

Embodied Union

An Intimate Community Coaching program to help us crack open our Hearts and reconnect with our Masculine & Feminine Energies through the doorway of our bodies.

Are you a womxn with an unspoken yearning to press pause on life and just be ravished?

With a deep desire to sink into your sensuality with an exhale?

With a divine knowing that mystical magic and deep love is your divine right?

If even one of those questions gave you a little tingle... you're in the right place.

Maybe you're still frustratingly waiting for "The One" and starting to give up,

Maybe you found your person but right now you're finding yourself in the roommate rut (*aka haven't had sex in longer than you'd like to admit*)

Or maybe you oscillate between aggressively dating and swearing to celibacy forever?

Whatever the case is – and it may pain you to admit this, even just to yourself – you crave being desired... taken... ravished.

You want to awaken your pleasure and embody pure ecstasy.

There's a deep ache in your heart (and elsewhere...) that no kicking ass can fill.

You want a man to wine and dine you while still admiring your latest Pussy Power initiative.

You want a man to feel your heartbreak while still standing strong in his protector energy.

You want a man who doesn't shrink in the face of your storm and instead celebrates it.

But what would you say if I told you that HAVING all of that... whether it's attracting someone NEW or getting what you deeply crave from your existing man? Isn't just in YOUR hands...

It's in your body.

You know your body could be your compass, your guide on this journey of life but you have no idea how to get back the connection, the trust, the love between you and her.

You might be thinking... okay, yeah, but what does that mean? And why this is so damn hard?

It means that receiving what you deeply want also requires the deepest surrender (and then some.)

As feminine creatures, our deepest power is our heart.

But the problem is... that's not what you were taught.

You grew up in a post-feminist era where you were instructed to toughen up, roll up your sleeves and get it done.

You were taught that emotionality is weak and to truly "win" you need to "conquer" shit.

You were programmed to believe that revealing your heart was the obstacle to your goal - not THE GOAL ITSELF!

You were taught:

- ★ To close your legs like a good polite girl.
- ★ To stay small and quiet and you'll be safe.
- ★ To say "yes" even when you desperately wanted to say "no".
- ★ Not to trust your intuition and anything mystical was simply your imagination.
- ★ That working hard was the only way to gain power, respect and safety.
- ★ To suck it up and suppress emotions or else you wouldn't be taken seriously.
- ★ To hold your breath and contract.
- ★ To ignore your feminine rhythms and cycles so you could succeed in a "man's world".

And so here we are...

Living in a world where loneliness is an epidemic,

We're in a SEX RECESSION.

And we're pretending we're not lugging around a boatload of shame.

Although all we want is **to love and be loved..**

We have the highest divorce rates ever,

We are constantly hoping the next swipe right will finally give us the happy ending,

And even if we do end up in a loving relationship, we just can't quite figure out how to avoid the dreaded decline in sex as intimacy deepens.

We just had a powerful #metoo movement and yet you still don't feel powerful...

Instead you find yourself either raging at the idiots who still haven't gotten the consent memo,

Having shame-filled flashbacks of all the times you said "yes" when you wanted to say "no"

(right there with you...)

Or simply annoyed at the man that is asking for permission to do ANYTHING.

And we're not the only ones suffering. Our men are too. Because they've gotten the SAME EXACT MESSAGES!

Their feminine energy and ours has been suppressed. Which has resulted in a toxic, wounded masculinity in both of us.

This is where we are... A world where **no one knows what their roles “should” be anymore.**

IT'S NOT WORKING!

Plus...

YOU'RE SICK OF IT.

The thing is... changing the paradigm starts with you. your heart. your body. your surrender.

And that's what this invitation is...

That's why I created ~~ EMBODIED UNION ~~

In this program, you will join a highly-potent and sacred community coaching container where **we will explore what is stopping you from having a healthy relationship to your feminine AND your masculine energies, both within and in your love life**, and we will do this through the doorway of our bodies.

Through coaching conversations, embodiment sessions, polarity exercises, moving meditations and partner/solo practices, we will learn to crack our hearts open to true love, both within and outside of us.

Whether you're single, dating or in partnership, the integration of your feminine & masculine energies is the starting foundation for LOVE - the highest vibration on the planet. And connecting to that is where your deepest power lies - whether you're trying to slay business, self-love or an intimate relationship.

“Getting Nadia’s insight on masculine/feminine dynamics is like having the cliff notes version of all the relationship books you wish you read but didn’t even know exist!”

“She brings patience, love and understanding as she walks you through the process of learning your partner — and learning yourself. She won’t let you get away with your old stories though! Nadia will hold you to your truth, the relationship dynamics you say you want and the future you so desire. I highly recommend Nadia. Her work speaks for itself!”

- Katie DePaola, CEO of IGC Coach Training



Who am I?

Hi! I'm Nadia and I'm an Embodiment Coach, an Ecstatic Rebel, and the creator of Embody. I guide womxn to sensual nourishment, authentic expression and embodied power. I teach you how to stop managing your body & start loving her instead...so you can feel confident, sexy & powerful in business (and the bedroom).

