



THE EMOTIONAL  
INSTITUTE

## **BERNADETTE PLEASANT**

**FOUNDER, THE EMOTIONAL INSTITUTE & CREATOR OF FEMME!**



### **Bernadette Pleasant: Short Biography**

Bernadette Pleasant is a fiery sensual Speaker, Somatic Healer, Sacred Grief Ritual Facilitator, Creator of The Emotional Institute and Femme!, a mind-body wellness program. With certifications in Somatic Healing Modalities and Sensual Movement, Reiki, and Integrated Energy Therapy—and studies in African, Tribal, and Free Dance—Bernadette promotes emotional freedom through movement and empowerment.

### **Bernadette Pleasant: Full Biography**

Spirited and energetic, Bernadette Pleasant is a fiery and sensual speaker, somatic healer, Founder of The Emotional Institute and Creator of Femme!, a mind-body wellness program and 400 Years, a somatic-based anti-racism program. She is known for channeling her personal journeys and radical empathy into transformative, immersive experiences that support and celebrate people of all genders, colors, ages and sizes. She has transformed the lives of thousands of people around the world, inspiring them to become more self-expressed and empowered as their own badass selves.

With certifications in Emotions-Centered Coaching, Somatic Healing, Integrated Energy Therapy and studies in African, Tribal, and Free Dance, Bernadette promotes emotional freedom through movement and empowerment. She also facilitates deep and refreshingly real dialogues on emotional healing, grief rituals and unlearning racism.

A woman of color, Bernadette comes from a long line of natural healers who have used touch and movement to help others find peace and wellness. Her classrooms, both online and in person, welcome participants without judgment, supporting all to experience comfort and pleasure in their own skin.