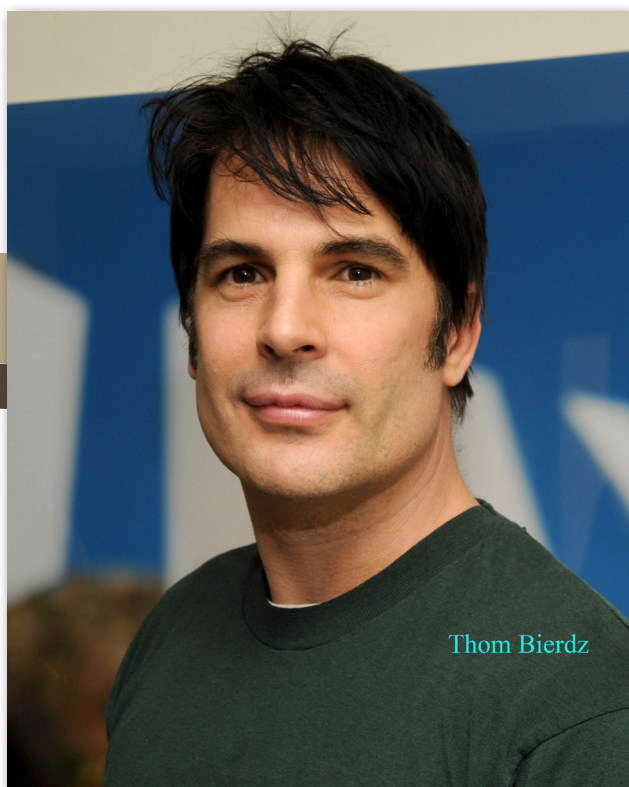


# Testimonials



“Farhan Dhalla turns the ball into your best friend! He’s developed a creative and unique workout that balances physical challenges with a mind/body focus that leaves you feeling totally rejuvenated.”

Kathy Smith, Fitness Industry Veteran



Thom Bierdz

“It may appear that as an actor and artist in Hollywood I know what I am doing – but – I am still figuring life out day to day. Farhan is a gifted intuitive and spiritual practitioner who has helped me and many others – in Hollywood and everywhere else.”

Thom Bierdz, Actor, as Phillip Chancellor,  
The Young and the Restless



“I have never met a more inspirational person than Farhan Dhalla. His incredible ability to find ways to make you feel healthier and fitter not only physically, but mentally as well, is unlike any other trainer I have worked with. His workouts are unique and tailored to all levels. No matter how I feel about my body he has a way of always making me see the beauty in myself. As a Canadian Olympian I am used to pushing myself in the gym, but Farhan takes me to the next level. He motivates me to get the best out of myself, even when I think I’ve hit my limit. With him, I’m always learning new techniques and new ways to improve my health and reach my fitness goals. As my physiotherapist, I call Farhan my miracle worker. Coming back from any injury is a challenge, but with Farhan by my side he makes sure I can get back to doing what I love at 100%. I put my trust in his hands and he has never let me down. Farhan changes the lives of everyone he meets and will have you more in touch with your mind, body and soul than ever before. Thank you for everything. I don’t know what I would do without you.” Alexandra Orlando, Canadian Olympian; 9 time gold medalist at the Pan Am and Commonwealth competitions.

Alexandra Orlando Canadian 2008 Olympian Rhythmic Gymnastics

