

Wellness Coach Launches Exclusive 6-Month Whole-Person Healing Program for Women Facing Stress, Burnout and Depression

Lenora Lostaunau, board certified health coach and surf-therapy practitioner, opens applications for the Whole Body Happiness Method once-a-year cohort — an intimate, highly curated journey to restore vitality beyond therapy and medication.



San Diego, California Oct 10, 2025 ([Issuewire.com](https://www.issuewire.com)) - Despite outward success, countless accomplished women are quietly battling exhaustion, numbness, and a persistent low mood that therapy or medication alone often can't fully resolve. After a years of helping women navigate burnout and soul-level depletion, **Lenora Lostaunau, M.A., NBC-HWC**, has unveiled **Whole Body Happiness: From Depression to Vitality**— a six-month, high-touch, holistic healing journey **infused with the calming, restorative principles of nature and the sea** — designed to move beyond temporary relief into deep, sustainable renewal.

[WATCH INTRO VIDEO](#)

“Therapy and medication can be powerful allies, but many women still feel flat, disconnected, and exhausted,” says Lostaunau. “Whole Body Happiness creates a sacred, science-informed container that helps women move from treatment into true transformation — adding in what most traditional treatment misses, restoring vitality, joy, and belonging.”

What Makes Whole Body Happiness Different

- **Full-person healing:** Repair the mind, body, nervous system, and spirit simultaneously.

- **Intimate, curated experience:** One exclusive annual cohort limited to 10 women.
- **Somatic & nature-informed practices:** Breathwork, movement, and rituals inspired by the rhythms of the sea to release stored stress.
- **Nutrition & vitality reset:** Evidence-based strategies to rebuild energy and mood from the inside out.
- **Collective wisdom & sacred support:** Transformational group work in a deeply held, supportive tribe of women.

Whole Body Happiness Method Enrollment Now Open

Enrollment for the **January 2026** Whole Body Happiness cohort is **application-only** and will close once **10 seats** are filled. Only one cohort is offered per year.

- **Watch the private Sneak Peek video** to learn how this method moves beyond symptom management. Those who watch the video will receive a copy of Lenora's book, *Ocean of Calm: Healing Anxiety and Depression with Surf Therapy*.
- **Apply if you're ready** for an investment in deep, long-term healing and renewal. *Limited Founder Pricing* is available to the first 4 decisive women committed to this transformative journey.

Participants who qualify will also have the **option to add a private Luxury Ocean Therapy Retreat** — an immersive, nature-based culmination of their healing journey. This curated experience employs, celebrates and dives into the full embodiment, of the practices cultivated over the 6 month transformation to truly solidify the learning, healing and bonds the program elicits.

View Sneak Peek Video (*available for limited time*) or **Apply to the Program:**
[HERE \[slf-luv.com/whole-body-happiness\]](https://slf-luv.com/whole-body-happiness)

Try the Experience Before You Apply

To experience this deep somatic healing amplified by combined energy of group healers, Lostaunau hosts monthly **Soulful Sunset Somatic Reset Circles** — group, oceanfront tribal healing gatherings of blending movement, guided visualization, and simple release rituals.

Upcoming:

- **Sunday, November 16** — “**Gratitude Flow: Honoring What Sustains Us**” (Ocean Beach, San Diego) Curious individuals can sign up with no cost here: [Reserve Your Space](#)

These intimate circles let women sample the method's somatic and soul-based tools before investing in the full journey. Seats are intentionally limited for both the sunset circles and the Whole Body Happiness Method to ensure ample time to hold space for each individual.

About Lenora Lostaunau, M.A., NBC-HWC

Lenora is a nationally board-certified health & wellness coach and certified surf-therapy practitioner specializing in holistic depression recovery. Through **Self Luv Holistic Coaching**, she blends neuroscience, somatic repair, nutrition, and soulful ritual to help women heal fully and reclaim joy. The Whole Body Happiness application window closes in 30 days or when the 10th spot is filled.

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