

SPEAKER · WORKSHOP FACILITATOR

Waniya

Muslimah Wellness Guide · Somatic Release & Wellness Specialist

A three-time All-Natural Bodybuilding Champion turned faith-centered wellness guide, Waniya teaches women to become strong in body, present in mind, and intentional in heart.

Her talks weave together Quran, authentic Sunnah, real-life stories, and gentle movement, so every audience leaves with something they can feel and use the same day, inshaAllah.

"And We will ease you toward ease." — Quran 87:8

Signature talks

Eyes That See
Noticing the lessons Allah places in front of us, with three simple questions: Why is this happening? What is the lesson? What is Allah showing me?

Intention Starts in the Body
A live mind–body form clinic. Through simple movement, participants learn they can choose where their attention goes.

See My Heart
Self-worth, hijab, and inner beauty: "Allah does not look to your faces and your wealth but He looks to your heart and to your deeds" (Sahih Muslim 2564).

With Hardship, Ease
Survival, faith, and a heart that stayed soft, grounded in Quran 94:5–6.

Creating Space
Clutter, home, and peace of mind, from a Certified Clutter & Hoarding Coach.

What to expect

- Interactive: Islamic breathing, mindful movement, and reflection
- Rooted in Quran and authentic Sunnah, with no practices outside Islam
- Talks of 30–60 minutes, 90-minute workshops, or a 4-part series
- In person or online, for sisters, youth, families, and community groups

SPEAKING FEES

Masjids & community	**from $250**
Schools & organizations	**from $750**
Travel outside the area	**at cost**

CERTIFICATIONS

- Certified Cognitive Behavioral (CBT) Coach
- Certified Mindfulness Meditation Teacher
- Certified Clutter & Hoarding Coach
- Nature Connection Specialist

Waniya Wellness
Rooted ✦ Released ✦ Restored ✦ Reconnected

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