify Top-Rated Podcast,

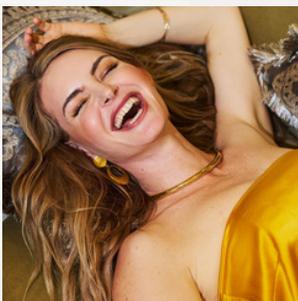
THIS TANTRIC LIFE



BIOGRAPHY

INTERVIEW QUESTIONS

MEDIA-READY PHOTOS



CONTACT: JENA@LAYLAMARTIN.COM

Unlock the Power of Layla Martin's Audience

Layla Martin brings a highly engaged, action-oriented audience of buyers who are deeply invested in all areas of sex, love and relationship growth and mastery.

Here's why having Layla on your podcast can benefit you:



1.5M+

Downloads of her podcast, *This Tantric Life*, in the first year

325K+

email subscribers who actively engage with her content and make purchases

526K

YouTube subscribers with over 1 billion video views

118K

Instagram followers

30K

monthly website visitors

Layla's audience actively listens, shares and invests, creating massive potential for your podcast to connect with her vibrant community.

Why Layla's Audience is a Game-Changer for Your Podcast

Layla's community isn't just large—it's highly engaged.

Here's how having her on your podcast can elevate your reach:

Engaged Listeners: Layla's audience loves to tune in to learn, grow and take action, meaning they will engage with your podcast content.

Ready to Buy: Her followers consistently invest in products and experiences Layla recommends, making them an audience that doesn't just listen but buys.

Proven Reach: With over 1.5 million downloads in just the first year of her new podcast *This Tantric Life*, Layla's influence brings significant exposure and engagement.





What Layla Can Offer Your Listeners

Layla Martin delivers conversations that provide:

Transformative Insights: Blending ancient Tantric wisdom with modern science, Layla offers listeners profound transformation in their relationships and sexuality.

Actionable Tools: Your audience will walk away with practical steps to integrate into their lives, from sacred sexuality practices to techniques for healing shame and trauma.

Engaging Storytelling: Layla shares personal stories that inspire listeners to embark on their own journeys of self-love, pleasure, healing and empowerment.

Her content empowers individuals to reclaim their pleasure and manifest their desires through sexual energy.

Layla Martin's Expertise & Bio

Layla Martin has been called the “Headmistress of Pleasure” by *Women's Health* and a “Sexpert Extraordinaire” by *Cosmopolitan*. With over 20 years of Tantric practice, extensive studies in human sexuality at Stanford University, the development of her innovative VITA™ Method, and tens of thousands of paying clients, Layla is a recognized authority on:

Sacred Sexuality and Tantra: Practical tools for incorporating spirituality and sacred sexuality into daily life.

Sexual Empowerment: Reclaiming pleasure and overcoming societal conditioning, shame and trauma.

Manifesting Through Orgasm: Using sexual energy to supercharge manifestation power and turn desires into reality.

Healing and Transformation: Layla shares her own transformative journey and offers guidance on healing from shame and disconnection to live a life of deep pleasure and fulfillment.

Tantric Partnerships: Practical steps for couples to enhance intimacy and connection through Tantric practices.

Layla's Top Podcast Appearances

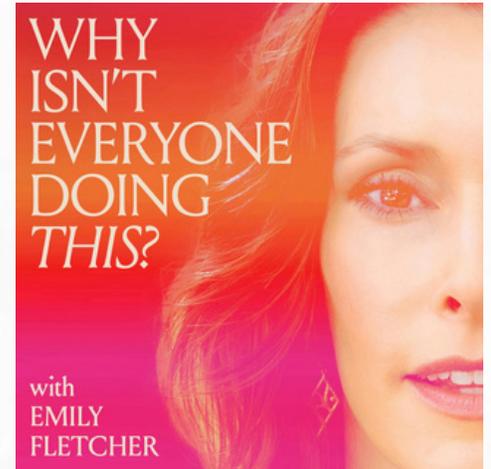
Layla has been a guest on leading podcasts such as:



The Aubrey Marcus Podcast



Highest Self Podcast with Sahara Rose



Why Isn't Everyone Doing This? with Emily Fletcher



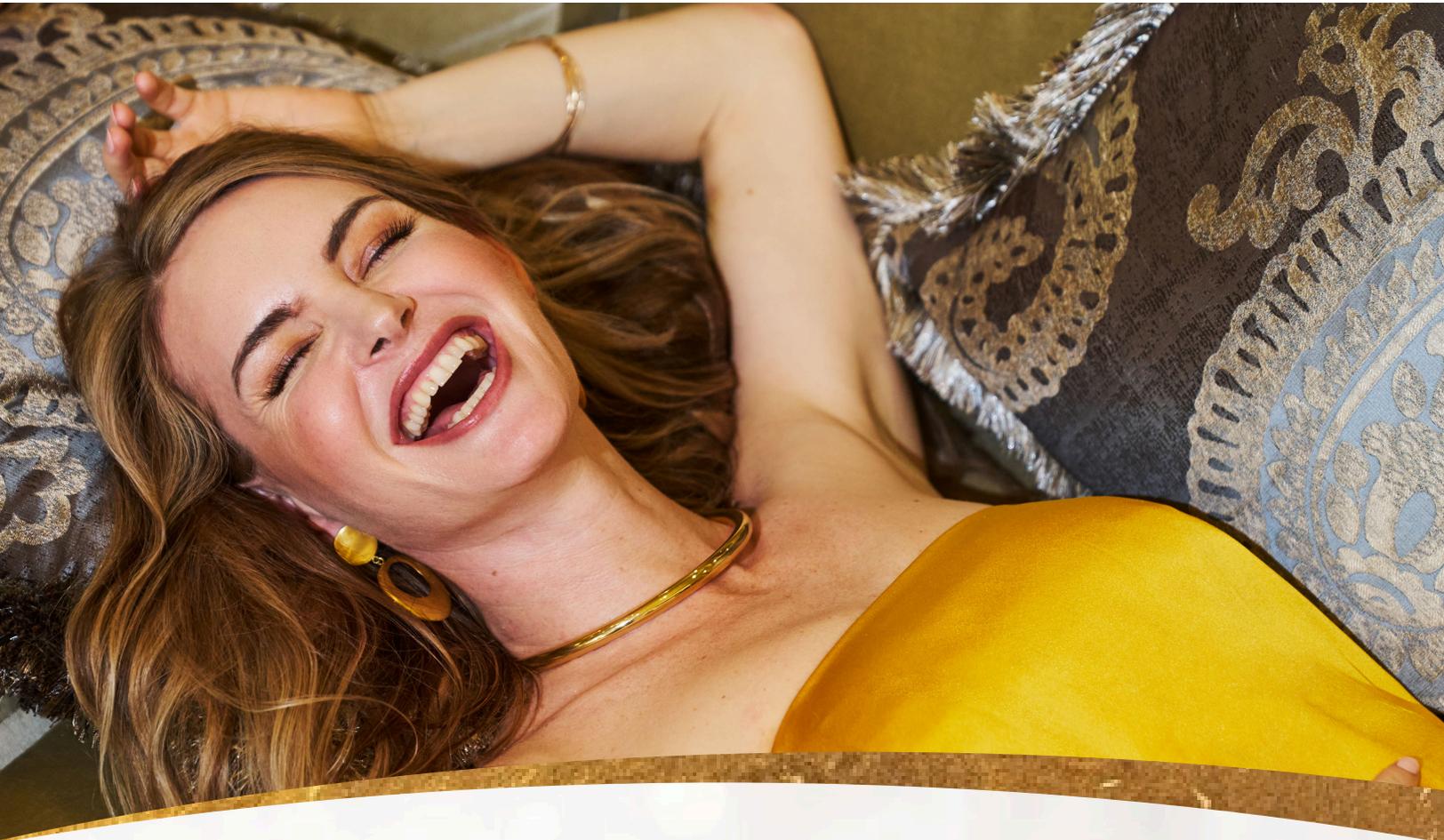
Love, Sex + Magic with Mel Wells



The Human Upgrade™ with Dave Asprey (twice)



The Shameless Sex Podcast



Media and Press Coverage

Layla Martin has been featured in:

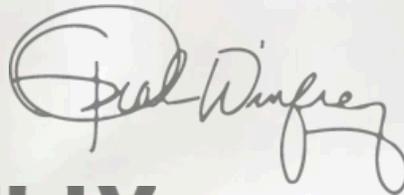
COSMOPOLITAN

Women'sHealth

goop


mindvalley

SHAPE



NETFLIX

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Layla's Top Performing This Tantric Life Episodes:



The "God Bomb" and Worshipping the Divine Masculine with Aubrey Marcus



Devotion to the Divine Masculine with Mama Gena



How to Bring Out the Best in Men with Allison Armstrong



How to Separate Orgasm from Ejaculation with Taylor Johnson



Create the Relationship You Want with Lorin Krenn



Discover Your Personal Erotic Blueprint with Jaiya and Ian



Layla's Current Projects

Layla Martin is at the forefront of the sexual wellness movement.
She is currently:

Launching the 9th year of her VITA™
Coaching Certification Program.

VITA™ COACHING

Hosting sold-out retreats around the world, including
VITA™ Eros and Tantric Mastermind for Couples

EROS
RETREAT

Leading MOOD™, her plant-based sexual wellness supplement
line, focused on enhancing energy, relaxation, and pleasure.

MOOD™

Interview Questions

Consider these topics to get your podcast conversation with Layla flowing:



- What is sacred sexuality, and how does it differ from traditional views of sex?
- How can individuals integrate Tantra into daily life to enhance sexual and spiritual experiences?
- What steps can someone take to reclaim their pleasure and overcome societal conditioning around sex?
- How does overcoming shame and trauma lead to sexual empowerment?
- Can you explain the VITA™ Method and how it combines modern science with ancient Tantric practices?
- What is my current evolutionary edge of healing, wisdom and discovery (aka what's new for Layla lately)?

Contact Information

W E B S I T E
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P O D C A S T
This Tantric Life

Y O U T U B E
VITA TV

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F A C E B O O K
Layla Martin

X
@TheLaylaMartin



THANK YOU!

Thank you for considering Layla Martin as a guest for your podcast. Please feel free to reach out if you have any questions or would like to book Layla for a transformative conversation!