



VITA™

Sacred Sexuality

2025 PROGRAM SYLLABUS



Welcome to the VITA™ Sacred Sexuality Journey

This is your initiation into the depths of Sacred Sexuality—a year-long experience designed to expand your consciousness, ignite your pleasure, and awaken your profound personal power.

Join a supportive, like-minded community of pleasure seekers as we explore extraordinary levels of sexuality, foster radical liberation, and create lasting transformation in our lives.

By the end of this program, you'll not only reclaim your pleasure as sacred but also create a deep connection with your inner self and others.

98% of program participants say they feel more confident after taking VITA™ Sacred Sexuality.

Together, we'll unlock the love, intimacy, and orgasmic potential you truly desire AND deserve.

This syllabus provides an overview of what you'll be learning, exploring, and embodying throughout the next 12 months.

“This space is a holding of absolute love. It's genuine cheerleading, empathy, understanding... and everything is truly welcome in this space.”

Kerry G. - Canada



Program Objectives

- Unlock extraordinary levels of pleasure and transcendental orgasmic states.
- Expand your consciousness while navigating the sacred connection between your body, emotions, and sexuality.
- Heal inner wounds and awaken deeper self-confidence, leading to better orgasms, more fulfilling relationships, and a sense of belonging within a vibrant community.
- Embody your sexual energy as a path to personal power, creativity, and manifestation.

“VITA™ Sacred Sexuality is not only a sexual awakening, it’s a change in the way you interact with all of life.”

Elisa A. - USA



The VITA™ Method

Explore the unique synergy of the 5 holistic tools at the core of the VITA™ Method—breathwork, energy, mindfulness, sounding, and movement.

VITA stands for “Vital and Integrated Tantric Approach” and it’s my proprietary method that has helped thousands of women transform not just their sex lives but their entire lives.

This approach combines ancient Tantric wisdom with modern neuroscience and somatic practices to address your brain and subconscious directly, enabling profound healing and the removal of limitations preventing you from living a fully aligned, orgasmic, and empowered life.

“This program is about so much more than sex - it’s about our relationship to ourselves.”

Tess M. - New Zealand

Key Practices You'll Learn:

- **Orgasmic Self-Exploration** – Reclaim your pleasure as sacred through ecstatic full-body stimulation, deepening connection with yourself and your erotic energy.
- **Crystal/Jade/Yoni Egg Activation** – Awaken your deepest orgasmic potential, heal stored tension, and activate profound pleasure and power through sacred yoni egg practices.
- **Sex Magic Manifestation** – Harness the power of your sexual energy to magnetize your desires, align with your destiny, and create the life you crave.
- **Powerful Sounding** – Unlock the link between voice and pleasure by using sound to move stuck emotions, expand sensation, and deepen orgasmic release.
- **Sensual Breathwork** – Amplify pleasure, enhance orgasmic states, and surrender into mind-blowing full-body bliss through the power of breath.
- **Emotional Pendulation** – Learn to navigate intense emotions like fear and sadness while staying open to love, pleasure, and peace, creating resilience and expansion.
- **Crystal Dildo Awakening** – Access new levels of orgasmic pleasure by activating the cervix, deep vagina, and womb, transforming your experience of self-pleasure and sex.

Program Structure

Live Learning Opportunities

- Up to 12 Live Classes Per Month
 - 4 Key Classes
 - 8 Playshops
(a mix of Yin, Yang, Pleasure, Lecture, and Q&A sessions)

Each session dives deeply into Sacred Sexuality practices, focusing on energy activation, self-pleasure rituals, and embodiment.

Classes are recorded so you can revisit them anytime and immerse yourself at your own pace.



What to Expect:

For new students in your first month, you can expect a minimum of 4 live classes specifically to introduce you to foundational practices:

- Breathwork
- Self-pleasure
- Healing and integration
- Resourcing

These foundational classes are required for you to complete before you access the vault for future classes.

You will also join the rest of the community for an additional 5 live classes in the specific month's themed content.



Monthly Themes

Every month, you'll explore a unique theme to uncover facets of your sacred self. Themes include Pleasure, Emotion, Sex, Manifestation, Relationship, and more, ensuring your personal growth remains expansive and dynamic.

Audio Practices & Playlists

Dive deeper into each month's theme with six downloadable audio practices and curated Spotify playlists—perfect for enhancing your rituals and daily practices.

Flexibility

This program is designed to meet you where you are. Follow the monthly core curriculum or engage with the shorter “snack practices” (10-25 minutes) to fit your schedule.

Key Takeaways

Radical Pleasure: Shift away from shame and fully reclaim pleasure as your birthright.

Erotic Power: Drop deeply into your sacred sensuality and embody your erotic energy.

Manifestation Mastery: Harness the magnetic power of sexuality to create the life you desire.

Deep Emotional Resilience: Navigate your inner world and unlock profound freedom.

“VITA™ Sacred Sexuality is an incredible program with some of the best sacred sexuality facilitators in the world.”

