



# The Muse

*The Golden Womb*

## Syllabus

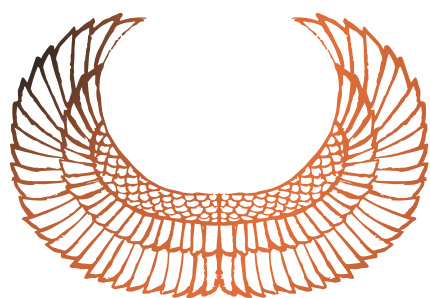




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# The Muse

## *The Golden Womb*

A 450 hrs Training to Become a Certified DEVI Coach  
& a 13 moon journey of growth, transformation,  
healing, rewriting your sexual history and stepping  
into your fullest potential

In this certification, you'll not only bloom into becoming a professional coach & space holder equipped to lead group or one to one coaching sessions from anywhere in the world.

You will also be guided through your own unpeeling journey where you dive deep into topics related to trauma and health informed women's sexuality, understand the mind & the unconscious, understand universal values that help you live with more integrity and peace, uncover the truth about yourself and the world around you.

You will learn to embody goddess archetypes from the vedic tradition, receive the medicine that nature has so abundantly to offer us... plus so much more.

You will connect deeply with the different layers of your relative self and adventure deep into your experiences as a human being, while at the same time share space, time and stories with other women from all over the world in a Sacred Sisterhood Container.





## What makes The Muse a one of a kind program?

It has its roots in Vedanta the timeless teachings of non duality which leads to Freedom integrated with Trauma & Health Informed Sacred Sexuality Teachings & Embodiment Rituals, the Healing of the Inner Child & Laser Focused Coaching led by experts who together bring 120 years of lived teaching experience.

You will belong to a Heart Yoni centered Sacred Sisterhood community, develop and grow through coaching programs and explore & discover your true & magnificent self in a community that gives you the freedom to shine fully. It is a homecoming, where you can be seen in all your phases, and be celebrated, appreciated & loved for what and who you are.

**WE ARE STRONG.**

**WE ARE POWERFUL.**

**WE ARE BEAUTIFUL.**

**WE ARE ONE.**

**WE ARE WORTHY.**

**We know deep in our hearts that this is true.**

**We can remind each other when we forget.**





## BE A PART OF A LIFELONG GLOBAL SISTERHOOD

You will have access to our Muse Community, where you can share reflections from your journey, exchange experiences, ask questions, comment on each other's posts, and be seen and supported throughout your processes.

PRACTICE SACRED MIRRORING IN THE CONNECTION SIBLING PROGRAM where you will be paired up with another Devī. This program is there for you to support and feel supported on an even deeper level. You are invited to celebrate, motivate and keep each other accountable as you move through the different pillars of our Muse program.





## PROGRAM STRUCTURE

We highly recommend setting dates in your calendar for the LIVE Session & also plan out and make space to go over the pre-recorded material, fill in the development diary and integration.

The LIVE sessions are recorded and will be added to the platform within 48hrs.

### LENGTH OF PROGRAM LIVE CALLS

GOLDEN ORIENTATION - 1H15

GROUP COACHING - 2H

EMBODIMENT - 1H30

DEVĪ COACH METHODOLOGY - 1H30

DEVĪ COACH PRACTICUMS - 2H30

WISDOM OF TRAUMA PRACTICE & Q&A - 1H

SACRED SEXUALITY - 1H30

WITCH CORNER - 1H

WOMEN'S SEXUAL HEALTH - 1H

PLAYSHOPS - 1H - 3H

TEACHER PANELS - 1H3





## THE MUSE GOLDEN ORIENTATION

**June 4th, June 10th & June 11th**

We begin the program with exciting Foreplay. These calls will help introduce you to the program, teachers, other participants and help you set your intentions, plan out your time, help create accountability, understand the platform and much much more. It will give you important tools in order to take the most out of this amazing year we will have together.

### **TOTAL 11hrs**

that is around 4hrs per day





## DEVĪ GROUP COACHING & EMBODIMENT

Each Monthly module opens on MONDAY ~ **only one week per month.**

You will receive access to the pre-recorded material, audio, pdfs and worksheets to start working through before the LIVE Calls happening on Saturday & Sunday on the same week the module opens.

