

PODCAST GUEST

SOMATIC PLEASURE EDUCATOR, COACH, AUTHOR, PODCAST HOST

TOP 5% PODCAST WORLDWIDE

BESTSELLING AUTHOR

AWARD-WINNING EDUCATOR



ABOUT

Somatic pleasure is your next level nervous system regulation and somatic healing. Patricia guides high-functioning women through her signature framework Pleasurelit Alchemy, so they can become The Pleasurelit Woman: feeling radiant, regulated and deliciously turned on.

Patricia is a mother, ED & DV survivor, former nurse, pleasure explorer with 400+ pleasure tools and practices, and an award-winning educator in somatic pleasure. She is the founder of Pleasurelit®, the bestselling author of The Pleasurelit Way, and host of the top 5% podcast Pleasurelit with Patricia.

Pleasurelit is a trauma informed somatic healing approach using somatic pleasure, nervous system regulation, tantra, breathwork, yoga, somatic movement, meditation, and embodiment to guide high-functioning women from survival into feeling - in life, business, motherhood and relationships.

PODCAST TOPICS

- **The High-Functioning Woman — Patterns, Cost & What Becomes Possible**
Naming the mode most capable women are living in, what it costs the body, and what opens up when she stops performing and starts feeling.
- **The 3 Inner Child Patterns That Create the High-Functioning Woman**
How early survival adaptations become adult operating systems — the patterns, what they cost, and how a woman begins to move out of them.
- **Why High-Functioning Women Keep Attracting the Same Men**
The nervous system, attachment, and the high-functioning pattern—why the same dynamics keep showing up and what it takes to break the cycle.
- **Out of the Mind and Into the Body — Somatic Pleasure**
What somatic pleasure actually is, why thinking your way through healing has limits, and what shifts when a woman lands back in her body.
- **Somatic Pleasure Is the Next Level of Nervous System Regulation & Somatic Healing**
Beyond calm and functional — why pleasure is a physiological resource, somatic healing and what it means to be truly turned on by yourself and your 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-InformedCoach
- Breathwork Facilitator
- Meditation Teacher
- Yoga Teacher (350hr)
- Former Registered Nurse
- Award-Winning Pleasure Educator
- Personal Trainer & Fitness Master Trainer

ALSO SEEN AT —

- LoveX Australia2024 — Sex Education Stage
- Sexual Health Magazine — Guest Contributor
- ZaloCare—International Guest Creator

AVAILABILITY

Wednesdays 9am—2pm AEST
Online internationally
In-person: Sunshine Coast, QLD, Australia

CONTACT

✉ pleasurelitmail@gmail.com
🌐 pleasurelit.com

SOCIAL

📷 [@pleasurelitwithpatricia](https://www.instagram.com/pleasurelitwithpatricia)
🌐 [Pleasurelit.Patricia](https://www.facebook.com/Pleasurelit.Patricia)

LISTEN & READ

▶ [Pleasurelit with Patricia](#)
✉ [pleasurelitwithpatricia.substack](#)