

Holistic Wellness and Healing Examples

Energy Healing and Wellness Modalities	
Many individuals seek complementary wellness practices that focus on relaxation, self-care, stress reduction, and restoring balance within the body, mind and spirit. These programs may help participants develop relaxation skills, self-awareness, emotional regulation, and overall well-being.	
Examples	
Reiki	Biofield Energy Therapy
Therapeutic Touch	Chakra Balancing
Sounds Healing	Energy Balancing Sessions
Healing Touch	Vibration Healing
Pranic Healing	Spiritual Wellness Programs
Integrated Energy Therapy (IET)	Intuitive Wellness Sessions
Quantum Touch	Guided Energy Awareness Workshops
Polarity Therapy	
Meditation, Mindfulness, and Mental Wellness	
Programs that promote mental clarity, emotional wellness, resilience, and stress management. These practices support mental health, focus, emotional resilience, and personal growth.	
Examples	
Guided Meditation	Breath Awareness Meditation
Mindfulness-Based Stress Reduction (MBSR)	Visualization and Guided Imagery
Mindfulness Training	Silent Meditation Retreats
Loving-Kindness Meditation	Mindful Living Workshops
Compassion Meditation	Stress Reduction Programs
Walking Meditation	Emotional Wellness Programs
Breathwork and Nervous System Health	
Breathing practices are increasingly recognized as powerful tools for stress management and nervous system regulation.	
Examples	
Conscious Connected Breathwork	Breath Coaching
Holotropic Breathwork	Nervous System Regulation Techniques
Transformational Breath	Resilience Breathing Programs
Somatic Breathwork	Mindful Breathing Workshops
Pranayama	
Sound, Vibrational, and Frequency-Based Wellness	
Programs utilizing sound and vibration for relaxation and wellness. These experiences can foster relaxation, mindfulness, community connection, and emotional well-being.	
Examples	
Sound Healing	Vibration Sound Therapy
Sound Baths	Therapeutic Drumming
Crystal Singing Bowl Sessions	Drum Circles
Tibetan Singing Bowl Therapy	Chanting and Mantra Practices
Gong Baths	Vocal Toning
Tuning Fork Therapy	Community Sound Wellness Events
Movement-Based Wellness Programs	
Programs designed to improve physical health while supporting mental and emotional wellness. These activities improve mobility, strength, flexibility, balance, and overall wellness	

Examples	
Yoga	Tai Chi
Chair Yoga	Qigong
Hatha Yoga	Somatic Movement
Yin Yoga	Mobility and Flexibility Programs
Restorative Yoga	Stretching Classes
Vinyasa Yoga	Balance and Fall Prevention Programs
Kundalini Yoga	Mindful Movement Programs
Yoga Nidra	
Therapeutic Bodywork and Physical Wellness	
Programs that support physical recovery, relaxation, and healthy movement.	
Examples	
Massage Therapy	Recovery and Mobility Programs
Reflexology	Shiatsu
Craniosacral Therapy	Thai Massage
Acupressure	Myofascial Release
Therapeutic Bodywork	Lymphatic Drainage Therapy
Nature-Based Healing and Outdoor Wellness	
Research increasingly supports the positive effects of nature on mental and physical health. These initiatives encourage physical activity while strengthening connections to nature.	
Examples	
Forest Bathing (Shinrin-Yoku)	Outdoor Meditation Programs
Ecotherapy	Grounding Eating Activities
Nature Therapy	Therapeutic Gardening
Wilderness Wellness Programs	Horticultural Therapy
Guided Nature Walks	Community Garde Projects
Coastal Wellness Walks	Land-Based Wellness Programs
Indigenous and Cultural Wellness	
Programs rooted in cultural traditions and community healing.	
Examples	
Indigenous Talking Circles	Traditional Crafts and Wellness Activities
Land-Based Activities/Healing Programs	Community Storytelling Programs
Traditional Knowledge Sharing	Cultural Dance and Movement
Cultural Wellness Gatherings	Intergenerational Cultural Programs
Indigenous ceremony (e.g., prayer, smudging, drumming)	
Creative Arts and Expressive Healing	
Creative expression can support emotional healing, self-discovery, and social connection.	
Examples	
Art Therapy	Creative Writing for Wellness
Therapeutic Painting	Therapeutic Journaling
Music Therapy	Storytelling for Healing
Dance Therapy	Community Arts Programs
Expressive Arts Programs	
Trauma Recovery, PTSD, and Resilience Programs	
Many Newfoundlanders and Labradorians have experienced trauma, grief, chronic stress, or adverse life experiences. Holistic wellness programming can provide supportive tools that complement traditional healthcare and mental health services.	
Examples	
Trauma-informed Yoga	Nature-Based Recovery Programs
Trama-informed Meditation	Healing Circles

Somatic Wellness Programs	Mindfulness for Trauma Recovery
Breathwork for Emotional Regulation	Sound Healing for Relaxation
Resilience Breathing Workshops	Wellness Retreats
Frontline Worker and First Responder Wellness	
Programs could support frontline workers and first responders	
Examples	
Burnout Prevention Programs	Trauma-Informed Wellness Programs
Compassion Fatigue Recovery	Mindfulness and Meditation Programs
Stress Management Training	Nature-Based Recovery Retreats
Resilience Coaching	Yoga for First Responders
Peer Wellness Groups	Sound Healing and Relaxation Programs
Work-Life Balance Initiatives	
Modern workplaces face increasing challenges related to stress, burnout, mental health and employee retention.	
Examples	
Work-Life Balance Workshops	Employee Wellness Challenges
Stress Management Programs	Workplace Yoga
Wellness Coaching	Leadership and Well-Being Training
Burnout Prevention Training	Active Living Programs
Sleep Health Education	Personal Resilience Workshops
Mindfulness at Work Programs	Healthy Lifestyle Education
Healthy Boundary Workshops	
Women's Wellness Programs	
Programs designed to support women through various stages of life	
Examples	
Hormonal Wellness Education	Prenatal Yoga
Perimenopause Support Programs	Postnatal Wellness Programs
Menopause Wellness Programs	Mind-Body Wellness Workshops
Women's Wellness Circles	Healthy Aging Programs
Community Wellness and Social Connection	
Strong communities are essential to overall well-being	
Examples	
Wellness Festivals	Senior Wellness Programs
Holistic Health Fairs	Intergenerational Wellness Programs
Community Meditation Programs	Community Walks
Community Sound Healing Gatherings	Community Wellness Retreats
Family Wellness Days	