

# BIO- ZHENYA GERSON

- [I-ACT Certified Colon Hydrotherapist](#)
- Holistic Nutrition Certified
- Wellness Consultant and Yoga Instructor
- Director of [The Proppr](#)
- Founder of [Exhale Wellness Spa](#)

With 16 years in the wellness industry, Zhenya is driven to empower people to be aware of their own bodies, to live a healthy life and make conscious decisions about their own health, and for their personal wellbeing.



Zhenya's passion for gut health and yoga began while living in California, discovering for herself what proper nutrition meant, what lifestyle choices were best for her own total health, and how to implement that into day-to-day living in this busy 21st century.

She has completed studies with University of Phoenix, American College of Healthcare Sciences (Certification in Holistic Nutrition and Wellness Consulting), Advanced Yoga Certification and has continued learning with experts in the field of Naturopathy and Gut Health.

She has been a yoga instructor since 2006 in Australia and the United States, as well as in the Maldives where she spent a year at the Conrad Resort as a Yoga Teacher and Spa Consultant.

Zhenya has discovered that there is no "one size fits all" approach to total health. Overall total health must be a combination of the three pillars of health – Physical/Biological, Psychological and Spiritual, and she has seen the strong links between the three whilst working with clients and students. Balance is key for every aspect of total body and mind wellbeing.

She is passionate about treating and educating clients so they achieve greater health and vitality and she encourages clients and students to embrace total wellbeing and optimal health from the inside out.

She has helped numerous people with a wide range of health problems, from skin disorders to chronic digestive issues. Clients reporting feeling younger, fitter, healthier and having a new zest for life.

Her well-rounded background in wellness, matched with her compassionate nature, means that every client is treated with respect and dignity in a friendly, caring and professional environment.

When not working in her [Exhale](#) or [The Proppr](#) businesses, Zhenya can usually be found attending a pilates or yoga class, facilitating Gut Health Workshops and retreats in the Sutherland Shire and Sydney areas, or enjoying a bracing beach walk with her dog Dixie.

## CONTACT ZHENYA GERSON

Zhenya is available for:

- Media interviews / commentary on colonics, gut health and The Proppr toilet stool range
- Public speaking and education workshops focusing on gut health, digestion, squatting, and a range of wellness topics

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