

PLEASURELIT®

Patricia

FOUNDER OF PLEASURELIT®

PODCAST GUEST

SOMATIC PLEASURE EDUCATOR, COACH, AUTHOR, PODCAST HOST

TOP 5% PODCAST WORLDWIDE

BESTSELLING AUTHOR

AWARD-WINNING EDUCATOR



ABOUT

From functioning to feeling through somatic pleasure.

Patricia is an ED & DV survivor, former nurse, mother, pleasure explorer, and an award-winning educator in somatic pleasure. She guides high-functioning women from stress and survival to embodying The Pleasurelit Woman - feeling alive, radiant, regulated and deliciously turned on - in life, business, motherhood and relationships.

Patricia is the founder of Pleasurelit®, the bestselling author of The Pleasurelit Way, and host of the top 5% podcast Pleasurelit with Patricia. Her trauma informed somatic pleasure alchemy approach blends nervous system regulation, tantra, sexuality, breathwork, yoga, meditation, identity shift, and feminine embodiment.

Pleasurelit is your pleasure lit from within.

PODCAST TOPICS

- You work with high-functioning women. Who is she really, and what does most of the world miss about her?
- Why do so many successful women still feel disconnected, numb or quietly exhausted?
- What is somatic pleasure, and why is it such an important missing piece in women's wellbeing?
- Most people think nervous system regulation means calming down. Why do you say pleasure is the next level?
- What happens in a woman's body when she has lived in stress and performance mode for years?
- Why do women often repeat relationship patterns they consciously know are unhealthy?
- You created Pleasurelit Alchemy. What is it, and how does it create real transformation?
- What shifts first when a woman starts moving from functioning to feeling?
- What is a Pleasurelit Woman?
- What does it mean to be deliciously turned on by your own life?

PODCAST & REACH

111K+

SPOTIFY PLAYS

670+

SUBSCRIBERS

Top 5% worldwide - Pleasurelit with Patricia

TRAINING & CREDENTIALS

- Tantra Practitioner & Sacred Sexuality Coach
- Somatic Sex Coach
- Trauma-Informed Coach
- Breathwork Facilitator
- Meditation Teacher
- Yoga Teacher (350hr)
- Former Registered Nurse
- Award-Winning Pleasure Educator
- Personal Trainer & Fitness Master Trainer

ALSO SEEN AT —

- LoveX Australia 2024 — Sex Education Stage
- Sexual Health Magazine — Guest Contributor
- ZaloCare — International Guest Creator

AVAILABILITY

Weekdays 9am—2pm AEST Online

In-person: Sunshine Coast, QLD, Australia

CONTACT

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🌐 pleasurelit.com

SOCIAL

📷 [@pleasurelitwithpatricia](https://www.instagram.com/pleasurelitwithpatricia)

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LISTEN & READ

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