

Denna Shelton Bio

Denna Shelton, C.P.T., is an inspiration to others in the field of health and fitness through her innovative and intuitive approach to whole body wellness. By incorporating her knowledge of physical fitness with alternative healing practices, she is able to compassionately meet the mental, physical and spiritual needs of her clients.

As a Certified Personal Trainer, Denna's uplifting and magnetic personality encourages individuals to be their best and reach their potential in life. She is also an enthusiastic instructor who enjoys teaching group exercise classes. In the classroom or one-on-one, Denna naturally emanates unconditional love, which creates an awakening in others; helping them form an internal connection of mind, body and spirit.

As a complement to her desire to be a channel of healing wisdom, Denna is the author and producer of *Twenty Gems, Journeys to the Self*, a multimedia journey of focused meditations designed to touch the soul with truth, love, peace and joy.