

Begin healing now. How to get started...

Self Luv offers several ways to engage in healing through surf therapy. We offer Private 1-on-1 sessions, group sessions packages,, team building, and retreats.

To learn more and book your session, visit [www.calendly.com/slf-luv](http://www.calendly.com/slf-luv) to get started.



Build Community | Ocean Love

Connect to your Body & Nature

Cultivate Self Luv | Confidence

### Who is surf therapy for?

Surf therapy is for women, men, boys and girls; anyone who has suffered a life altering event that effects their success in everyday living. Some examples include:

- trauma,
- sexual abuse,
- PTSD,
- a broken heart,
- grief,
- addiction,

and those just looking to reconnect to self and cultivate a deeper sense of self love and/or connection to nature/the sea.

### LEARN MORE

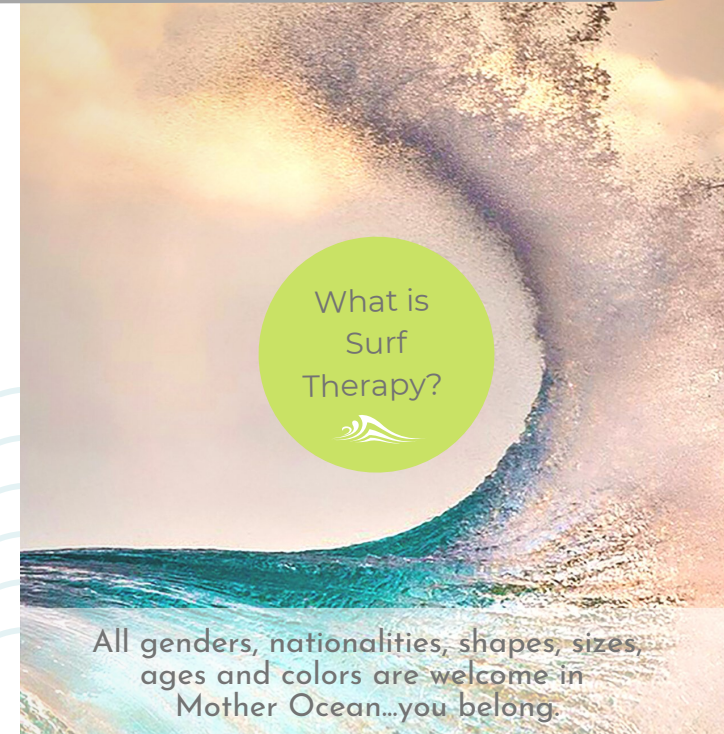
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Book a FREE discovery call by visiting:  
[www.calendly.com/slf-luv](http://www.calendly.com/slf-luv)



@self\_luv\_coach



All genders, nationalities, shapes, sizes, ages and colors are welcome in Mother Ocean...you belong.



Lenora Lostaunau, M.A.  
Founder Self Luv Surf & Holistic Health  
Surf Therapy Practitioner & Integrative Health Coach



## What People Say About Surf Therapy

"It was a triumph. Deep work coupled with sincere laughter, learning and of course surfing."



## What People Say About Surf Therapy

"Fantastic week with a wonderful team. Initially I was nervous to go and thought maybe a "overkill" but this is for everyone. The team is amazing. Super professional, kind and very caring. You will instantly feel at ease and leave a fresher, stronger and better you!"

## ABOUT SURF THERAPY AND TRAUMA RECOVERY

## FIND STRENGTH...

## HOPE AND HEALING

### What is Surf Therapy?

Surf therapy is an embodied method of trauma healing that combines learning to surf in individual or group sessions to promote psychological, physical and social well-being. It is a mindful, movement based, and self-reflective style of learning to surf that brings to life the healing power of the Ocean. It's been proven to help reconnect to the body, increase confidence, well-being and decrease anxiety and depression, as well as support and advance other therapies such as traditional talk therapy. In group settings is promotes a sense of connection and community with others.

### Surf Therapy Programs

**1-on-1 Private Sessions**  
Available in 1, 4 & 8 Sessions

**Private Group Sessions**  
Available in 4 & 8 Sessions

**Trust & Communication**  
**Team Building Surf Coaching**  
for Teams, Couples, Families

**Surf Therapy Retreats**

\*Sliding scale available\*.

[www.slf-luv.me/surf-therapy](http://www.slf-luv.me/surf-therapy)

### Benefits of Surf Therapy

- increased positivity
- increased resilience- ability to cope with other problems in life
- increased self-esteem and self-worth
- improved social wellbeing
- improved vitality – fitness, risk taking and passion for life
- increased physical fitness
- reduced stress
- reduced symptoms of depression
- reduced anxiety
- improved mood and overall perceived well-being.
- connection to the sea & self.

