

Bernadette Pleasant

entrepreneur | author | thought leader | somatic
healer | public speaker

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.

Leadership

The Emotional Institute

Founder & CEO

Bernadette envisioned a place where leaders and teachers could join together to provide courses and training that contribute to a healthier emotional world. That place is now The Emotional Institute.

Certifications

Emotions-Centered Coaching, Somatic Healing, Integrated Energy Therapy, Studies in African Dance (Tribal and Free Dance)

Courses

Femme!

Creator

Learn to connect with your higher and primal self through movement, sensual dance, meditation, creative visualization, and celebration of the human form.

Sacred Grief Ceremony

Creator

Soul medicine, life changing, heart opening ritual

Femme! Teacher Training

Creator

Teaches the Femme! experience and certifies others to teach the experience.

What Wasn't Said

Creator

A ceremony to target a pain-story created by words that were never said.

Sacred Silence

Creator

Find calm and power in silence, providing a space to explore and discover within.

400 Years: Unlearning Racism through the Body, Storytelling, and Deep Listening

Creator

A four-month somatic-based unlearning racism course

Emotion in Motion

Creator

A full day interactive workshop that explores emotional intelligence.

Sacred Rose Ceremony

Creator

A ceremony that helps to exercise the muscles of gratitude and receiving

Partnerships

The Shift Network

Somatic Dance for Emotional Alchemy

The Shift Network partners with Bernadette to offer a seven week course that allows one to embody healing somatic movements as a powerful and easy way to release constricted emotions, calm the nervous system, and step more confidently into your authentic self.

The Mechanics of Creating Signature Courses

Get the tools you need to guide others on an expert-led journey of indulgent self-exploration.

WomenSpeak

How To Clarify Your Message & Share It Powerfully

Bernadette partners with WomenSpeak to offer a six week intensive course on speaking. Bernadette teaches the art of speaking confidently and clearly.

Wellness Universe

Acknowledged Wellness Professional

The Wellness Universe hosts a platform for wellness advocates to be discovered. Bernadette's expansive wellness knowledge qualifies her to be featured on their platform

Publications



Sacred Body Wisdom

Igniting the flame of our divine humanity

Author



The Goddess on the Go

Rituals to help you slow down and slay.

Contributing Author



Ancestors Within

Reveal and heal the ancient memories you carry.

Contributing Author



Sacred Grief Ritual Guidebook

Learn to express your grief in safe and constructive ways

Author

Featured on



Good Housekeeping



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