



**Farhan Dhalla**  
BSc.(Biology)  
BHSc. (Physiotherapy)  
**International Presenter**  
**Television Personality**  
**Author**

Farhan Dhalla is a Spiritual Personal Trainer whose mission in life is to help people to see their value and worthiness. His journey began as physical therapist working with some of the world's greatest athletes and as a personal trainer integrating his already diverse background making him one of the most sought out professionals of his kind. From postural assessment to power yoga, step workouts to indoor cycling Farhan is known world wide as a versatile educator, a former Reebok Master Trainer, International Presenter and television personality. For many years Farhan felt incomplete trying to exist in a physical world while living a closeted spiritual one. With arms wide and the trust in a deeper source of guidance he has emerged on his path as a Spiritual Personal Trainer and has recognized that any aspect of the physical world is incomplete without a balance of the spiritual. Farhan now offers ways to help his clients succeed in their goals in life through intuitive readings, Angelic Guidance, Reiki, Heart Resonance Therapy as well as physiotherapy. Farhan is the author of many publications world wide and can be seen weekdays on "In Shape with Sharon Mann."