



DeAnne C. Gauya

CEO (Creative Energetic Orchestrator)
Author-Speaker-Retreat Leader
GAUYAFIT, LLC



Helping you surf the waves of your life with less stress, MORE JOY

Biography

DeAnne Gauya is a holistic fitness coach, resiliency expert, Amazon Best-selling co-author, speaker, retreat leader, and the Creative Energetic Orchestrator (CEO) of GAUYAFIT, LLC.

Over her 30+ year career, she has helped 1,000s of clients across the country from Hollywood stars to White House staff members and has addressed audiences from U.S. Government agencies to professional members of the International Dance Exercise Association (IDEA).

DeAnne has an insatiable curiosity and desire to be a life-long student; always learning, growing, and evolving both personally and professionally at the cutting edge of Mind/Body Medicine and Holistic Fitness.

At age 30, she was introduced to the concept, "You can't stop the waves, but you can learn to surf." (Jon Kabat Zinn) This concept deeply resonated and influenced the evolution of her business and brand. In 2018, her Life Surfer Program was born out of 25 years of life experience and continued education. DeAnne is currently on a mission to help Active Agers become confident, resilient, adaptable, stress-resistant, and holistically fit "Life Surfers" living with freedom, joy, and vitality into their 60s, 70s, 80s, and beyond.

Whether sharing her expertise in person or virtually, her passion for helping people develop healthier lifestyles and improve their holistic wellness is palpable, inspiring, and encouraging.

Testimonials

"DeAnne possesses exceptional knowledge and skills in the fitness field. I consider myself very lucky to have had the opportunity to be the recipient of her instruction. Her high level of attention to detail, focus, care and professionalism goes unmatched in my experience with personal trainers."

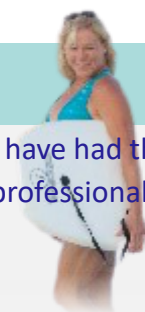
~Nurit Perek, Los Angeles, CA

"I am honored to be DeAnne's client and student and to recommend her! A true silver lining of the pandemic for me was to meet DeAnne in a ZOOM networking webinar and to be able to take her wonderful VIRTUAL Vinyasa classes via ZOOM. The professional and personalized classes which she teaches in a very INSPIRATIONAL, Instructive and Inclusive style have totally lifted my BODY, MIND and SPIRIT. I believe anyone who is lucky enough to be a client, student or friend/associate of DeAnne's would agree and say NAMASTE!"

~Fran Gursky-Lipson, Sr. Account Executive @Tekmark Global Solutions

"I appreciate your expertise on such issues as physical fitness, health and sports medicine, and involvement and interest in helping to make all Americans more physically fit."

~Arnold Schwarzenegger, Head of the President's Council on Physical Fitness & Sports



Topics I Speak On

- ❖ Introduction to Life Surfing ~ Practices to help you live with less stress, MORE JOY
- ❖ How to go from Rigid & Miserable to Flexible & Joyful in 28 Days
- ❖ Aging Optimally into your 60s, 70s, 80s, and Beyond
- ❖ Information from the Edge of Mind/Body/Spirit Medicine

Certifications & Affiliations

- ❖ Women's Business Enterprise (WBE) with the Women's Business Enterprise National Council (WBENC)
- ❖ Mindful NYU - the *Inner MBA* program
- ❖ American Council on Exercise (ACE)
- ❖ American Massage Therapy Association (AMTA)
- ❖ National Certification Board for Therapeutic Massage & Bodywork (NCBTMB)
- ❖ Yoga Alliance (YA)



Author



Speaker



Retreat Leader



Social Media



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