Personal Work Pre-Recorded Materials & Worksheets: approx. 6hrs

LIVE Group Coaching & Embodiment: approx. 4hrs

9hrs during the Module Week

**THERE ARE 12 MODULES, SO 12 SATURDAY & SUNDAY MEETINGS  
THROUGHOUT THIS COURSE**

TOTAL PRE-RECORDED MATERIAL 72HRS

TOTAL OF LIVE SESSIONS OVER 12 MONTHS 48HRS

**TOTAL 120hrs**







## DEVĪ COACH METHODOLOGY

You will receive access to the pre-recorded material, audio, pdfs and worksheets to start working through before the LIVE Calls happening on Saturday & Sunday on the same week the module opens.

Personal Work Pre-Recorded Materials & Worksheets: approx. 4hrs

LIVE Methodology Sessions: 1.5h

LIVE Practicum Sessions: 2h30

8h30 during the Module Week

**THERE ARE 6 COACH TRAINING MODULES, SO 6 SATURDAY AND 6 SUNDAY LIVE SESSIONS.**

TOTAL PRE-RECORDED MATERIAL 24HRS

TOTAL LIVE METHODOLOGY SESSIONS 9HRS

TOTAL PRACTICUM 15HRS

**TOTAL 48hrs**





**APART FROM THE SUNDAY PRACTICUM SESSIONS, IN ORDER TO GRADUATE YOU WILL BE REQUIRED TO HOLD SESSIONS OUTSIDE OF THE PROGRAM PRACTICUM SESSIONS.**

### PHASE ONE ~ COACH TRAINING METHODOLOGY

2 PRACTICUMS FOR EACH 6 MODULES

24 sessions x 1h = 24hrs (Give 12 ~ Receive 12)

### PHASE TWO ~ DEVI COACH & EMBODIMENT TOPICS

GIVE 10 SESSIONS TO ONE PERSON

6 Coaching CORE

4 of your choice based on the devi embodiments

10 sessions x 1h = 10hrs

RECEIVE ALL 10 SESSIONS FROM ONE PERSON

10 sessions x 1h = 10hrs

### PHASE THREE ~ EMBODIMENTS

OFFER OTHER 8 EMBODIMENTS TO 8 PEOPLE OUTSIDE OF THE PROGRAM

8 sessions x 1h = 8hrs

**TOTAL 52rs**

**- 15hrs THAT YOU WILL DO DURING THE LIVE PRACTICUM CALLS = 37hrs**

*outside of the Muse LIVE Calls*





## WISDOM OF TRAUMA

You will receive access to the pre-recorded material, audio, pdfs and worksheets to start working through before the LIVE Calls.

Personal Work Pre-Recorded Materials & Worksheets:

Wisdom of Trauma Theory: total Approx. 3hrs

Somatic Experiencing / Yin Yoga: total Approx. 3hrs

Live Practice & Q & A Sessions : 4hrs

**THERE ARE 4 WISDOM OF TRAUMA MODULES & 4 LIVE CALLS.**

**TOTAL 10hrs**





## SACRED SEXUALITY

You will receive access to the pre-recorded material, audio, pdfs and worksheets to start working through before the LIVE Calls.

Personal Work Pre-Recorded Materials & Worksheets: 3hrs

LIVE Sessions: 9hrs

**THERE ARE 7 MODULES & 7 LIVE CALLS THROUGHOUT THE PROGRAM.**

TOTAL PRE-RECORDED MATERIAL 21hrs

TOTAL LIVE CALLS 9hrs

**TOTAL 30hrs**





## NATURAL APOTHECARY ~ THE WITCH CORNER

You will receive access to the pre-recorded material, audio, pdfs and worksheets to start working through before the LIVE Calls.

Personal Work Pre-Recorded Materials & Worksheets: to be announced

LIVE Sessions: 3hrs throughout the program

**THERE ARE 5 MODULES & 3 LIVE CALLS THROUGHOUT THE PROGRAM.**

TOTAL PRE-RECORDED & PERSONAL WORK 8hrs

TOTAL LIVE CALL 3hrs

**TOTAL 11hrs**





## SEX EDUCATION

THERE ARE 5 LIVE CALLS THROUGHOUT THE PROGRAM.

