

# Meet Patsy.

Patsy Mennuti, aka Hella Cougar, is an inspirational spiritual seeker (and dater of younger men) aiming to make life's arduous journey as light and joyous as possible.

A yoga teacher and transformational coach, Patsy brings humor, deep insights, and raw honesty to her writing, coaching, teaching, and speaking engagements.



254K followers



10.3K followers

## Appearances & Articles

Jan 2021  
May 2021  
Sept 2021  
May, Aug 2021  
Oct 2022  
Dec 2022

"Life Lessons of a Cougar" | [iPondr.com](https://www.iPondr.com)  
Guest on "How to Talk to Girls" Podcast  
Guest on "Eloquent in the Room" Podcast  
Guest on "Joe Vore's After Dark" Podcast  
Feature in *Best Weekly* (UK)  
Feature in *Take a Break* (UK)



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