

PODCAST GUEST

SOMATIC PLEASURE EDUCATOR, COACH, AUTHOR, PODCAST HOST

TOP 5% PODCAST WORLDWIDE

BESTSELLING AUTHOR

AWARD-WINNING EDUCATOR



ABOUT

Patrícia knew there was more...

After surviving an ED and a DV marriage, her work was born from her own journey out of disconnection and back into her body. Somatic pleasure changed everything for her - in her life, motherhood, business, and relationships.

Patrícia is the founder of Pleasurelit®, the bestselling author of The Pleasurelit Way, host of the top 5% global podcast Pleasurelit with Patrícia and an award winning pleasure explorer and educator. Through trauma-informed somatic pleasure, nervous system regulation, tantra, breathwork, yoga and feminine embodiment, she guides women into deeper connection with themselves, their bodies and their capacity to feel.

Pleasurelit.

Somatic Pleasure for women who desire to feel radiant, regulated & deliciously turned on.

PODCAST TOPICS

- Why do so many women who seem successful still feel disconnected from themselves?
- You say high-functioning is often a trauma response, not a personality trait. What do you mean?
- What is pleasure beyond sex, and why have so many women lost access to it?
- Most nervous system work focuses on calming down. Why do you believe aliveness and pleasure are the real next step?
- What does chronic performance mode actually do to a woman's body, relationships, and capacity to feel pleasure?
- Why do capable women often struggle to receive love, rest, support, or pleasure?
- Why do women often repeat relationship patterns they consciously know are unhealthy?
- What begins to change when a woman moves from functioning to feeling?
- How does reconnecting to pleasure change the way a woman leads, mothers, loves, and works?
- What is a Pleasurelit Woman?
- What does a woman's life actually feel like when she becomes connected to her body again?
- You had a moment of realisation that the men who hurt you were still controlling you. What was that moment?

PODCAST & REACH

IIIK+

SPOTIFY PLAYS

670+

SUBSCRIBERS

Top 5% worldwide - Pleasurelit with Patrícia

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

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