**TOTAL 5hrs**

## PLAYSHOPS

THERE ARE 3-5 PLAYSHOPS WITH GUEST TEACHERS THROUGHOUT THE PROGRAM. Each Playshop is from 1h30 to 3hrs in length.

**TOTAL 6hrs**

## TEACHER PANELS

THERE ARE 2 TEACHER PANELS THROUGHOUT THE YEAR.

Each Panel is around 1h30 min

**TOTAL 3hrs**





## VEDIC WISDOM

THERE ARE 4 VEDIC WISDOM PRE-RECORDED COURSES TO SUPPORT AND DEEPEN YOUR KNOWLEDGE. THE MODULES WILL BE OPENED THROUGHOUT THE YEAR.

### **The Value of Values**

~ 23 modules

TOTAL OF PRE-RECORDED MATERIAL - **30hrs**

### **Understanding The Mind & The Unconscious**

~ 21 modules

TOTAL OF PRE-RECORDED MATERIAL - **26hrs**

### **Tattvabodhah, The Knowledge of the Limitless Self**

~ 58 modules

TOTAL OF PRE-RECORDED MATERIAL - **70hrs**

### **Sacred Devi Prayers & Mantras**

~ 39 Modules

TOTAL OF PRE-RECORDED MATERIAL - **41hrs**





# SCHEDULE

*\*Subject to Change\**

We will update this document with the exact hours of sessions based on the time zones of our participants. All sessions are recorded and will be added to the platform within 48hrs. There are 13 Moons in Our Muse, the Golden Womb.

## **JUNE 2023**

### **MOON 1**

#### **FOREPLAY ~ GOLDEN ORIENTATION**

**04.06** SATURDAY - **LIVE** - 4hrs

**10.06** SATURDAY - **LIVE** - 4hrs

**11.06** SATURDAY - **LIVE** - 3hrs

### **MOON 2**

#### **OFFICIAL OPENING**

**23.06** FRIDAY - **LIVE** - 2hrs

#### **19.06** MONDAY - **Module Opens**

The Value Of Values

Understanding The Mind & The Unconscious

Tattvabodhah, The Knowledge Of The Limitless Self

Sacred Devī Prayers & Mantras

#### **THE MUSE GROUP COACHING & EMBODIMENT - MODULE 1**

**19.06** MONDAY - **Module Opens**

**24.06** SATURDAY - Group Coaching - **LIVE** - 2hrs

**25.06** SUNDAY - Embodiment - **LIVE** - 1h30







**JULY 2023**

**MOON 3**

**03.07 MONDAY - Module Opens**

The Value Of Values  
Understanding The Mind & The Unconscious  
Tattvabodhah, The Knowledge Of The Limitless Self  
Sacred Devī Prayers & Mantras

**NATURAL APOTHECARY ~ THE WITCH CORNER - MODULE 1**

**03.07 MONDAY - Module Opens**

**08.07 SATURDAY - LIVE - 1h**

**SACRED SEXUALITY - MODULE 1**

**03.07 MONDAY - Module Opens**

**08.07 SATURDAY - LIVE - 1h**

**SEX EDUCATION- MODULE 1**

**08.07 SATURDAY - LIVE - 1h**

**THE MUSE GROUP COACHING & EMBODIMENT - MODULE 2**

**17.07 MONDAY - Module Opens**

**22.07 SATURDAY - Group Coaching - LIVE - 2hrs**

**23.07 SUNDAY - Embodiment - LIVE - 1h30**

**DEVĪ METHODOLOGY COACH TRAINING - MODULE 1**

**17.07 MONDAY - Module Opens**

**22.07 SATURDAY- Coach Training Session - LIVE - 1h30**

**23.07 SUNDAY - Coach Practicum - LIVE - 2h30**





**AUGUST 2023**

**MOON 4**

**31.07 MONDAY - Module Opens**

The Value Of Values  
Understanding The Mind & The Unconscious  
Tattvabodhah, The Knowledge Of The Limitless Self  
Sacred Devī Prayers & Mantras

