

FARHAN DHALLA

Spiritual Personal Trainer

15 Aberfeldy Crescent | Thornhill, Ontario, Canada | L3T 4C1 | (416) 471-7854
www.farhandhalla.com

FARHAN DHALLA

BSc. (Biology), BHSc. (Physiotherapy)
International Fitness Presenter
Spiritual Personal Trainer
Angel Therapist Practitioner®
Author, Television Personality

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."



Resumé & Qualifications

Education

- 1995 - 1997 **McMaster University**
Bachelor of Health Science - Physiotherapy
- 1990 - 1994 **University of British Columbia**
Bachelor of Science - Cell & Developmental Biology

Certifications

- 2009 Sonia Choquette 6 Sensory Practitioner Level 2
2009 Angel Therapy Practitioner®
2008 Heart Resonance Therapy Level 1 and 2
2008 Sonia Choquette 6 Sensory Practitioner Level 1
2007 Reiki Level 1
2000 Can-Fit-Pro Fitness Instructor Specialist
1999 Can-Fit-Pro Personal Trainer Specialist
1998 Therapeutic Touch
1988 YMCA Fitness Leader

Memberships

- Canadian Physiotherapy Association
Canadian Association of Fitness Professionals

Spiritual Personal Training Background

- 2009 - present **Spiritual Personal Trainer**
Certified Angel Therapy Practitioner®, Intuitive and Medium. Assisting people including various hollywood stars clear blocks, fears, negative patterns and beliefs to help them reach fitness and other life related goals. Helping souls that have passed communicate with thier loved ones.

Rehabilitation Background

- 2001 - present **The Clinic for Sport Medicine**
Physiotherapist - specialist in high performance athletes, assess and treat patients with orthopedic conditions from the recreational minded to high performance athletes including the Canadian Olympic Team. Personal training of post-rehabilitation clients.
- 1998 - 2001 **MacDonald Active Rehabilitation Inc.**
Physiotherapist - assesd and treated patients with musculoskeletal and neurological conditions in a private out-patient clinic.

FARHAN DHALLA

Spiritual Personal Trainer

15 Aberfeldy Crescent | Thornhill, Ontario, Canada | L3T 4C1 | (416) 471-7854
www.farhandhalla.com

Fitness Industry Background

- 1999 - present **International Fitness Presenter**
Highly acclaimed speaker and presenter of fitness related educational workshops to some of the world's largest fitness conventions including Can-Fit-Pro Toronto, FILEX in Sydney, Australia, IDEA in New York, United States, Aerobathon in Tel Aviv, Isreal and Instructor Training Conference in Moscow, Russia.
- 2005 - Launch **"Mind, Ball & Soul"**
Release of a Mind Body workout DVD blending yoga, strength and core conditioning that is being sold at major retailers across Canada including Chapters, Indigo, Wal-Mart, Amazon.ca, and Amazon.com. Oscars 2010 Hollywood, California. MBS DVD distributed at an Oscar's gift suite party.
- 2008 - present **Gymstick Master Trainer**
- 2007 - present **Bender Ball Master Trainer**
- 2001 - 2008 **Reebok University**
Reebok Master Trainer
- Achieved prestigious recognition title for excellence in fitness education.
 - Presenter and educator of Reebok University Education to fitness professionals.
 - Course conductor and evaluator for Reebok University's certification programs including Reebok Core Training, Cycle Reebok, Reebok Core Training for Personal Trainers, Reebok Final Cuts and other Reebok programming.
- 1987 - present **North York YMCA**
Fitness Instructor
Personal Trainer
Fitness, Health and Recreation Instructor
Instructing fitness classes including Step Aerobics, Hi/Low Impact, Yoga, Pilates, Abdominal Workout, Kick-Box Fit, Circuit Training, Spinning and Muscle Conditioning
- 2001 - 2004 **The Fitness Institute**
Fitness instructor leading Reebok Core Training, Spinning and step aerobics.
- 2000 **Fresh Magazine**
Fitness Editor for a youth culture magazine, and author of regular articles and exercise programs geared to a young consumer market.

Media Appearances

- 2002 - present **IN Shape with Sharon Mann**
In it's 7th season, regular cast member of a daily workout show on Canadian Learning Television CLT in Canada and Fit TV in the United States and Caribbean.
- 2010 **Souls Journey Radio.com**
Special guest as Angel Therapist assisting callers live with life related questions including career, romance and life purpose.
- 2003 - 2006 **Balance Television**
Appeared in six episodes along side Dr. Marla Shapiro as fitness expert on CTV's national health matters and active living show.
- 2005 **Echo- Sun TV**
Specially featured in a magazine style program that highlights the accomplishments, achievements, personalities, and progress of successful second and third generation Canadians.
- 2005 **CHCH Morning Show**
Guest Fitness Expert and promotion of the release of new DVD "Mind, Ball & Soul".
- 2004 **The Perfect Fit - Cable Pulse 24**
Appearance as guest fitness expert to answer questions for a live call in show.
- 2003 **Fit Tips Fit TV United States**
Appearance daily in ten Fit Tip Segments that are broadcast on the Discovery Channels.
- ## Published Articles
- Nov. 2005 Contribution to "7-Day Get Firm Walking Program" *Prevention Magazine*
- Oct. 2005 "Final Cuts" *Australian Fitness Network*
- Oct. 2005 "Five Steps to an Effective Core Training Program" *NetFit New Zealand*
- Apr. 2005 "Five Steps to an Effective Core Training Program" *Australian Fitness Network*
- Sept. 2003 "Extreme Indoor Cycling" *Balance TV website*
- 2003 "The Beaches Boot Camp" *Can-Fit-Pro Magazine*
- Aug. 2003 "The Beaches Boot Camp" *Australian Fitness Network*
- 2003 "Extreme Indoor Cycling" *Australian Fitness Network*
- July 2003 "Straight to the Core" *Balance TV website*
- Apr. 2001 "Core Training on South Beach" *Fresh*
- Jan. 2001 "Build a Fresh Body at Home" *Fresh*
- Nov. 2000 "Extreme Yoga for an Intense Workout" *Fresh*
- Sept. 2000 "Functional Movement for a Better Workout" *Fresh*
- July 2000 "Millennium Fitness Resolution Tips" *Fresh*
- Apr. 2000 "Move of the Month" *Flare*
- 2000 "Sun, Sand & Stability" *Inform-action: Can-Fit-Pro*
- 2000 "Core Control" *Australian Fitness Network*
- 1999 "Core Control" *Inform-action: Can-Fit-Pro*
- 1998 "Move With Stability" *Inform-action: Can-Fit-Pro*