Allison H. - USA

Monthly Themes



MARCH

Pleasure

We begin by reclaiming the sacred force of pleasure. This month's teachings include breathwork, healing and integration practices, and the art of cultivating high-vibration joy.



APRIL

Emotion

Discover the alchemy of emotions this month. Learn to channel fear, sadness, and joy into the deepest, most ecstatic sex and intimacy of your life.



MAY

Sex

Reclaim your erotic power. Explore luscious sex magic rituals and unlock the bold, unapologetically sensual version of yourself.



JUNE

Body

Celebrate your body as a divine temple. Map the sacred geography of your body and unlock its hidden energy channels.



JULY

Power

Step into sovereignty and awaken the deepest layers of your empowered self. Activate the transformative power of sexual energy.



AUGUST

Orgasm

Orgasm is a portal to transcendence. Embark on a divine path exploring full-body, heart, and soul-gasms for ultimate liberation.



Experience your sexuality as sacred. Transform your pleasure rituals into ancient temple ceremonies that honor your divine essence.



Deepen your connection to thriving relationships using sacred practices for internal and external love dynamics.



You were born abundant! This month, transmute sexual energy into manifesting your financial desires and stepping into prosperity.



Rediscover blissful states of childlike awe. Wrap up the year through ecstatic rituals of laughter, joy, and limitless sexual freedom.



Harness your high-vibration emotions and powerful sexual energy to manifest your boldest dreams. It's time to align with your destiny.



Step fully into your divine essence. Awaken ancient archetypes to embody every nuance of your empowered sexuality.



Who is this for?

This program is designed for women who are empowered spiritual seekers - ready to expand their pleasure, ignite their power, and transform their lives.

The Empowered Seeker is on a deeply personal spiritual and emotional awakening. They are simultaneously reclaiming their confidence, rediscovering intimacy, and leveling up their professional and personal lives. Drawn to authenticity and vulnerability, this woman thrives in communities where she is heard, valued, and empowered to grow.

By blending sacred self-care practices with practical tools for transformation, you'll be guided to embody your best self—planting the seeds of fulfillment and intimacy in every area of your life.

Of the over 2,000 VITA™ Sacred Sexuality participants surveyed after their year-long initiation, 96% say it was worth the investment.



How to Get the Most Out of Your Year with VITA™

Engage Fully in the Journey

- **Community Connection:** Enter the circle of our private Facebook group—a sacred space to share your journey, celebrate your wins, and bask in the love of a like-minded community. This vibrant space is enriched by active participation from our alumni and teachers, who are there to guide, support, and inspire you along your path.
- **Progress Practices:** Witness your transformation through reflective journaling and tracking tools designed to illuminate your growth. Each month, you will receive an Initiation Journal to begin your journey with intention and an Integration Journal to anchor and reflect on your experiences as the month concludes. These tools are your companions for deep self-awareness and embodiment.



Meet Your Teachers

Prepare to be guided by a constellation of extraordinary experts, each bringing their unique magic and mastery to your journey:

Layla Martin

The heart and soul of the VITA™ Method. Layla has spent over 10,000 hours teaching the art of Tantra, sacred sexuality, and personal transformation. With her guidance, you'll discover the brilliance of your inner light and the power of your pleasure.



Meet Your Teachers



Erika Alsborn

A jade/crystal egg teacher and sexology expert, Erika empowers you to unlock the sacred potential of your body and embrace your sensual essence.



Hilary Kern

Known for her joyful, playful approach, Hilary's classes are a playground of self-discovery and creative exploration.



Victoria Oladipo

With a deep passion for erotic empowerment, Victoria invites you to rise above societal limitations and embody luscious sexuality.



Final Words

This year-long program is your invitation to step into the highest, most radiant version of yourself. Together, we'll explore sacred practices that shift you into states of ease, empowerment, and ecstatic bliss.

97% of VITA Sacred Sexuality participants surveyed say they've experienced a better connection to their bodies as a result of the program.

Align with your divine essence.
Awaken extraordinary levels of pleasure.
Transform your life.

Are you ready?

Join us for this profound initiation into the VITA™ Sacred Sexuality experience.

96% of VITA Sacred Sexuality participants surveyed would recommend the program to a friend.



FAQs

- **What if I miss a class?**

No worries! All live sessions are recorded and made available for you to revisit whenever you need as long as you are an active member.

- **Do I need special tools or supplies?**

While tools like a jade or crystal egg are optional, they're recommended to enhance your experience. A supply list will guide you and the teachers will always give instructions on using an energetic egg if you are not practicing with one.

- **Can I join if I'm new to this work?**

Absolutely! This program welcomes vulva owners at all stages of their journey.

- **What times are the live classes?**

The class times vary throughout each month to accommodate participants around the globe.

- **I am going to be traveling/unavailable for a month - will I be able to go back and access what I missed?**

Yes, as long as your subscription stays active. You will be able to log in at anytime and access any past month of content.