**WISDOM OF TRAUMA - MODULE 1**

**07.08 MONDAY - Module Opens**

**13.08 SUNDAY - LIVE - 1h**

**THE MUSE GROUP COACHING & EMBODIMENT - MODULE 3**

**07.08 MONDAY - Module Opens**

**12.08 SATURDAY - Group Coaching - LIVE - 2hrs**

**13.08 SUNDAY - Embodiment - LIVE - 1h30**

**SACRED SEXUALITY - MODULE 2**

**14.08 MONDAY - Module Opens**

**20.08 SUNDAY - LIVE - 1h30**

**NATURAL APOTHECARY ~ THE WITCH CORNER - MODULE 2**

**14.08 MONDAY - Module Opens**

**PLAYSHOP - PELVIS & BREATH**

**19.08 SATURDAY - LIVE - 1h**

**SEX EDUCATION - MODULE 2**

**19.08 SATURDAY - LIVE - 1h**





**SEPTEMBER 2023**

**MOON 5**

**28.08 MONDAY - Module Opens**

The Value Of Values

Understanding The Mind & The Unconscious

Tattvabodhah, The Knowledge Of The Limitless Self

Sacred Devī Prayers & Mantras

**THE MUSE GROUP COACHING & EMBODIMENT - MODULE 4**

**28.08 MONDAY - Module Opens**

**02.09 SATURDAY - Group Coaching - LIVE - 2h**

**03.09 SUNDAY - Embodiment - LIVE - 1h30**

**DEVĪ METHODOLOGY COACH TRAINING - MODULE 2**

**04.09 MONDAY - Module Opens**

**09.09 SATURDAY - Coach Training Session - LIVE - 1h30**

**10.09 SUNDAY - Coach Practicum - LIVE - 2h30**

**WISDOM OF TRAUMA - MODULE 2**

**18.09 MONDAY - Module Opens**

**24.09 SATURDAY - LIVE - 1h**

**PLAYSHOP - MENSTRUATION & SEX**

**23.09 SATURDAY - LIVE - 1h**





**OCTOBER 2023**

**MOON 6**

**02.10 MONDAY - Module Opens**

The Value Of Values  
Understanding The Mind & The Unconscious  
Tattvabodhah, The Knowledge Of The Limitless Self  
Sacred Devī Prayers & Mantras

**THE MUSE GROUP COACHING & EMBODIMENT - MODULE 5**

**02.10 MONDAY - Module Opens**

**07.10 SATURDAY - Group Coaching - LIVE - 2hrs**

**08.10 SUNDAY - Embodiment - LIVE - 1h30**

**NATURAL APOTHECARY ~ THE WITCH CORNER - MODULE 3**

**09.10 MONDAY - Module Opens**

**14.10 SATURDAY - LIVE - 1h**

**SACRED SEXUALITY - MODULE 3**

**09.10 MONDAY - Module Opens**

**14.10 SATURDAY - LIVE - 1h30**





## **NOVEMBER 2023**

### **MOON 7**

#### **30.10 MONDAY - Module Opens**

The Value Of Values  
Understanding The Mind & The Unconscious  
Tattvabodhah, The Knowledge Of The Limitless Self  
Sacred Devī Prayers & Mantras

#### **THE MUSE GROUP COACHING & EMBODIMENT - MODULE 6**

#### **30.10 MONDAY - Module Opens**

**04.11 SATURDAY - Group Coaching - LIVE - 2hrs**

**05.11 SUNDAY - Embodiment - LIVE - 1h30**

#### **TEACHER PANEL 1**

**04.11 SATURDAY - LIVE - 1h**

#### **DEVĪ METHODOLOGY COACH TRAINING - MODULE 3**

**06.11 MONDAY - Module Opens**

**11.11 SATURDAY - Coach Training Session - LIVE - 1h30**

**12.11 SUNDAY - Coach Practicum - LIVE - 2h30**

#### **WISDOM OF TRAUMA - MODULE 3**

**13.11 MONDAY - Module Opens**

**18.11 SATURDAY - LIVE - 1h**





**DECEMBER 2023**

**MOON 8**

**20.11 MONDAY - Module Opens**

The Value Of Values  
Understanding The Mind & The Unconscious  
Tattvabodhah, The Knowledge Of The Limitless Self  
Sacred Devī Prayers & Mantras