I understand what it is to go through trauma and stop trusting my body, my femininity and my sensual power. My anger at men, which began when my grandfather broke my trust and molested me, and was quickly compounded by a series of violations from different boys & men, combined with my early childhood war trauma, led me to live in a state of constant fear, anxiety and a closed heart.

My cocktail of coping mechanism made it hard for me to stay in any healthy relationship with the masculine, because I wasn't in a healthy relationship with my own inner masculine AND feminine.

My deep disconnection from my body multiplied the suffering. Underneath it all, my deepest desire was to love. And I just couldn't figure it out.

But after 10 years of sensual movement, a deep devotion to repairing my relationship to my body, and finally allowing myself to feel heartbreak after heartbreak, I've reclaimed my feminine power and now live a life where I feel more alive than ever, and where my emotionality & sensuality don't scare me and instead fuel me.

I'm dating a wonderful man who says to me daily "Bring me all of YOU" and then celebrates me so deeply when I cry, yell and moan all within a matter of seconds when we're love-making. He kisses my feet (literally) and lovingly worships my body for hours.

But I would have never been able to attract a man like this if I hadn't spent years doing the internal work of safety, surrender, truth-speaking, boundaries, self-love and ...EMBODIED UNION.

So in this program, I'm bringing you the best of everything I've learned in my last 10 years of working with **psychotherapists, love & relationship coaches, priestesses, shamans, somatic movement practitioners and trauma experts...**

...In the fields of **intimacy, embodiment, tantra, self-love, nervous system & somatic science, breathwork & energy work and of course, dance!**

“It is the best version of myself that has helped create the best version of our relationship.”

“There has never been a doubt in my mind that the love my boyfriend and I have for each other is pure and real and yet there was something that we needed to push us to another level. A level that created more passion, more communication and more understanding of each other's needs. Those few sessions took the love we already had and allowed us to nourish it, grow it and blossom it to our next level. I'm eternally grateful for the work Nadia does and how she continues to allow me to step into the best version of myself. It is the best version of myself that has helped create the best version of our relationship.”

- Nicole Xiques, Life Coach & Motivational Speaker

The Deets:

We will meet for 90 minute group calls hosted on Zoom video.

At the moment, we are looking at Wednesday 3pm - 4:30pm PST. However, I will poll the following options and choose based on everyone's availability.

PREFERRED TIME:

Wednesday

3 - 4:30pm pst

OPTION 2:

Wednesday

3:30 - 5pm pst

OPTION 3:

Thursday

3:30 - 5pm pst

OPTION 4:

Thursday

4-5:30pm pst

11 Sessions. May - October 2019.

Beginning May 22.

Here's what we'll transform in our 11 session together...

(Sessions will be every OTHER week.)

Session 1: Where are we still closing our hearts?

Session 2: How to have a challenging conversation with a man in your life.

Session 3: Codependency, the "Me" & "We" & Loving your Inner Child*

Session 4: Understanding Masculinity & Femininity within.

Session 5: Masculine & Feminine in your dating or love life.

Session 6: Polarity, Freedom & Love (Your Sensual Siren)*

Session 7: Loving Boundaries & How to speak your Truth

Session 8: Pain & Sex

Session 9: Speaking your Truth (Your Warrior Queen)*

Session 10: Accepting & Understanding Dark Fantasies

Session 11: Finding Forgiveness in our hearts

What's it worth to you to finally feel wholly embodied in your masculine and feminine?

To....

- ★ Crack open your heart and let in the kind of love that you've dreamed of your whole life,
- ★ Embody your Truth in a way that evokes your partner to ravish you,
- ★ Step into your Power & Sovereignty so you can feel safe, sexy and held.

...And look at your life and feel your heart fill with AWE that you finally HAVE IT ALL ...

Comparable programs of this nature typically cost upwards of \$5,000.

This will be my FIRST time running this program. That means I'm offering it at a rate that is lower than it will EVER be again. I highly recommend grabbing this offer while it's hot.

Your Investment For Embodied Union is just:

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OR

[4 x \\$297](#)

The practice of Embody, along with Nadia's guidance and support, has given me the tools and courage to face parts of myself I've been resisting for years.

"Nadia is the role model for embodied union which is why I hired her as a mentor and coach after training as an Embody Dance Class teacher. The practice of Embody, along with her guidance and support, has given me the tools and courage to face parts of myself I've been resisting for years. My life is on a new expansive trajectory."

- Kendra Tanner, Embodiment Coach & Embody Teacher.

There are only 11 spots available for this round and at this ONE TIME ONLY price.

If you're a TOTAL "Helllll yeah!", click on the payment plan of choice and register today.

Payment Plan Options:

(Click on the link to checkout using paypal.

You can use credit/debit or your paypal balance.)

[\\$1111 Full Payment](#)

Or

[4 x \\$297](#)

If you're feeling the tingle but have questions, email me directly at nadia@nadiamunla.com.
If you have questions about payments or are having tech issues registering, please email my client care coordinator, Patricia at info@nadiamunla.com

See you on the inside, love.



****Guest Teachers are subject to change based on availability. Regardless, I'm bringing you some kickass, hot, conscious, evolved masculine men.***