

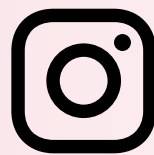
Meet Patsy.

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
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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