**THE MUSE GROUP COACHING & EMBODIMENT - MODULE 7**

**20.11 MONDAY - Module Opens**

**25.11 SATURDAY - Group Coaching - LIVE - 2hrs**

**26.11 SUNDAY - Embodiment - LIVE - 1h30**

**NATURAL APOTHECARY ~ THE WITCH CORNER - MODULE 4**

**04.12 MONDAY - Module Opens**

**SACRED SEXUALITY - MODULE 4**

**04.12 MONDAY - Module Opens**

**10.12 SUNDAY - LIVE - 1H30**

**SEX EDUCATION - MODULE 3**

**09.12 SATURDAY - LIVE - 1h**





## **JANUARY 2024**

### **MOON 9**

#### **01.01 MONDAY - Module Opens**

The Value Of Values

Understanding The Mind & The Unconscious

Tattvabodhah, The Knowledge Of The Limitless Self

Sacred Devī Prayers & Mantras

#### **THE MUSE GROUP COACHING & EMBODIMENT - MODULE 8**

##### **01.01 MONDAY - Module Opens**

**06.01 SATURDAY - Group Coaching - LIVE - 2hrs**

**07.01 SUNDAY - Embodiment - LIVE - 1h30**

#### **DEVĪ METHODOLOGY COACH TRAINING - MODULE 4**

##### **08.01 MONDAY - Module Opens**

**13.01 SATURDAY - Coach Training Session - LIVE - 1h30**

**14.01 SUNDAY - Coach Practicum - LIVE - 2h30**

#### **WISDOM OF TRAUMA - MODULE 4**

##### **15.01 MONDAY - Module Opens**

**20.01 SATURDAY - LIVE - 1h**





**FEBRUARY 2024**

**MOON 10**

**29.01 MONDAY - Module Opens**

The Value Of Values  
Understanding The Mind & The Unconscious  
Tattvabodhah, The Knowledge Of The Limitless Self  
Sacred Devī Prayers & Mantras

**THE MUSE GROUP COACHING & EMBODIMENT - MODULE 9**

**29.01 MONDAY - Module Opens**

**03.02 SATURDAY - Group Coaching - LIVE - 2hrs**

**04.02 SUNDAY - Embodiment - LIVE - 1h30**

**SACRED SEXUALITY - MODULE 5**

**05.02 MONDAY - Module Opens**

**11.02 SUNDAY - LIVE - 1H30**

**NATURAL APOTHECARY ~ THE WITCH CORNER - MODULE 5**

**05.02 MONDAY - Module Opens**

**10.02 SATURDAY - LIVE - 1h**

**SEX EDUCATION - MODULE 4**

**10.02 SATURDAY - LIVE - 1h**







**MARCH 2024**

**MOON 11**

**26.02 MONDAY - Module Opens**

The Value Of Values  
Understanding The Mind & The Unconscious  
Tattvabodhah, The Knowledge Of The Limitless Self  
Sacred Devī Prayers & Mantras

**THE MUSE GROUP COACHING & EMBODIMENT - MODULE 10**

**26.02 MONDAY - Module Opens**

**02.03 SATURDAY - Group Coaching - LIVE - 2hrs**

**03.03 SUNDAY - Embodiment - LIVE - 1h30**

**DEVĪ METHODOLOGY COACH TRAINING - MODULE 5**

**04.03 MONDAY - Module Opens**

**09.03 SATURDAY - Coach Training Session - LIVE - 1h30**

**10.03 SUNDAY - Coach Practicum - LIVE - 2h30**

**PLAYSHOP SEX IN MENOPAUSE**

**16.03 SATURDAY - LIVE - 1h**

**THE MUSE GROUP COACHING & EMBODIMENT - MODULE 11**

**25.03 MONDAY - Module Opens**

**30.03 SATURDAY - Group Coaching - LIVE - 2hrs**

**31.03 SUNDAY - Embodiment - LIVE - 1h30**





**APRIL 2024**

**MOON 12**

**01.04 MONDAY - Module Opens**

The Value Of Values  
Understanding The Mind & The Unconscious  
Tattvabodhah, The Knowledge Of The Limitless Self  
Sacred Devī Prayers & Mantras

