



## ABOUT

Patrícia guides high-functioning women through Pleasurelit Alchemy, her signature four-stage framework, to reconnect with their bodies, expand their capacity for pleasure, and stop abandoning themselves to hold everything together — so they become the Pleasurelit Woman: radiant, regulated & deliciously turned on.

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

Pleasurelit integrates trauma-informed somatics, nervous system regulation, tantra, breathwork, yoga, fitness, health, sexuality, and embodied leadership. It is Patrícia's lived path as much as it is her professional work.

## 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 — Tantra Somatic Embodiment**  
What tantra and somatic embodiment actually are, why thinking your way through healing has limits, and what shifts when a woman lands back in her body.
- **Pleasure Is the Next Level of Nervous System Regulation**  
Beyond calm and functional — why pleasure is a physiological resource, not a reward, and what it means to be truly turned on by yourself and your life.

## PODCAST &amp; REACH

111K+  
SPOTIFY PLAYS

670+  
SUBSCRIBERS

*Top 5% worldwide · Pleasurelit with Patrícia*

## TRAINING &amp; 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

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🌐 [pleasurelit.com](http://pleasurelit.com)

## SOCIAL

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

## LISTEN &amp; READ

▶ [Pleasurelit with Patrícia](#)  
✉ [pleasurelitwithpatricia.substack](mailto:pleasurelitwithpatricia.substack)