**SACRED SEXUALITY - MODULE 6**

**01.04** MONDAY - Module Opens

**07.04** SUNDAY - LIVE - 1H30

**PLAYSHOP SHAMANIC SEXUAL WISDOM**

**06.04** SATURDAY - LIVE - 3hrs

**THE MUSE GROUP COACHING & EMBODIMENT - MODULE 12**

**15.04** MONDAY - Module Opens

**20.04** SATURDAY - Group Coaching - LIVE - 2hrs

**21.04** SUNDAY - Embodiment - LIVE - 1h30

**SACRED SEXUALITY - MODULE 7**

**22.04** MONDAY - Module Opens

**28.04** SUNDAY - LIVE - 1H30

**TEACHER PANEL 2**

**27.04** SATURDAY - LIVE - 1h





**MAY 2024**

**MOON 13**

**29.04 MONDAY - Module Opens**

The Value Of Values  
Understanding The Mind & The Unconscious  
Tattvabodhah, The Knowledge Of The Limitless Self  
Sacred Devī Prayers & Mantras

**DEVĪ METHODOLOGY COACH TRAINING - MODULE 6**

**29.04 MONDAY - Module Opens**

**04.05 SATURDAY - Coach Training Session - LIVE - 1h30**

**05.05 SUNDAY - Coach Practicum - LIVE - 2h30**

There are also 4 additional vedic courses. they will be opened each week throughout the course. You can do them at your own leisure.

[Click on this link to add The Muse to your GOOGLE Calendar Schedule.](#)

[Any Session Changes will be updated there.](#)





## Ready to apply?

Applications to become a certified DEVĪ coach are now open!

When you're ready, you'll be able to apply by  
clicking below:

[YES, LET'S DO THIS](#)





## DEVĪ

**D - Devoted**

**E - Embodied / Empowered**

**V - Vedantic / Vital**

**Ī - Integrated**

### **Devoted**

She is in Service to the Sacred, which means to be committed to one's own emotional and spiritual growth ... which is discovering unconditional love through living a life of karma yoga and becoming a contributor to maintain the balance and harmony between the seen and the unseen worlds

### **Embodied / Empowered**

She is fully expressed in her many shades of emotions and experiences & is able to accept, embrace and transform to serve her ultimate truth

### **Vedantic / Vital**

She fully understands that she is the source of absolute and relative pleasure & uses these gifts for the highest good

### **Integrated**

She is dedicated to living a life of Dharma, which means fully & fearlessly. She blooms into a Spiritual Pillar becoming a trustworthy leader & role model



### **Razwana Ānanda**

Grateful for this amazing year or settling into my new identity as a single, strong woman. I am grateful for the gorgeous women in my local area and well as in the program. I've had so much healing over this year and I feel like I ready to start to bloom and create my own sacred container to help others. It's been a lovely journey with Amanda and Sonya, the other beautiful Empresses. So always blown away with Sharada Devi- no much kriya shakti to create this. om

### **Annelie**

I am grateful for all the growth inside and healing that has taken Place, for the grace of this container for devi, for you Sharada and the sisterhood, the vedanta classes, school that i Went to all year

### **Mette**

I am grateful for all the time you have spend to prepare such a comprehensive platform and deep material for this program

### **Brooke**

I came to the muse with the intention to make a commitment to my own healing journey. I've loved how the embodiment practices have helped me to rewrite old stories, and how I've become a friend to my own feelings and not be overwhelmed by them, to feel much more open to being with the intensity of mine and others emotions.

I've learned how to strengthen my connection with Devi and feel grateful that I can now call her in when I need her. This year I connected with the most beautiful women here in my local area for the first time since I moved here five years ago. I have the feeling I can go more deeply into this program in 2023 and I will be able to share with these woman which feels lovely. Through this program I'm learning how to open up and show myself. Thank you Devis x

### **Lena**

When I entered the golden womb I felt confused and with a clear longing in my heart to surrender. There was a lot of pain, sadness and anger behind my walls, that already started to have cracks. and all the streams of gratitude that washed over me this year my heart cracking open wider and wider.

### **Lea Geissler**

Empowerment: Since the last year I made such a leap.. It is just ... mind-blowing.

I love to empower others AND myself. Celebrating. And I see that I made transformation through all the situations and people crossing me. Empowering people that support me on my journey. The other day a man cooked for 5 hours in the kitchen and made 8 different dishes. It felt like a Maha offering. I am so blessed. And so much of this is because of the transformation in the container of the Muse and meeting in the summer at Shambala. There we also did so many empowering practices that took away layers. Empowerment as the word already contains is so powerful. Seeing myself as the goddess and others as the goddess and god changes everything. Yes Yes Yes <3